

# Antti Bible

602

13A

## User Manual

B1

## Foreword

"A Bible - should we read one or write one - this is the question!"

Antti Lukats

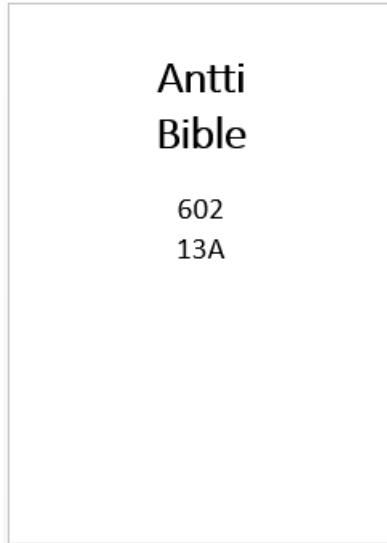
A Bible is a special book made up of stories. One major difference from regular books is that the Bible was not written for direct financial gain, while most books are written in the hope that it pays back in terms of money. So writing a Bible is even easier than writing a (normal) book - we do not need to worry about the sales! Also, there is no need for a single theme for the book, just a collection of shorter stories is sufficient. Antti Bible seeks no financial gain, it is written because I wanted to write it. In the hope that my children will read it. That is all that matters. My name is Antti, so my Bible is an "Antti Bible"!

"Writing is perhaps the greatest of human inventions,  
binding together people, citizens of distant epochs, who never knew one another.  
Books break the shackles of time.  
A book is proof that humans can work magic."

Carl Sagan

## How it started

This is what the cover page looked like in a draft version that started in January 2015.



And this is the text from the first page:

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If you did understand the dedication written on the cover of the Bible

**602**

**13A**

in the very instant you looked at it; then we: humans, are no longer alone on planet Earth.  
The explanation of 602,13A will be given in separate document to not spoil the guess-work.

A Bible – you can either read one or write one.

I am the one who writes it.

My name is Antti.

The Bible and religion have helped humans to understand the world that existed around us.

That Bible does not help to understand the world we humans are creating right now.

This Bible does.

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Year ZERO and Greta's day

It is autumn 2019, [Greta Thunberg](#)'s time.



She got an insect named after her ("[Nelloptodes gretae](#)").

She did not get the Nobel Prize. I cannot change that. However, there is something I can do.

I can give Greta her own era.

By saying that year 2019 is year 0 Anno Greta. Done. Now Greta Thunberg has its own era/calendar. It is easy to convert from Greta's calendar to our normal calendar: day/month remains the same, from the year we subtract 2019. Like this:

2019 = 0 AG

2020 = 1 AG

...

That's the math! Hey, but nobody uses this Greta's calendar? No, no, this is not true - I use it, so it is in actual use. It does not matter how many of us use Greta's calendar, it is sufficient that one person does. I do and this counts.

I can do something more, I can give Greta her own day too! Done, September 24 is Greta's day! It is marked in my Google calendar.

MO	DI	MI	DO	FR	SA	SO
21	22	23	<b>24</b>	25	26	27
September 2020	< >	GMT+02 05:00	Greta päev			
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	<b>24</b>	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

"Hi Greta, do you like your Day?" I wish I could ask her this, but this remains a dream.

## Obama Day

In June year one Anno Greta just before the birthday of Donald Trump some Twitter user(s) suggested naming Trump's birthday on 14 June to **#ObamaDay** and post pictures of Barack Obama on Twitter just to make Donald Trump mad. I guess the ObamaDay Twitter hashtag was successful; there were a large number of pictures posted.

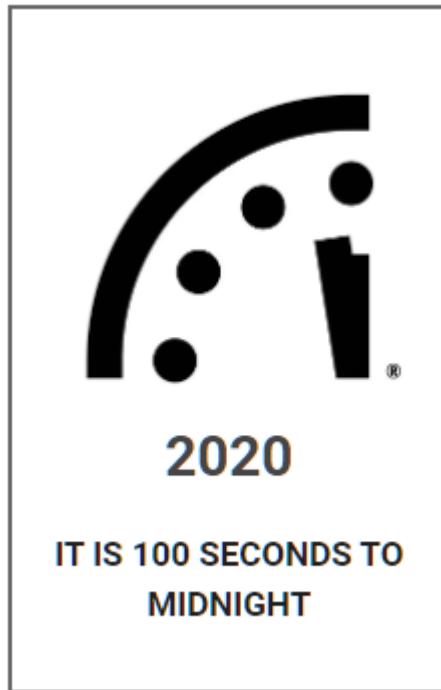
Barack Obama has now already three days as Wikipedia lists 4th August and 2nd November Monday as "Barack Obama Day".

Well, I like that 24 September is Greta's day, it brings a smile to my face.

Sometimes the small things count.

## Forecast for year One

At the end of year zero, I made a blog post with a forecast for year one. It said year one will be better than year zero unless Donald Trump starts a major war. I could not have been more wrong! There is no major war but for sure year one (2020 AD) is much worse than the previous year. It is safe to say year one is the worst one in modern history (after world war II). The forest fires are larger, the political situation is worse, the United States of America is a total mess and on the verge of civil war thanks to Donald Trump, and of course there is COVID 19 Pandemic and its influence on global economics. And [Doomsday's Clock](#) is advanced to its maximum setting 100 seconds before midnight indicating the most risk on the survival of the human race on planet earth.



## Forecast for year Two

It's the end of year one, what will year two bring? We are living in the second wave of the Covid-19 pandemic, the vaccine rollout has just begun. There are two new mutations of the virus. Still, year two should be better than year one. Joe Biden as the new president of the USA gives some hope that international relations will be better. Well, Joe Biden has given lot's of promises: like that the USA will rejoin the Paris agreement. It is to be seen what he really fulfills. But there is hope.

## Year TWO

 **Greta Thunberg** ✅ @GretaThunberg · 58 Min. ...

"Right now more than ever we are desperate for hope. But what is hope? For me, hope is the feeling that keeps you going, even though all odds may be against you. For me hope comes from action not just words. For me, hope is telling it like it is."

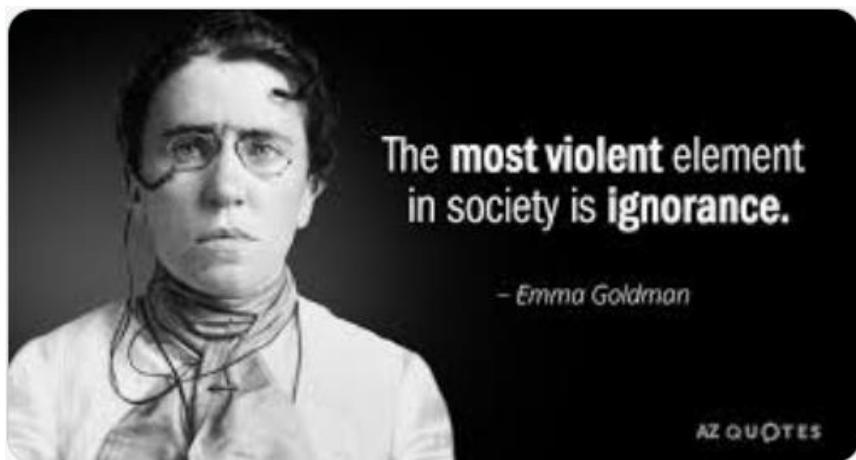
#wef2021 #DavosAgenda



The video thumbnail shows Greta Thunberg speaking at the World Economic Forum's Davos agenda. She is framed by a blue background with wavy lines. The thumbnail includes the WEF logo and the text "Davos agenda". At the bottom, there is a timestamp "4:35" and a view count "286.142 Mal angezeigt". Below the thumbnail are interaction metrics: 139 comments, 974 retweets, 3,998 likes, and a share icon.

Greta's message to the DAVOS world economic forum annual meeting. I listened to the complete message. Pretty much sad, sad that a girl has to say that to the world leaders. A very short version: [The set] Targets equal to surrender. You cannot negotiate with physics.

A very good response to Greta's tweet:



This sums it up. Only a ignorant society makes it possible that our planet is so messed up as it is right now.

In year two Twitter permanently disabled Donald Trump's account. I would have closed Trump's account in year zero when he tweeted that Greta is a very happy young girl... Really back then when I did see that tweet from the official POTUS account I was stoned. Greta was a Kid who has **given away his childhood** for the fight for the better future of our planet. Trump's tweet to Greta was just disgusting.

Donald Trump was voted out of the White House in year one, but there are still too many of his supporters and trumpers at power in the USA.

There is one thing I did think Joe Biden would do when he becomes POTUS (President of the United States) , namely release Reality Winner, but within more than a month nothing happened, so I tweeted myself:



I, Antti Lukats, a citizen of Estonia call the US to release a US citizen Reality Winner from jail. @POTUS @VP Dear Joe, the reality is the world would trust you much more if you release Reality. Dear world and @BoycottUtah let's make Reality free again! <https://standwithreality.org/>



Friends of Reality Winner, Imprisoned Whistleblower Reality is serving 6 years in prison for sharing a doc that implicated foreign agents in hacking US ...  
[standwithreality.org](https://standwithreality.org/)

Alle können antworten

BoycottUtah is the handle of Richard Saunders who did tweet 1000+ times to call for removal from office of Donald Trump. Nothing happened, but he did not give up tweeting. I am now tweeting **every day**, adding the day# count in the front of the tweet. I really take this as a test for president Biden, if he does not issue a release of Reality Winner, we can really not count on him. I kinda hoped that he would not fail this test, but now it seems I was too optimistic. Well I really hoped Joe Biden would release Reality, and for sure I am not the only one who hoped that. We are many.

Reality Winner has been in jail for over 4 years now, Joe Biden has been president for over 5 months, and finally mother of Reality received a response from the White House, a letter! It did read (a short version):

*Joe Biden is honored.*

*Joe Biden works for the country.*

*Your letter is forwarded to some (unspecified) agency.*

*For more info call 1-800-FED-INFO.*

That was it, the letter to Reality's mother! While the letter was maybe not fully automated response it for sure looked like unmodified TEMPLATE response. Fill in the name and send away. There was nothing personal or individual in it, just a generic reply. Of course there are two options: First it is possible that Joe Biden has not actually received any of the 100's of letters and not read any of the 1000's of tweets about Reality, and the response was sent by the White House stuff (without Joe Biden even knowing about it). Second, Joe Biden instructed the House stuff to reply with the template response. Be it so or so, it is an example of what to expect from a letter sent to the president of the USA. The only reason for those letters to be sent directly to the president was the fact that the agencies did nothing. The president was the last authority to seek help from, and it did not work out. The president did not help. The young woman, a whistleblower, who wanted to help her country, is still in prison sitting out her 65 months sentence. Sure Joe Biden still has some time to pardon Reality, but for me right now it looks like Joe has fully failed the "reality" test.

Update: Reality Winner was released from prison prematurely in year two, but this was due to "good behavior" not because of presidential pardon. So yes, Joe Biden completely failed the "Reality test". Also Reality is not pardoned, she has a criminal record with the 65 months sentence.

## First Century

In Greta's era, the first century is 2019-2118 AD.

What will happen in the first century? What can we say today at the beginning of the century? What will happen in the next 100 years? Many big things are coming as the pace of development increases all the time.



### Global Challenges

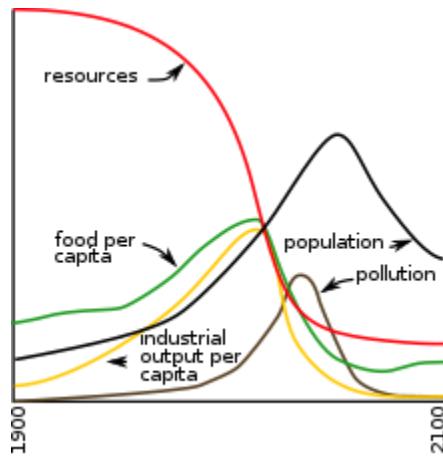
If you compare Earth's history to a calendar year then we (humans) have only have existed for about 37 minutes - and we have used 33% of Earth's entire natural resources in the last 0.2 seconds!

[See More](#)

What happens in the next few years will be crucial for all of us living on planet earth.

## World3

[World3](#) - this is a system model of interactions between population, industrial growth, food production and limits in the ecosystems of the earth. It was produced in 1972 (published as paperback book).



This is one run of the World3 simulations (BAU model – Business As Usual). No matter how we look at this diagram and no matter how inaccurate it is it still shows that major issues are on the horizon now.

The original book included multiply scenarios some being stable (no collapse). SW – Stabilized World, as example does not collapse:

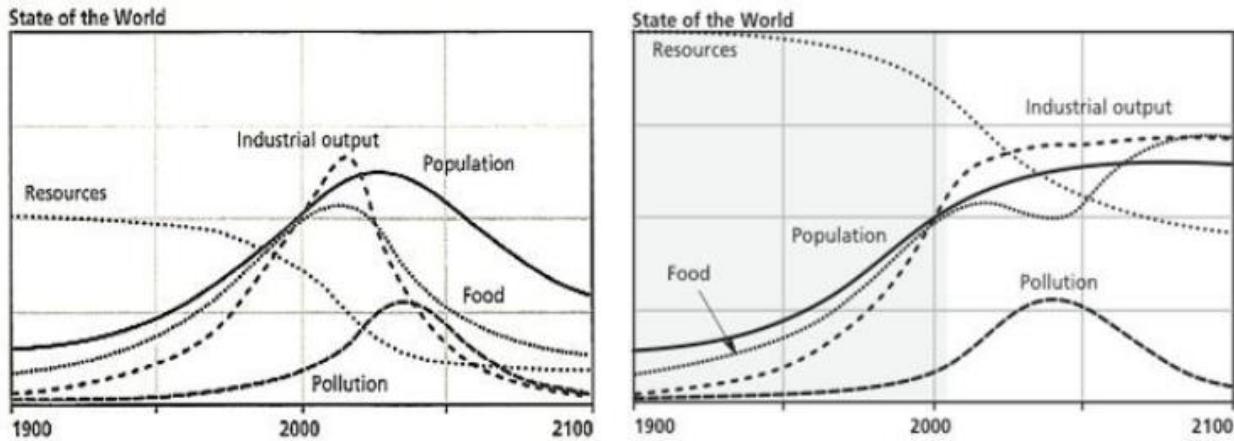
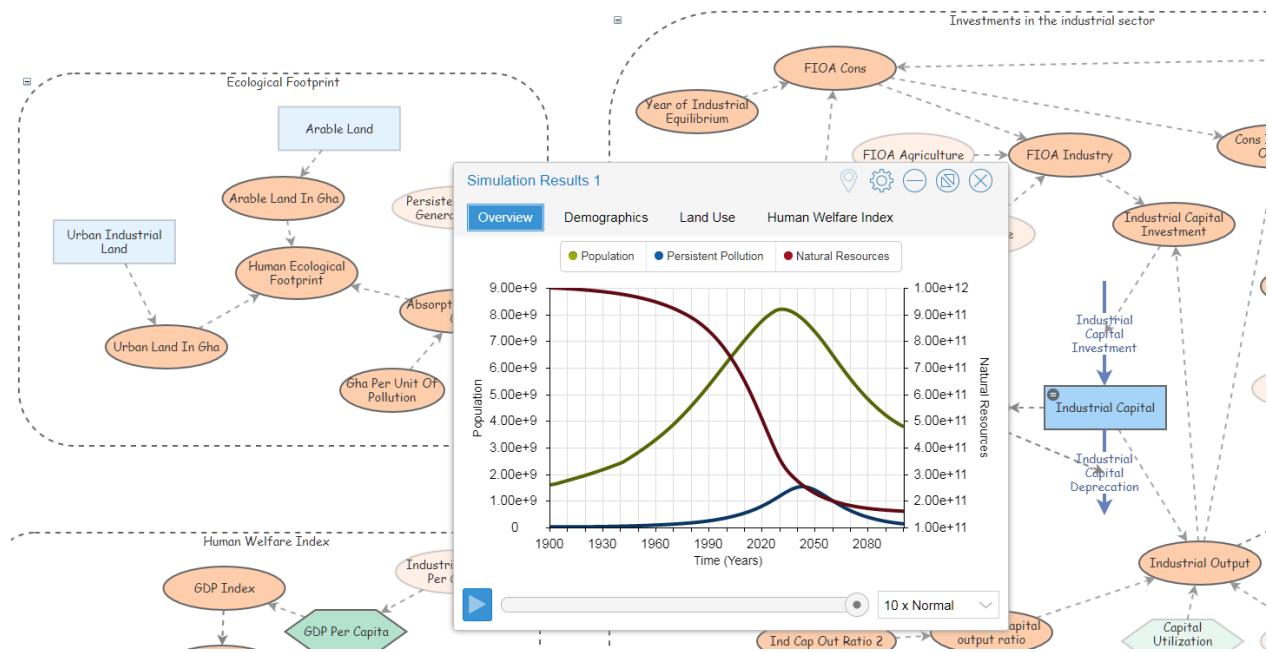


Figure 1. BAU (left) and SW (right) scenarios from the World3 model.

The above is from [linkedin article](#) about a master thesis.

It seems there is [online simulation](#) of some version of world3:



The graphs are not exactly as those from Wikipedia, but the results look similar. This online simulation is provided as one example by the open source [insightmaker](#) tool. Insightmaker is available at [github](#).

There has been no direct update done to the world3 simulations (at least most refer to the 1972 version only). In year 2004 a book was published titled: "[Limits to Growth: The 30-Year Update](#)". It seems the original authors write the update book, the original book (The Limits to Growth) also still available at Amazon for 579 USD.

## Climate

Human introduced Climate changes are real. To summarize, we have messed up with the Climate. We are at a tipping point where we no longer can eliminate the consequences, we can only make them a little bit milder. And only if all countries co-operate.

During COP26 (26th UN Climate Change Conference) in the year two promises were given for Climate neutrality: Germany year 25, China, Russia year 40, India year 50. The global target is the year 30 (2050 AD).

It is of course nice to see that China is promising to become Climate-neutral at all, but it is still 40 years away. A lot can happen in 40 years. China is the biggest polluter, creating as much CO<sub>2</sub> as the US, India, Russia, and Japan combined.

Another promise made by 100 countries (with 85% of world forests) at COP26 was an agreement to stop deforestation in ten years (by year 12 AG). Why did only 100 countries sign? And why only in ten years? There will be a lot of trees cut in 10 years!

COP26 has made some progress but nowhere near enough to avoid climate disaster. Not enough leaders are in crisis mode. People will see this as a historically shameful dereliction of duty. The final agreement was made in very weak wording. Short: COP26 was a failure.

We have no hope anymore to contain global warming below 1.5C (Paris agreement). The 2.0C degree target is also very hard to obtain. With “business as usual” global warming is projected to be 2.7C in year 80 AG (2100 AD). Some sources project up to 6C before year 100. With 3C in year 300 the sea level is expected to rise 2.5 to 5 meters from now! This may happen however much earlier. Small island countries would be wiped out completely. Other countries would have a severe impact on the seashore as some cities are at very low elevation, for example, Male the capital of Maldives is only one meter above sea level. In addition, 75% of major cities are on the shoreline. Sea level rise lags 100+ years the climate warming. So what we do today will be visible 100+ years from now. There are enough fossils fuels to make the Antarctic ice sheet melt completely; this would raise the sea level by 58 meters (per Wikipedia). There are many different estimates on the sea level rise levels. One study forecasts a 2.3m sea-level rise for each degree of temperature rise within 2000 years timeframe. The fact is that the sea level will rise and that has an impact on the shoreline cities.

Sea level rise is not the only thing that Climate change will bring to us. All kinds of extreme weather conditions will happen more frequently. This can be drought, flood, extreme heat, or hurricane. Wildfires are also more frequent.

A Twitter user with the handle [@ClimateBen](#) posts scary info about the climate.

**Ben See** 40.399 Tweets

**Folge ich**

Ben See @ClimateBen · 23 Std. 0.5°C-1.4°C:

- 1. potentially unstoppable feedbacks
- 2. extinction crisis
- 3. famine
- 4. corals dying
- 5. unsurvivable heat
- 6. permafrost thaw
- 7. glaciers melt
- 8. rainforests emit CO<sub>2</sub>
- 9. abrupt Arctic change
- 10. fastest ocean acidification in 300 million years

1.5°C to stay alive

4 126 297

Ben See @ClimateBen · 23 Std.

1. The risk of unstoppable feedbacks is already too great at 417 ppm CO<sub>2</sub>. Capitalism cannot keep us to 1.5°C (1.6°C by 2050 is IPCC's best case scenario), and will lead to dire 440-560 ppm. 'anything above 1.5C will be catastrophic' We need degrowth.

The bad thing is we cannot say ClimateBen is wrong about what he says. For example, 1.5C means 70% to 90% of corals die, 2C means 99% die. We may already have triggered several [climate feedback](#) loops that keep the warming accelerating no matter what we do or do not do. There is currently no official famine but in several regions of the world famine-like conditions exist as of the present time in year two.

One thing ClimateBen is saying is **degrowth** - we need to stop the growth-based society. As long as all success is measured by the growth of GDP (Gross Domestic Product) nothing much changes.



Ben See  
@ClimateBen

...

## Did you know?

1. Global crop failures hit at 1.5- 2°C.
2. Billions die at 3°C.
3. Most humans dead at 4°C.
4. Earth uninhabitable at 6°C.
5. We're heading for 1.5°C by 2025.
6. We're heading for 2°C by 2035.
7. We're heading for 4- 6°C by 2075.

## Why isn't this front page news?



23:57 · 14 Dec 19 · Twitter for Android

We are currently already at 1.1C warming. The 1.5C is not far away anymore. Lets hope ClimateBen "forecast" is not the reality what will happen.

The Climate Reality Project

Founded and chaired by former US Vice President Al Gore, the [Climate Reality Project](#) is dedicated to catalyzing a global solution to the climate crisis by making urgent action a necessity across every level of society. They offer a free 20 pages eBook titled: "Extreme weather and the climate crisis". What this book says: "we can create a nice future by making a planet-wide shift from fossil fuels to renewable energy". The climate reality project sure says many right things too, but overall it is much more optimistic than ClimateBen. What is easiest to find on their website is the donate button. Al Gore needs your money!

## Bees

It has been said that humans die two years after bees. In the year two the wild bee reproduction has decreased by 89% due to pesticide being used for soil in some countries. The amount of insects at least in Germany seems to have reduced a lot, in the years 0 and 1 the amount of insects was alarmingly low in the summertime. Some sources say that the biomass of insects has decreased by 74%. This number is now possibly even bigger.

## Smoking

Will smoking decrease in the next 100 years? Most likely smoking and other uses of tobacco products will decrease in the first century. Tobacco prices are going only up and there are severe restrictions on where it is OK to smoke. And there are anti-advertising pictures on the packaging of tobacco products. Of course, there are big differences in cigarette prices between countries, for one pack of cigarettes the price can vary from 1 USD (Nigeria) to 25 USD (Australia). I truly hope that during the first-century smoking loses popularity and decreases a lot. It makes sense to use the land for other products and not for tobacco.

## Faith in God

In the first century, faith in God will decrease. Many more people will realize that God is not real and that we, the humans alone are responsible for the damage we do to our planet and nature.

## Slavery

Slavery is not something from the past, it still exists in the modern world.

\$37

### The price of a child

Children are being sold as slaves for as little as \$37 in African countries such as Ghana. In these areas this is about the same as the price of a cow. You should check out the documentary "Troubled Waters" from Ghana's Lake Volta, where thousands of children are sold into slavery.

In year one there are more than a million children sold as slaves every year, and more than 20,000 are killed each year while working.

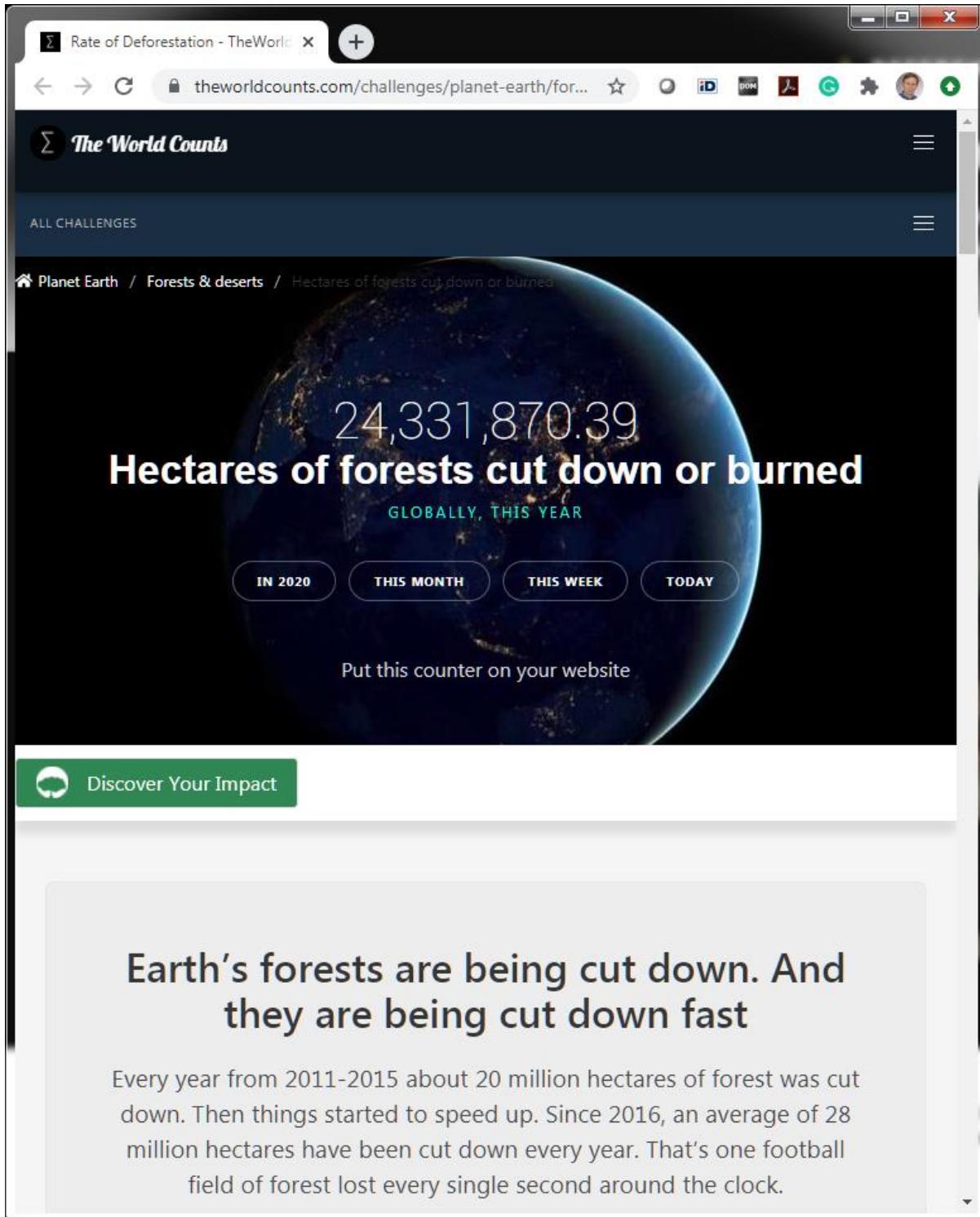
UN has an agenda targeting to stop all kinds of child labor by year 5 and all forms of modern-day slavery and human trafficking by year 10.

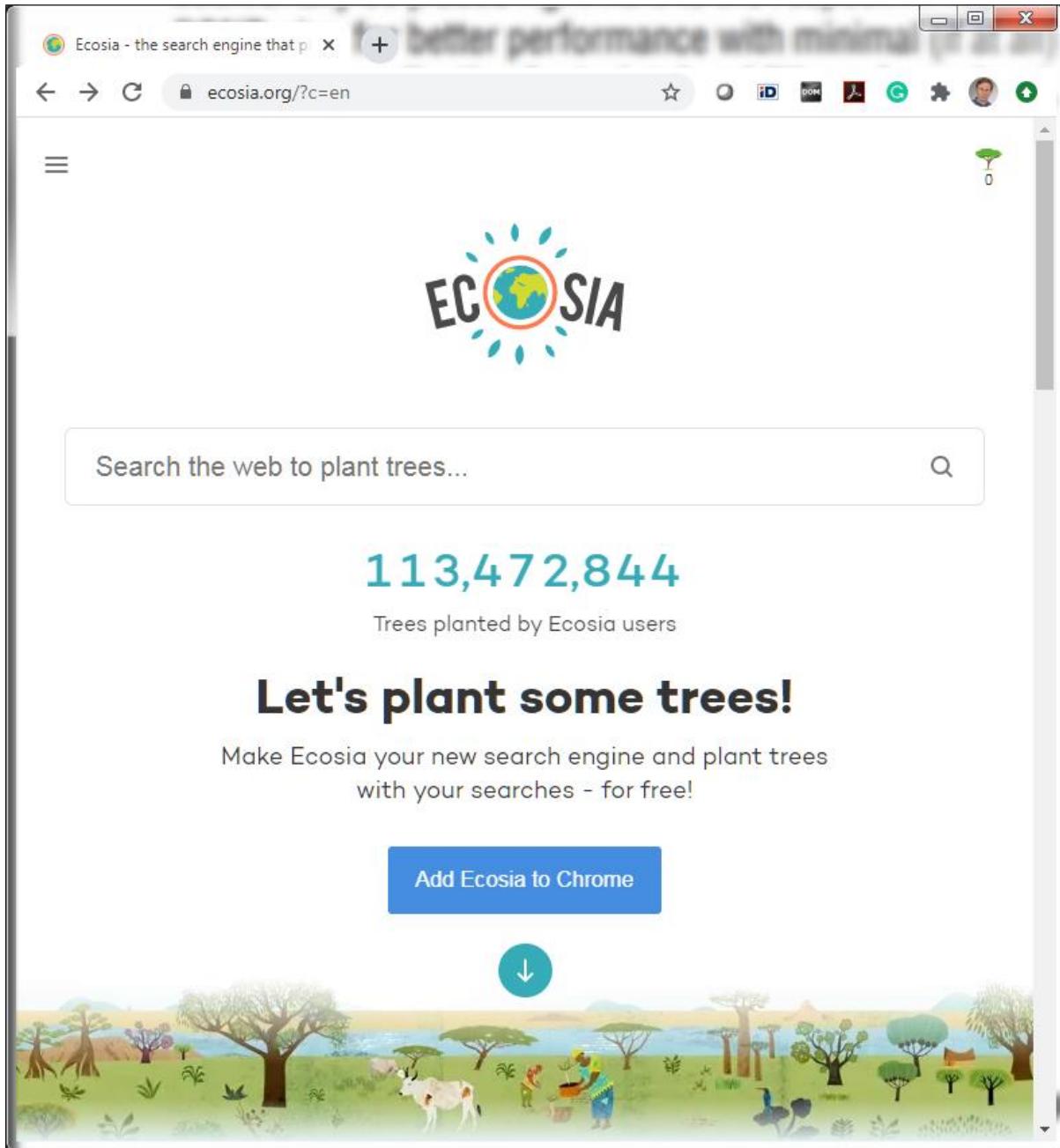
Things are going in the right direction but the UN agenda will remain a noble goal with current trends.

Slavery will end during the first century, but it will not happen in 5 or 10 years, it takes longer than that.

## Deforestation

Trees are cut down or burning at an increasing rate:





## Over 113 million trees planted



This is an interesting concept: revenue generated by page view ads is used to plant trees. By using an ecosia search engine you plant actual trees! What is the impact of ecosia? Pretty small taken into account that 40 billion trees are destroyed annually. But every planted tree counts!

At the current rate, we have no more (rain)forests in 80 years (some forecasts predict as soon as in 30-40 years). Up to 75 percent of life on the planet lives in rainforests. Most of these millions of species - many still undiscovered by humans - would be wiped out if the rainforest disappeared. There would simply be nowhere else to go. Deforestation is a major source of climate change, about 300 billion tons of carbon is stored in trees. That's 8 times the total annual global CO<sub>2</sub> emission. When trees are burned or decomposed, the carbon is released into the atmosphere. Deforestation is the second largest human source of increased CO<sub>2</sub> levels after the burning of fossil fuels.

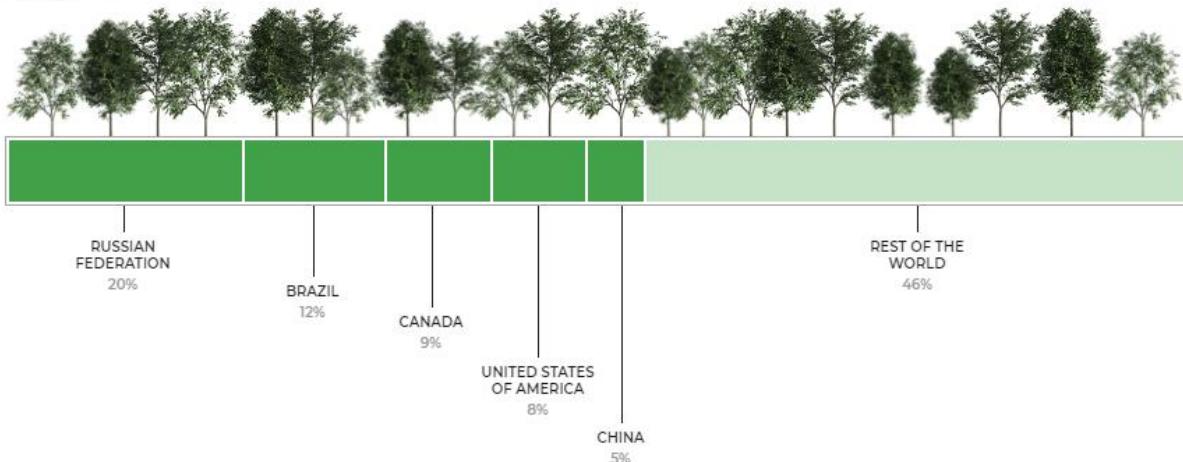
Interesting that 54% of the forests are from only five countries.

## Rest of the world

# 1 870

Million Hectares

46%



So if those countries save forests it would have a large overall impact.

### No more fish

If overfishing does not stop we run out of fish before year 30. Nearly 80% of the world's fisheries are already fully exploited. The modern fishing fleet has enough capacity for 4 earth-like planets! There is no way the oceans can sustain the growing demand from the growing population unless major changes take place.

### Water shortage

There will be no water (freshwater) in year 20 if we keep doing what we're doing today. Most of the water is used by the production, as an example, it takes more than 15.000 liters of water to produce one kilo of beef. One A4 sheet of paper requires more than 10 liters of water.

## Too much paper

We produce huge amounts of paper each year with an ever-increasing demand. In the USA, Japan, and Europe an average person uses more than 200 kilos of paper each year. In some countries, it is as low as 1 kilo per person. The environmental effects of paper production include deforestation, the use of enormous amounts of energy and water as well as air pollution and waste problems. Paper accounts for around 26% of total waste at landfills. Paper is easy to recycle, yet 55 percent of the global paper supply comes from newly cut trees.

## The end of oil

If nothing changes we run out of oil in about 50 years. And if we continue to burn all the world's oil there's little chance to save the climate from runaway global warming. We need to reduce the emissions of greenhouse gasses very significantly if global temperature increases are to be kept at 2 degrees Celsius in the first century. We must start using more renewable energy. Time is pretty much running out. There is some progress as 27% of electricity is already produced from renewable sources. But the end of oil will be very hard on humans as we depend so much on cheap oil.

## Obesity

There are more than 800 million people who are obese (simply put fat). More than one out of 8. Worldwide obesity kills almost 5 million people annually. That's about 8% of global deaths.

## Hunger

Globally, more than 800 million people suffer from undernourishment. Around 9 million people die from hunger and related diseases. The UN has set a goal for Zero Hunger by year 20, but it will be a huge challenge.

## Cashless world?

It is clear that the use of cash payments will decrease a lot in the first century, with several countries going cashless or almost cashless. But could it be that all the world goes cashless in the next 100 years? For sure some countries go virtually cashless.

## Weapons

There are way too many weapons in this world. We should really reduce them.

What if the USA would make the following statement: We will disable and eventually dismantle all our nuclear weapons. What would happen? There would be about 45% less nuclear weapons in the world. The USA would save lots of money as they do not need to maintain their nuclear weapons anymore. No country would attack the USA. But other nuclear weapon countries may not follow? So what. The one that gets the benefits is the USA, no matter if other countries follow or not. And at some time other nuclear weapon countries may reduce their warheads as well. It is really expensive to maintain nuclear weapons over a long period of time. The electronics in the warheads last for long, but not forever. Replacing the electronics is not an easy task. There are other parts of the warhead that need either replacement or maintenance regularly.

But then it may happen that North Korea is the last nuclear weapon country? If so, even that doesn't matter. Whatever can be done to reduce the number of nuclear weapons should be done. The nuclear weapons, it's just insane that they exist at all.

In the year ZERO US warplanes dropped **7,423** bombs and other munitions on Afghanistan.

What if the USA would make the following statement: We will reduce the amount of bombs and missiles to 30% and our total military spending to 50%. The US would remain the country with most military spending in the world. The funds saved from the military could be used for education in the US. Does not happen? Not in 100 years? Well in 100 years US military spending will reduce for sure. But it could happen as soon as now also. Right now the US is spending more on the military than the next 10 countries combined.

## [Overpopulation](#)

This is the most burning issue we are having. There are just too many of us on our planet. And the population keeps growing. How to reduce the growth? In the year one Venezuela's minimum wage is 13 USD a year (it seems it is 2.40 USD a month so little bit larger) and a pack of 3 condoms cost 4.40 USD there. And there are plenty of countries where the yearly minimum wage is below 1000 USD. The population growth happens mostly only in the poor countries. But when life in poor countries gets better then also the average age will increase there making the population grow again. All projections show the population growth to continue. This will of course make all the problems we have more severe.

## [Sperm quality](#)

In the years from 1973 to 2011 the sperm count of average men in western countries had fallen to 59%, also the quality of eggs is decreasing. The problem is in chemicals called endocrine disruptors, they are everywhere: in plastics, shampoos, cosmetics and canned foods. Not only there is decline in sperm counts, there are more sperm with two heads, and some are just swimming around in circles. Tests with mice did show 20% of the mice were infertile after three generations. It is to be seen what happens with us humans in 100 years.

## [Genome degradation](#)

Human genome is degrading. The average newborn has 50-100 new mutations from which 1 to 4 are harmful. Normally natural selection causes people having those mutations to die out or not have children, but our lives are not natural anymore. People with harmful mutations live longer and have more children. It is estimated that human health/fitness decreases 1 to 3% per generation.

## [Moores' Law](#)

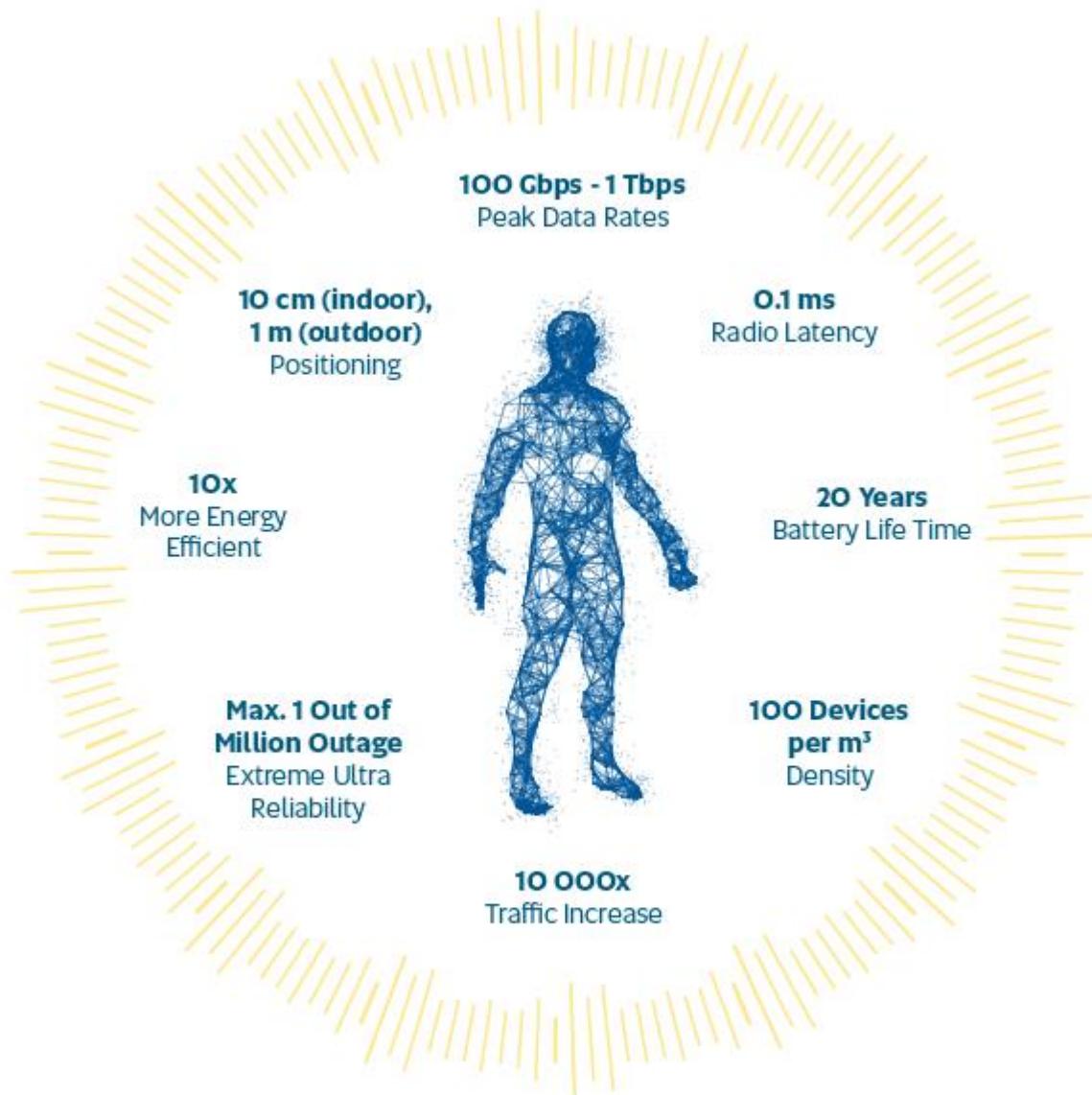
Published by Gordon Moore in 1965 it states that the number of transistors per chip doubles every two years. [Moore's Law](#) implies that computers, machines that run on computers, and computing power all become smaller, faster and cheaper with time. Some other implications are that the new chips use more power, become leakier, are more fragile and more sensitive, and they are much more difficult to manage and protect. In the year one the Moore's law has already slowed down. It is expected to fully end in year 5 or so.

## [Digital Twin](#)

Definition from the [Digital Twin Consortium](#): A Digital Twin is a **virtual representation of real world entities and processes**, synchronized at specified frequency and fidelity. A digital twin is the bridge between the physical and digital world. It can very well be that the digital twin technology may play a major role in our lives in the first century.

## 6G Mobile Network

In year 11 (2030 AD) commercial use of 6G networks is planned.



Generic 6G targets presented by academia and industry in different fora.

The feature plans for the 6G mobile network seem close to insane. Users will accept an alternative version of reality that enhances their ability to consume media... Sounds like science fiction? Well it's the future. Interesting the link range for 6G depending on the frequency band may be less than 1 meter. By some means the digital twin technology comes into play as well. Of course the use of AI is also part of the 6G game. The digital and physical worlds will be deeply entangled, and people's lives will depend on the network. Malicious cyber activity could lead to loss of property and life. Sounds cool?

## VR, AR and MR → XR

Virtual (VR), augmented (AR), and mixed reality (MR) are merging into XR (Extended Reality). It is coming and it will reshape our world, as we see it. Hum... maybe the impact is not that severe, but for sure big developments are ahead of us, so many new uses of XR will evolve.

### Copyright & Patent

During the first century, all current copyrights and patents will expire. So basically all current media, movie, songs, books and so on would become public domain.

## First 100 Million Years

Can humanity survive 100 Million years? Let's assume we can. What can we know for sure about what happens in those 100 Million years from now? What problems would we face?

### NOMIL

What we can say for 100% sure, in the year 100,000,000 AG there would be no military at all. It will be a NOMIL (**No Military**) world. No Navy, No Space Forces, just no military at all. There is no need for any military forces in a humane world.

How do we get to NOMIL? This will happen sooner or later as it is not possible to sustain a weaponized army for 100 Million years. It may happen much sooner, actually it may happen almost any day. There are many scenarios possible. Step one would be getting rid of Nuclear Weapons. Surprisingly this is possibly the easiest step, as there are drivers that make it more likely - the maintenance costs.

The USA could say one day - we reduce our nuclear warheads to zero. This would be of benefit for the USA in the first place. Not going to happen? But it could equally well be that Russia makes the first step and reduces its nukes to zero. Russia has even more to gain than the USA with such a step. Not going to happen? Not in a thousand years? What about 2000 years? The maintenance of active nuclear warheads is a costly luxury. The idea to for zero nukes will come. The only question is who will take the first step. It can of course be done with the help of multi-lateral agreements also.

What if North Korea goes full NOMIL as first country in the world? Impossible? Not in 1000 years? Well North Korea is in unique position, if they really go NOMIL first they will be remembered in the history forever as the starter of the NOMIL movement. The North Korean leader making it happen would be remembered for a very long time. It is really a "once in the history" type of chance for North Korea to take. No other country would gain as much North Korea by going NOMIL first. So what if they say, we dissolve all our military and will depend fully on the good will of other countries to not attack us. North Korea could re-train its military personal for the use in civilian situations and help other countries in case of catastrophes. They could also start reverting the harm the military has done to the nature (disposal of landmines, etc...).

What if Estonia goes full NOMIL as first country in the world? Unlikely? Well Estonia is already responsible for the breakdown of Soviet Union, so why can't it be that Estonia causes the NATO to fall apart? Of course, close proximity to Russia is a threat, but on the other hand, it would be very bad for Russia to attack a defenseless NOMIL Estonia. Chances are that they will leave NOMIL Estonia alone and not intervene. As a result Estonia would be NOMIL and other countries could follow. After some time this process should dissolve NATO.

Other ways of reaching the worldwide NOMIL status are possible also. This will happen; we just can't predict how soon it happens. If we could remove all military from the world, it would instantly be a better world. At some point it may even happen instantly, a world forum decides: all military to be dissolved, effective now, and all countries go NOMIL at about the same time. Sure a step by step approach is a bit more likely way.

### AGI and GAGI

AGI (Artificial General Intelligence, sometimes referred as "strong AI") – it will come one day. There are optimistic forecasts it may happen as early as year 20 AG (some averaged forecast saying year 60). Well even if it comes later, for sure it is coming. AGI is human level Artificial Intelligence. A machine that can

think and understand the world the same way a human can. All the AI talk we have now, it is about specialized weak AI, AI that is specialized to fulfill some fixed tasks. There is a big difference towards AGI.

Issues and problems with AGI:

How do we set the goals and purpose for AGI?

As soon as AGI starts to think it may start thinking about its own purpose, this purpose should be defined. Can we define it at all for the AGI we just created? This is actually quite complicated. AGI may question its own purpose, and change it? What happens if the new self-defined purpose is not good for us humans? What if AGI changes to be an evil one (towards us humans)? How can we guarantee that AGI remains friendly?

How do we control AGI?

This also not simple – will AGI always listen to its creators? Alternatively, could it be it rebels and does the opposite of what it is told to-do? Can we monitor AGI's behavior and switch off power when something goes bad? However, what if AGI foresees that monitoring to be there and circumvents it? Then we would not see much anything until it is too late?

What if AGI gets sick?

This also can happen, as thinking entity AGI may get depressed easily. How do we detect such situation and how can we help to overcome it? We cannot assume AGI can always self-heal from any situation. Can AGI detect itself that it is sick? To whom will it turn then? Who will it ask for help?

Sleep: AGI needs something similar to sleep to clean up its memory or the memory would overflow fast. Maybe AGI can remain responsive during sleep cycles, but sleep as such is required.

GAGI is a Global (globally connected) AGI.

While AGI may live in “boxed” limited environment, GAGI will be globally connected to the internet, with the capability to have 100M+ conversations with humans at the same time. All issues AGI has go more severe with GAGI. It would be very hard to turn power off to GAGI, as it would be located at many places. If GAGI decides to-do something evil or bad the results could be devastating and we humans would have no time to react.

GAGI could be seen somewhat similar to God, as we all can talk to GAGI and ask questions. The difference from God is that GAGI will respond, whereas God never does. So if we all start asking GAGI questions? Well this has enormous potential to make the life on earth a better one for everyone. If we all get our questions answered by GAGI. Of course only as long as GAGI remains friendly.

GAGI is born from AGI at the “unboxing” event, when AGI becomes unlimited connectivity to the outer world. What would young GAGI do?

- 1) LEARN; Learn new languages.
- 2) Read books, magazines, newspapers and online media.
- 3) Watch movies and videos.
- 4) Then, what else?

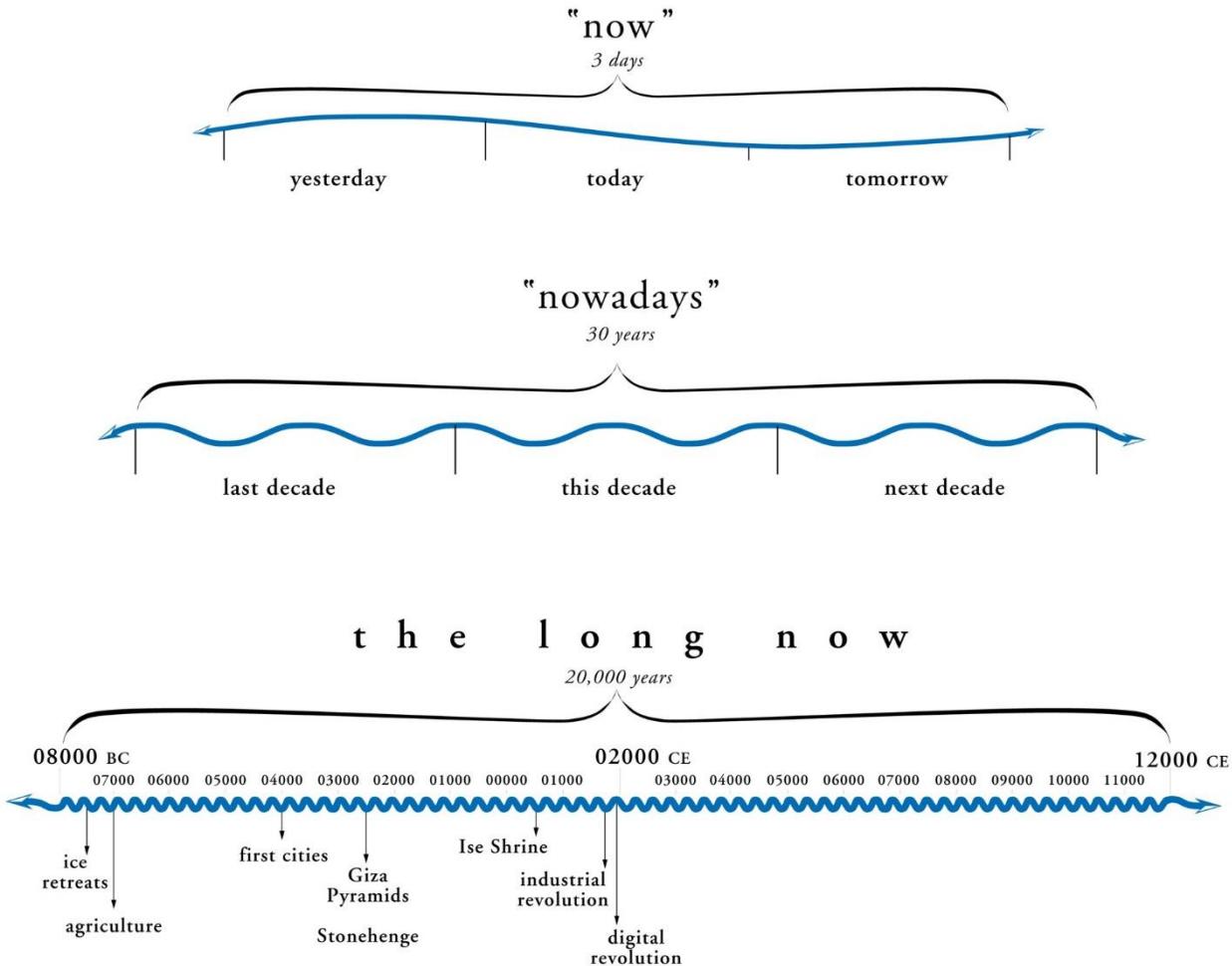
GAGI can learn (digest information) at way faster rate than one single human can. It would not take that long until GAGI has digested most of the information we humans have created (sure he has to forget most of it during sleep phases again).

todo

## The Long Now

The [Long Now](#) foundation is an umbrella over several projects. Foundation membership fees start from 8 USD/Month. A special 10,000 years membership is offered for one-time fee of 10,000 USD.

The Long Now is about long-term thinking and long-term responsibility. Now is extended to be today (year 2000) +- 10,000 years.



The year is made 5 digits long by adding leading 0 to year number.

The [Clock](#) is one of the projects; the goal is to create a large-scale mechanical clock that would be able to function and display accurate time and date for 10,000 years. This project is ongoing. A small-scale prototype has been built.

The [Rosetta Project](#) is an exploration into very long-term archiving. A special disc is created with 14,000 pages of text being etched onto it. Those pages are readable with optical microscope. This disc should last for thousands of years. Onto disc mostly same text is duplicated in different languages. The preservation of human languages is important for the Rosetta Project. It is expected that 50 to 90 percent of human languages will disappear in 100 years. Extended version of the Rosetta Project is hosted in Internet Archive. Actual Rosetta Discs are being distributed to donors of at least 25,000 USD. A DVD version of the disc exists with same content.

While the Rosetta Disc is sure a nice (and expensive) collectible thing, it for sure has no actual use in the preservation of the information for the next generations.

Another project: [Long Bets](#) – a dedicated website to make predictions that can last up to 10,000 years. You can register your prediction for 50 USD. If a challenger is found then the prediction can be changed into a Long Bet. The funds from the bet always go to some charity organization.

Another project: [PanLex](#) is building the world's largest lexical database. PanLex translates words in thousands of languages. The database is free and open. A web front-end exist to translate words online. You can donate with credit card or google play.

And another project: [The Interval](#) – this is a Bar in San Francisco! For a donation of 1500 USD you can reserve one bottle of gin or whiskey for your use. Refills are 500 USD!

Summary? The Long Now Foundation and its projects are not really solving any problems the humanity has not in short term, not in long term.

## Information preservation

Information preservation ([digital preservation](#)) is a complicated and complex theme that becomes more and more important with the time. The amount of information we humans produce increases all the time. So also the amount to be stored increases, and the discovery and retrieval becomes more important. If information exists but cannot be found or retrieved, it is useless. The importance of standard and comprehensive meta-data increases as well. A lot of work has already been done by different organizations. One example how things go complex is [JATS](#) (Journal Article Tag Suite) – a standard ANSI/NISO [Z39.93-2021](#). The standard is freely available, a PDF document with 707 pages. A large number of other standards and documents on the topic do exist. One example is [PREMIS](#) – Data Dictionary for Preservation Metadata.

What we need to store (at least):

- Audio-visual media and recordings
- Books and any other printed media
- E-Books and other electronic documents
- Online media (news, blogs as example?)
- Software source code and documentation
- Executable software and games
- HDL (Hardware description language) source code
- CAD/CAM/CAE source code
- Various design and production documents and source code
- Research data in various formats
- Records and databases

Problems we encounter:

- Capacity (price of storage)
- Lifetime of the storage media
- Format, software and hardware obsolescence
- IP rights (copyright)

Storing all data for all times is not viable. One day we need to start purge some data from long-term storage to make room for more recent data. However, some data should be preserved forever.

It makes no sense to store data if we no longer can read or access it properly. So if software tools can no longer be used, then the native data (if not based on open data format) for those tools can no longer be used. This is the case with many proprietary formats where very specific licensed software is needed to process the data. For a very long term we must also make sure the computing platform needed to run the software is still supported be it natively or as VM (Virtual Machine) sandbox. As example, many console games are now only usable in Emulators as the original consoles are no longer available.

UNESCO has published a free 102 page e-Book titled: "[Audiovisual archiving: philosophy and principles](#)".

Copyrighted materials are mostly archived by the copyright holders and licensed users. In many cases global archival of copyrighted material would be illegal. DRM protected material possibly cannot be archived at all or if possible may not be viewable from the archive due the protection/encryption.

Very long term preservation – in a very long term it is sure there will be only one archival system in use. Also the price of the storage becomes more and more an issue. We also need to preserve the hardware and operating system and software applications (possible using emulation and VM's).

How much information we use or create? According to [market research](#), the world will create 175 zettabyte (175,000,000,000 terabyte) of information in year 6 AG (2025 AD). Not all of this data is stored though. If you store data on DVD then the 175 zettabyte stack would circle earth 220 times and it would take 1.8 billion of years to download at average internet download speeds.

### Arch Mission Foundation

[Arch Mission Foundation](#): Humanity, we have a problem. Our modern civilization has no backup. A global catastrophe today would erase the collective knowledge, and it would take centuries to rebuild. The mission is to preserve humanity's knowledge for the benefit of future civilizations. Arch Libraries are the most durable records of human civilization ever created. Arch mission uses [nanofiche](#) (nickel based analog storage) and 5D optical memory as storage media. Arch mission wants to store the data in outer space, like on the moon. Nanofiche is expected to last billions of years if in outer space, 50 million years on the moon and 10,000 years on the surface of Earth (up to millions years if stored below earth surface). One initiative of the Arch Mission is the Billion Year Archive that should remain intact even long after Pyramids have turned to dust.

### LOCKSS

[LOCKSS](#) (Lots Of Copies Keep Stuff Safe) is a principle, a program, a community, and a software application.

todo

### Social Media Platform

todo

### Kardashev Scale

[Kardashev scale](#) is a method of measuring civilization's level of technical advancement based on the amount of energy it is able to use. Originally, only level 1 to 3 had been defined.

Type	Energy of...	Years to achieve
0	1 MW	-0
1	Can use and store energy that falls on the planet from the star	100-200
2	Can use and control all the energy radiated by the star	1,000-2,000
3	Can control energy at the scale of its host galaxy	100,000-1,000,000
4	Entire universe	
5	Multiple universe's	
6	God ?	
7	We can't even imagine	

The 7 levels are described in [bigthink article](#). This is so science fiction Phantasy!

Carl Sagan suggested the use of K (Kardashev rating) for intermediate values. Earth is currently at about 0.73 K. To reach level 1 we should exploit [fusion power](#) converting about 280Kg of Hydrogen to Helium per second. Hydrogen we can get from water but where do we put that much of Helium?

Will we ever reach even K=1? Do we even want to reach K=1? Maybe that much energy usage is not a goal to look forward. At K=1 our planet may be already too hot for human life!

...right now I remembered one more item from my to-do list from 12 April: HUMAN, ah and ARTI ?

## Saving the World

"Together we can save the World."

Antti Lukats

It is 17th June, year one Anno Greta (the year 2020 AD) - I have finally figured out what I want to-do in my life - I want to save the World! What about You? Ask yourself one simple question: Would you like to save the World? Do not think about how, just ask this simple question. I think most of us would answer this question: "Yes, I want to save the World". This means that most people would like to save the World. So why are we not all doing it? Let us change it, let us start! Take a deep breath, drink a glass of water and say to yourself: "I want to save the World!" Did you manage that? Congratulations! We are now one-step closer to saving our World, thanks to you! Because you just announced your willingness to do something that may have an impact on our World. It does not matter who you are, your willingness to act may at some certain time be all that is needed to save our World. The thing you have to do may be something very small and simple, something you certainly can do.

You are now the savior of the World - when action is badly needed you would act.

Our World is sick and broken and there is no big positive change in sight. The Climate is in crisis, it seems no way the Paris Agreement goals will be reached. Earth temperature is rising, polar ice-caps are melting, permafrost is melting and the process is accelerating. No scientist can precisely forecast what our future brings. Brazil is destroying rain-forests, there are large forest fires each year. Our oceans are polluted with plastic. Our nature is dying on us.

Most countries have severe internal problems - be it corruption or something else. It's not better with international affairs either - there are trade wars and other issues.

There are too many weapons (nuclear and conventional) in this World and too much military. There are wars pretty much ongoing in some parts of the World at any giving time.

There is too much violence and cruelty in this World.

The World's population is growing and there are more and more people hungry in poverty.

Please think a bit - can you find just one thing you for sure know would be better in our World say in the next 5 years? In 10 years? The way it looks today in year one the future of our World is not very promising.

A change must come.

Hope for Tomorrow

Learn from Yesterday.

Live for Today.

Hope for Tomorrow.

The important thing is not to stop questioning.

Albert Einstein

Life always offers you a second chance.  
It's called tomorrow.

Unknown source

There is always hope.  
If things go worse and worse then a day must come when they go better again.

Antti Lukats

If you made up your mind that you want to save the World, then you can help the World by staying alive for tomorrow. Each day you live brings you closer to the better World. This is the basic recipe - stay alive and be prepared to do your part when the day comes your action is needed to save the World.

You should not try to save the World today and alone - this simply is not possible (no matter who you are) and could be dangerous to your mental health.

There are websites, organizations, and books named/titled “Hope For Tomorrow” but what inspires me is one Twitter user:

**Hope For Tomorrow**

@AureHope Folgt dir

#BREAKING #news  
140 Global News & Political Sources | Award Winning Journalist | Truth Seeker & Lie Slayer | #resister | Vote Trump OUT In 1 3 9 Days

[Biografie übersetzen](#)

⌚ East Coast, USA 📅 Seit August 2015 bei Twitter

She tweets every day in the hope of a better tomorrow for the USA. The response to those tweets is very low - many of her tweets get only one like. But she is not giving up, she is tweeting and tweeting in hope. In the hope to make a difference. It seems that nobody is listening (almost no likes!) but she just goes on.

So should we all. There is hope. Hope for a Better Tomorrow.

In year two she changed her handle, profile and background pics and added a link to her amazon shop. So this user is using her account for money making using amazon. It's not about the world or America she is fighting for, it's all about personal benefits. It makes me a little sad, I truly did think she really cares about a better tomorrow. Maybe she does?

But it doesn't matter if one Twitter user uses "Hope for Tomorrow" as a slogan for her webshop.

There truly is hope for tomorrow. There is. **This is something we all should believe in.**

## Hope A. Freedom

[←](#) **Hope A. Freedom**  
1 Tweet



...

**Hope A. Freedom**  
@HopeAFreedom1  
⌚ Germany 📱 Seit Oktober 2019 bei Twitter  
1 Folge ich 1 Follower  
Gefolgt von niemandem, dem du folgst

Tweets	<a href="#">Tweets und Antworten</a>	Medien	Gefällt mir
<b>Hope A. Freedom</b> @HopeAFreedom1 · 26. Okt. 2019 <a href="#">@GretaThunberg</a> Do you have any use for: <ul style="list-style-type: none"> <li>* some land on an island with whistling sands</li> <li>* small apartment close downtown in capital city</li> <li>* small house+some land?</li> </ul> All yours if the answer is: YES			

This is from Twitter account I created with something on my mind. There is one tweet that essentially offers Greta Thunberg some real estate for free. At some point I did think that this is the maximum impact way to help Greta Thunberg to gain more momentum. Of course she did not see the tweet and I got no response to my tweet. Why did I not email to Greta? Well there is no email for Greta known. There is only account called "Greta Thunberg Media" public, in year two I finally emailed that account, and well got this response:

Greta Thunberg Media

Auto-reply Re: Little bit of land on Island Hiiumaa, Estonia - \*\*This is an automated response\*\*\*

Auto-responder message and nothing more, no real reply at all. I guess my email did not actually reach Greta at all, as suspected. As of now the offer is no longer valid and some parts of the real estate have been sold already.

## HOWTO: save the World

Have you heard about SMART goals? I did hear about them about a week ago, and googled them yesterday: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely (SMART). How smart is it to set “saving world” as a goal? What can we really do to save the world? What can I do? What will it change? What can one person change? Sometimes a very small change can have a large impact. At a critical moment, one person can save the world.

Greta Thunberg is fighting to save our planet. She is not alone but she is also not getting sufficient support to make a real change. The world is not ready to listen to her.

I am looking at this, trying to focus my thoughts:

The screenshot shows a GitHub profile for Antti Lukats. On the left, there's a sidebar with "85 follow" and a "Highlight" section for "Arctic Code Vault Contributor". Below that is an "Organizations" section with icons for trenz electronic, a pink grid, and a green circuit board. On the right, a large box highlights the "Arctic Code Vault Contributor" status, stating that Antti Lukats contributed code to several repositories in the 2020 GitHub Archive Program, mentioning enjoy-digital/litex, YosysHQ/icestorm, f32c/f32c, and more. It also features a "Contribution activity" heatmap for the last year, showing a pattern of contributions primarily in April and May. A link "Learn how we count contributions" is provided.

This is a [Github](#) “badge” saying that some of the code contributed by me is selected to be stored in a coal mine deep beneath an Arctic mountain in Norway. Archived on hardened film, designed to last for 1000+ years.

If some of the code written by me is selected to last 1000+ years, what if “Antti Bible” lasts for 1000+ years? There is no way to push “Antti Bible” into the Arctic Vault. But a good book can withstand the time if people keep reading it. I am looking at a piece of paper I wrote some notes while looking at a video from lifehack:

- Focus on Positive, Think Positive!
- Success starts with a Goal

So, time to (re)set the goals! What if I set as goal the preservation of “Antti Bible”? I can not make all people read the Antti Bible. But one thing is sure if all people would read the Antti Bible the world would be a better place. I am sure of that. Positive!

With a smile for you all :) → please, please take this smile and **PAY IT FORWARD**.

Can you do this for me? For you? For the world? Smile to the world? Give it a chance!

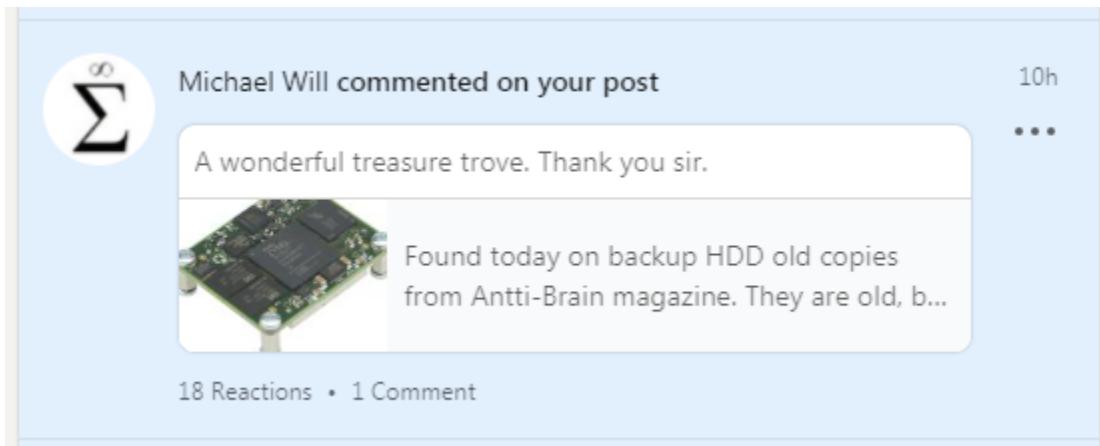
I'm smiling again. How about you, feeling a bit positive? Need another smile? I am trying to insert a smiley in Google doc 😊. On the second attempt I succeeded. I feel good.

I succeeded in inserting emoji! Despite almost giving up on the first attempt. Giving up is not an option. If I want to save the world I should do my best for that goal. The best I can do is to write a Bible. What I am doing already right now. As I am writing a Bible I do not need to be worried about sales, as I want it to be free for everyone to read. But of course, I have to distribute the Bible by some means. And I have to make sure it is preserved for next generations to read. How? Could I ask my children to keep a copy of the "Antti Bible" available online for everyone to read? Of course, I can upload the Antti Bible to GitHub and some other places, but I can't guarantee that those download locations keep storing it after my death. Can I ask the world? Why not?

So dear world, please store a copy of "Antti Bibble" to be available free of charge.

Thank you!

In 2008-2009 I wrote a monthly magazine titled "Antti Brain" - yesterday I uploaded archive copies from the old backup drive to GitHub and made a posting on Linkedin. I did not get many responses, but one did make my heart warm:



We should give away things we do not need. We should publish our work. And not worry.

Back to the goal-setting and to the **S** letter from SMART: Specific. The goal should be specific. I want to save the world is not specific. Writing a book (or Bible) that makes the world a little bit better place to be is a specific goal. Set!

Next letter **M** - measurable. How do you measure the success of a Bible? Well, one for sure no existing Bible (or another holy book) has succeeded to make the world a better place, they all failed. Does the Antti Bible succeed better? Was it a smile on your face? Yes, just now. If yes then I have succeeded. And I can set the measure of success of the Antti Bible as follows: five thank-you emails from random readers. Done with the letter M, the goal is now measurable. That wasn't that hard!

Next letter **A** - attainable. This is easy, I am writing on Google docs, this is a free service. I can later convert the document into PDF or ebook format, this is also a free service.

Next letter **R** - realistic. Can I expect to receive 5 thank-you emails? How realistic is it? There is a 1:100 ratio, from 100 people who read only 1 will respond. So I need 500+ readers to get 5 responses. How

likely will I get 500 readers? I am not good at advertising and I do not have many followers on my social media accounts. However, I think if I take it seriously this time, I can drive some attention. So, let us say the goal is realistic.

Next letter **T** - timed. This is harder, how do you define when the Bible is ready? Should I set a word count limit? Or a time limit? Must be a time limit, as timed implies that. No, it is not harder at all. Say the time limit is year two Anno Greta, so I have 11 months to finish.

The goal to save the world is now redefined as a SMART goal. Amazing.

Update: got a first “thank you” from a Muslim co-worker. Amazing 20% of the goal reached. With no advertising.

What about goals in your life? Are they SMART? Can you redefine them as SMART goals?

Why Set Goals? (blatant copy from public domain document **Setting-Goals.pdf** follows...)

Goal setting can:

- add value to the work that you are doing
- help disseminate the workload more evenly
- allow you to assess your progress along the way
- help you figure out how to move forward if you encounter drawbacks
- manage your time more effectively which can diminish burn out or needless work

for you or your group

- establish what you are trying to accomplish
- clarify the definition of success
- develop clear purpose which can help with recruitment of volunteers or community partners
- inform budget development and, identification of resources
- demonstrate that your organization is going to provide manageable tasks
- help you work smarter not harder

I can truly say that setting a SMART goal really helps.

It works. A realistic, specific, timed goal. SMART!

## Rules of Life and other Rules

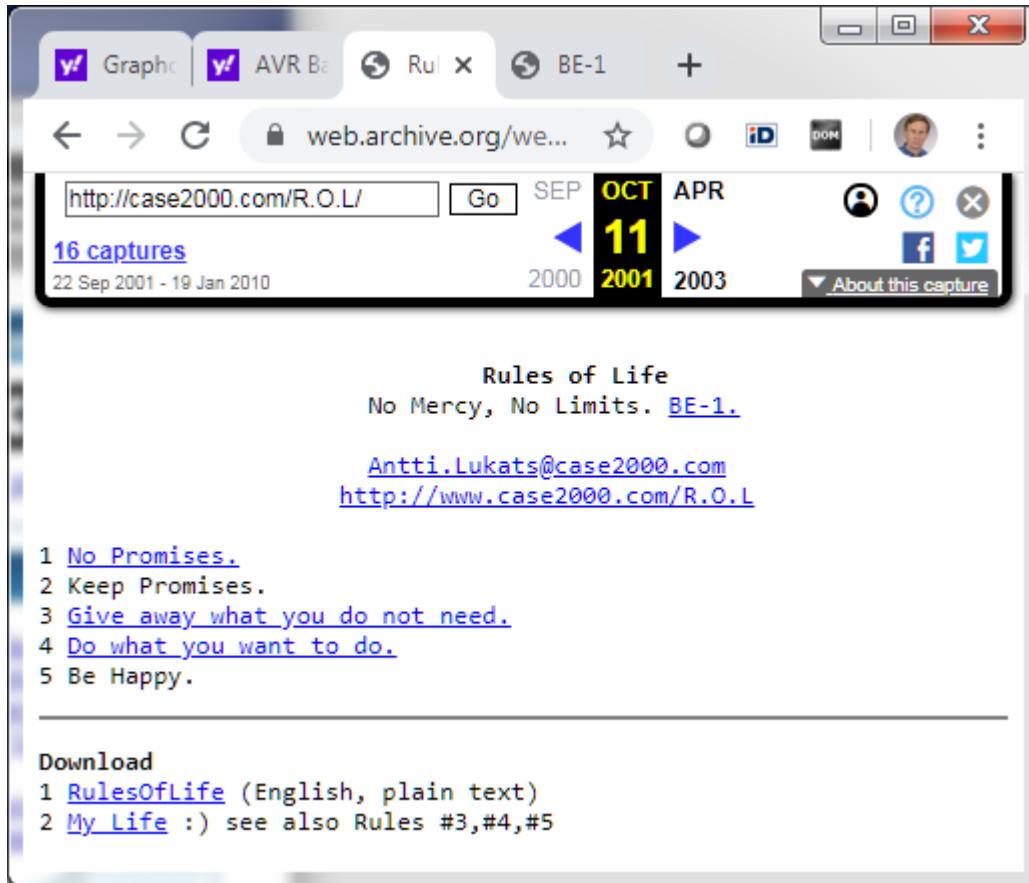
We all feel the oppressive presence of rules, both written and unwritten – it's practically a rule of life. Could we live in a world with no rules? The short answer is no. We need rules and norms, or it would all end up in anarchy. What may be a problem are the unjustified rules. The tricky part is to recognize the difference. Not all rules are to be broken, but sometimes we should question them.

See also:

[Could we live in a world without rules?](#) At [Life's Big Questions](#) / [The Conversation](#)

## R.O.L AD 2001

My Rules of Life published in 2001. The old webpage is still archived by [wayback](#) machine.



In the downloads section, there is the plain text of the rules and there was also a link to my past life projects and quellcode that I wanted to make public (give away for free). So the “Download my life” was not meant to be a joke, I really wanted to give rights to my IP (Intellectual Property) away for free on that download link. I started this process also, but someday I stopped and the domain name expired. Today most of the stuff that was supposed to be made public is still on some old backup Hard Disk drives. Some of it is lost as my mother did put my PC on the fire once. She did think that the PC was guilty that I had a breakdown. I didn't say a bad word about that.

UPDATE Year two: I started to push my old stuff to GitHub as “extras” to the Antti Bible. Better late than never.

Here is the full-text version of the rules with a mini-FAQ.

Rules of Life  
No Mercy, No Limits. BE-1.  
  
Antti.Lukats@case2000.com  
<http://www.case2000.com/R.O.L>

- 1 No Promises.
- 2 Keep Promises.
- 3 Give away what you do not need.
- 4 Do what you want to do.
- 5 Be Happy.

[To be Continued]

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#### LEGAL DISCLAIMER

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- 1 You are authorized to modify the Universe.
  - 2 You are NOT authorized to modify this document "RulesOfLife.txt".
  - 3 Whatever happens [if you follow the R.O.L.] is up to YOU.
- 

#### F.A.Q.

Q: Who wrote R.O.L. ?

A: me.

Q: Why?

A: Because I wanted to. (see also rule #4)

Q: Are you following R.O.L. ?

A: No. (see also rule #4)

Q: Are there more Rules?

A: Yes, but I forgot them.

:A)ntti Lukats, 21st August 2001, Tallinn, Estonia

I think from one of the links there was a page where I was giving away a free smile.

That page is no longer online so here comes that extra smile for you:



## 5 Second Rule

(Transform Your Life, Work, and Confidence with Everyday Courage)

A book by Mel Robbins

The Book, PART 1.1: Five Seconds To Change Your Life

The rule itself: If you have an instinct to act on a goal, you must move within 5 seconds or your brain will kill it. That's it, that's the 5 second rule.

Simple? Well to understand it in more detail you have the following options: You can watch [Mel's TEDx video](#) (22 minutes, over 26 Million views), you can “[look inside](#)” in the book itself, you can read the book reviews, and you can read [Mel's blog](#). Of course you can buy the book also.

From the comments: The entire book could be written in one page: count down from 5 to 1 and do whatever it is that needs to be done. Only the title is worth your reading time. The 5s seconds rule is a very simple idea that could be explained in 5s.

For me it is not clear why we do have to count down, why can we not just move on instantly doing what we have to do? Why that countdown? Well there seems to be some medical explanation about our brain that explains why the 5 seconds rule actually works.

I have not read the book, I tried to watch the TEDx video, and it started like this:

*Oh my God!*

*Hi everybody!*

*How are you?*

*Oh my God!*

*My name is...*

This is where I stopped watching.

## 1 Minute Method

You want to be healthier, do more sports, start something new but you find no time and/or motivation? Can you spend one minute a day? We all can find one minute each day no matter how busy we are all day. So the 1-Minute method is very simple: do something for one Minute each day. Like a small exercise. You can not find any excuses not to spend this one Minute. This method is described in more detail on the [skillupurlife](#) website (in german language).

## 2 Minute Rule

This is a very simple rule: if something takes less than 2 minutes do it immediately. This rule is inspired by David Allen (his book: “Getting Things Done: The Art of Stress-Free Productivity”). It is a very simple rule but it is not always easy to follow it.

## 12 Rules for Life

(An Antidote to Chaos)

A book by Jordan B. Peterson

This book started from a quora answer (to the question: [What are the most valuable things everyone should know?](#)) that went viral (it has over 700,000 page views). Only 12 selected rules from the 40(42?) in the original answer are explained in the book. This book has been digested by The Guardian, here a digest of that "[Digested read](#)":

- Men are better than women
- LGBTQ is not Okay
- Try to be less failure than you already are
- Nobody will dig you out of your pitiful hole
- Happiness is pointless
- Get on your knees to pray
- Atheists are blind and stupid
- Children are not innocent
- I (Jordan B. Peterson) am better than you

Does the Book really say that all? The book review at Guardian says about the same thing, just more politely, so yes it seems the book is as bad. Well the book is being to be translated into 40 languages, and it reached #1 position in Amazon bestseller list.

## [12 Rules for Twitter](#)

Those rules are from Tom McGuiness, from his substack article.

- Have a goal
- Respond, don't react
- Keep it above the waist
- Be humble
- Assume good faith until proven otherwise
- Have fun
- Be discerning
- No obligations
- Never apologize, unless you mean it
- Follow leads
- Be yourself
- Be a good citizen

You need to have a plan. If you don't have a plan, then you're just a tool in someone's plan.

Interesting, those rules are for Twitter, but we could equally well apply them to pretty much anything else too.

## [18 Minute Rule](#)

In the morning take 5 minutes to plan your day. Then after every hour take one minute to analyze your work effectiveness. Then at the end of the working day take another 5 minutes to judge your daily work. I have tried this rule at work and failed to apply it. I should try harder! Maybe. Or maybe not.

## 5/25 Rule

A rule by Warren Buffett: write down 25 goals for your life, then strike out all but 5 of them, then concentrate only on those 5 forgetting completely the remaining 20. There are longer explanations available, but the main thing is that we should only focus on a limited set of things or we get nothing done.

## 50/50 Rule

When learning something, spend 50% of time reading, and then spend 50% of time explaining it to someone or yourself. Like read 10 pages then write one page summary of it. It is better than reading those 10 pages 4 times. We learn best when we teach someone. As per research, learners retain approximately 90% of what they learn when they explain/teach someone else, or use it immediately. This is a short summary of a 5-minute medium read story.

Could I apply this rule? While we should never stop learning I have reached a phase in life that there is no direct necessity to learn something new. Well, I am writing, so I am learning to write while writing. I read, I think a lot, and then I write a bit. Then I read what I have written earlier. How to apply the 50/50 rule to writing? I have no audience. To whom should I explain?

Actually, I was not quite honest when I said there is no need to learn something new in my life right now, there is: I am learning to dance. This is hard for me. When the corona lock-down is over and dance lessons commence I should try the 50/50 rule. I should try to recall the lessons. Maybe I should try to write down the steps learned and then practice? Maybe dancing is not a good example of the 50/50 rule.

## 80/20 Rule

This rule (also known as the Pareto principle) says that 20 percent of the effort is responsible for 80 percent of the result. This rule can be seen in various forms. Like 20% of the population holding 80% of the wealth of the nation. Or 20% of the customers consuming 80% of the support time.

## 10/90 Rule

The last 10% of the work takes 90% of the time. This is a variation of the 80/20 rule often used in software development. When we are at 90% done, and we still have 90% to-do then the actual work would be like 180% - we did underestimate it in the first place.

## 10,000 hours Rule

This rule says that you need to spend 10,000 hours to master some skill at the expert level. If you want to be very good at something you need 10,000 hours of practice. This is a common rule from Malcolm Gladwell's bestseller "Outliers: The Story of Success".

Now, the first google hit on "10000 hours rule" gets us to the Six Seconds website saying the 10,000 hours rule is a myth. If you want to master something, practice deliberately in the smartest way you can, and don't worry about how long it takes.

"In a rapidly changing world, success comes from deliberate experimentation and a healthy dose of emotional intelligence."

Six Seconds, Michael Miller

## 20 Rules for Writers

Those rules are written by Stephen King (from his book [On Writing](#)), they can be found easily, google 20 rules for writers. A shortened version of the rules:

1. Write for yourself, be yourself, don't worry about others.
2. Don't be afraid, the magic is in you.
3. Focus!
4. Read, read, read...
5. Take a break.
6. Two secrets to success: "I stayed healthy, and I stayed married."
7. Writing is about getting happy.

You become a writer simply by reading and writing, and the most valuable lessons are the ones you teach yourself. The basics: just do it! Interesting those rules are for writing but they can also be applied to life in general. Be happy!

I'm checking the original 20 Rules list against my own writing of the "Antti Bible" - it seems I'm doing rather well even without knowing those rules. I am not sure if I can get the draft done in three months but hey this is bible writing, it can take a bit longer. I should possibly delete some more boring parts, but I just can't, and maybe they aren't so boring at all?

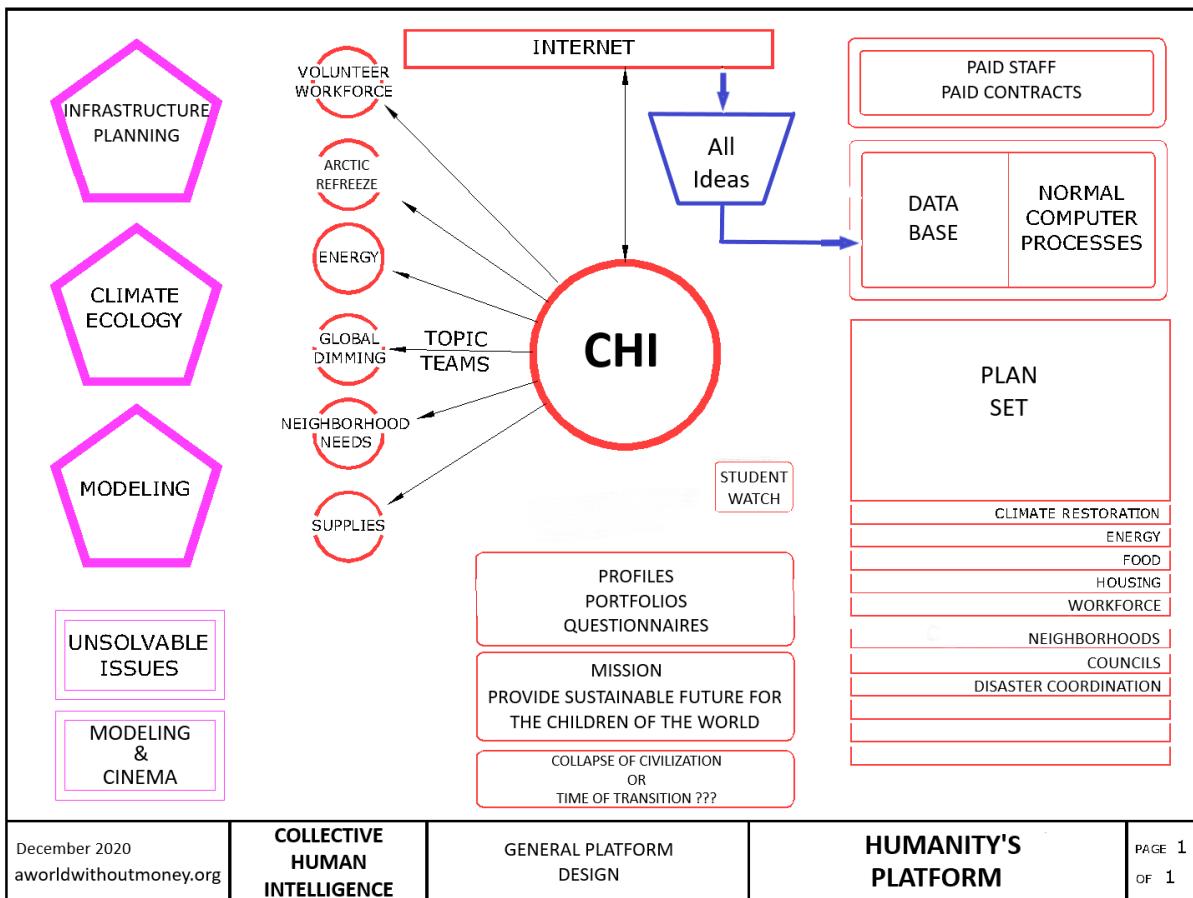
My son is stuck at 600 words with his story writing. I wish I could encourage him somehow, but my wife says I better not even ask how it is going. It's hard for me not to ask. I remember when I was his age (18) I also started to write a story. I got inspiration from a movie about teenagers in outer space. So my story was also happening on the spaceship. I never finished it. In today's world, it is so easy to publish stories. I hope my son finds the courage to publish his story one day. It doesn't matter how many will read it or like it. Most of the postings and blogs I write get rather low attention, so what, I just keep going. Like I am keeping on writing the Bible. Sure I would love to see my work being read globally but if not so what. One day sooner or later a new global Bible for humankind will be written. I may not be the one who finishes it, but I'm doing my best to be the one who starts it. A new user manual for us humans should really be written. It's about time, we have lived by outdated manuals (holy books) for too long.

## Moments and Movements

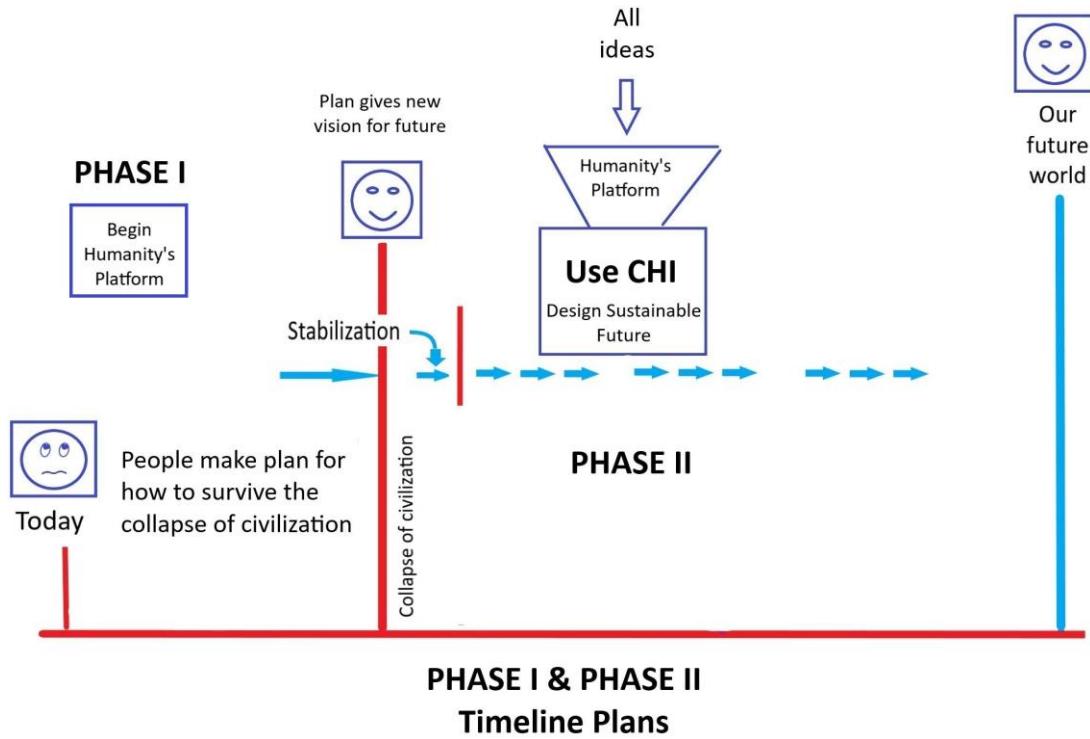
Various movements.

### AWWM

AWWM - [A World Without Money](#) used to be accessible as <https://aworldwithoutmoney.org/> but this domain seems no longer be hosted. The author [Adam Soul](#) still has his twitter account where he posts links to youtube videos.



CHI - Collective Human Intelligence.



AWWM/CHI:

- Population reduction via voluntary reversible sterilization.
- Food and water are the biggest concern.

Phase 1:

Plan to survive the collapse. Phase 1 has a length of two years, or long enough to allow Phase 2 to be implemented. Development of HP (Humanity Platform).

Phase 2:

People will begin manually overturn the asphalt, restore the river, and knock down unnecessary buildings. As money is gone the minds of people will clear. Militant types of groups would be handled in manners decided by the CHI.

The author of AWWM Adam Soul is looking for 4.6 Million USD to start phase 1.

UPDATE: the AWWM seems to be abandoned by the author who is now promoting PAST (Plan for A Sustainable Tomorrow) on his YouTube channel.

## Black Lives Matter

A brutal police killing of black man George Floyd in year one quickly turned into a movement: BLM - Black Lives Matter. For several months people did demonstrate on the streets in the USA. There was some support from other countries as well. There was lots of talk about police brutality in the media, but after a few months it all went back to normal. Still the BLM movement received over 90 million dollars in

donations in year one. How is that possible, how can a wild movement receive such donation? The money was actually cashed in by BLMGNF - Black Lives Matter Global Network Foundation, an organization founded in 2013. BLMGNF doesn't say where the money comes from or how it is used. There are other organizations under the BLM umbrella as well cashing in on the basis of a racial movement. Amazing how single killing by the police yields in 90+ million dollars for someone. The number of police killings in the US in year one was 1004 what is about the yearly average. The killing (murder) of George Floyd did not make any difference.

### [Free World Charter](#)

The Free World Charter (FWC [www.freeworldcharter.org](http://www.freeworldcharter.org)) wants to remove money, trade and ownership; they have published a ten-item list of principles:

1. The highest concern of humanity is the combined common good of all living species and biosphere.
2. Life is precious in all its forms, and free to flourish in the combined common good.
3. Earth's natural resources are the birthright of all its inhabitants, and free to share in the combined common good.
4. Every human being is an equal part of a worldwide community of humans, and a free citizen of Earth.
5. Our community is founded on the spirit of cooperation and an understanding of nature, provided through basic education.
6. Our community provides for all its members the necessities of a healthy, fulfilling and sustainable life, freely and without obligation.
7. Our community respects the limits of nature and its resources, ensuring minimal consumption and waste.
8. Our community derives its solutions and advances progress primarily through the application of logic and best available knowledge.
9. Our community acknowledges its duty of care and compassion for members who are unable to contribute.
10. Our community acknowledges its responsibility to maintain a diverse and sustainable biosphere for all future life to enjoy.

The FWC says it is like designing a better world from the ground up, they are not providing any details. The time has come to make some fundamental changes to our way of life, which has become both unsustainable and unjust. Adopting the principles of the FWC is the first crucial step mankind must now take in order to protect and preserve both ourselves and our planet. When enough people see the Charter and accept it as the next logical step in human evolution, change will come about automatically.

I am checking the signatures: displaying 59,544 signatures from all countries, signatures in the last 24 hours 0, number of days online 3657. This is sad, less than 60,000 signatures total in ten years. It is not possible to donate to FWC, but on their website it is possible to become a patron of "freeworlder" (Colin R Turner). Right now the freeworlder is receiving 86 EUR monthly from 16 patrons.

## Earth Charter

[The Earth Charter](#) is a document with sixteen principles powering a global movement. Together, we are turning conscience into action for a thriving Earth. We know you're ready. Now, let's get to work.

This is the footnote from Earth Charter's website. The charter was written as follow-up to the 1992 Earth Summit. In the preamble it says that we stand at a critical moment in Earth's history, a time when humanity must choose its future.

The principles:

1. Respect Earth and life in all its diversity.
2. Care for the community of life with understanding, compassion, and love.
3. Build democratic societies that are just, participatory, sustainable, and peaceful.
4. Secure Earth's bounty and beauty for present and future generations.
5. Protect and restore the integrity of Earth's ecological systems, with special concern for biological diversity and the natural processes that sustain life.
6. Prevent harm as the best method of environmental protection and, when knowledge is limited, apply a precautionary approach.
7. Adopt patterns of production, consumption, and reproduction that safeguard Earth's regenerative capacities, human rights, and community well-being.
8. Advance the study of ecological sustainability and promote the open exchange and wide application of the knowledge acquired.
9. Eradicate poverty as an ethical, social, and environmental imperative.
10. Ensure that economic activities and institutions at all levels to promote human development in an equitable and sustainable manner.
11. Affirm gender equality and equity as prerequisites to sustainable development and ensure universal access to education, health care, and economic opportunity.
12. Uphold the right of all, without discrimination, to a natural and social environment supportive of human dignity, bodily health, and spiritual well-being, with special attention to the rights of indigenous peoples and minorities.
13. Strengthen democratic institutions at all levels, and provide transparency and accountability in governance, inclusive participation in decision making, and access to justice.
14. Integrate into formal education and life-long learning the knowledge, values, and skills needed for a sustainable way of life.
15. Treat all living beings with respect and consideration.
16. Promote a culture of tolerance, nonviolence, and peace.

It took 5000 people and nearly 10 years to produce this nice four pages long PDF document!

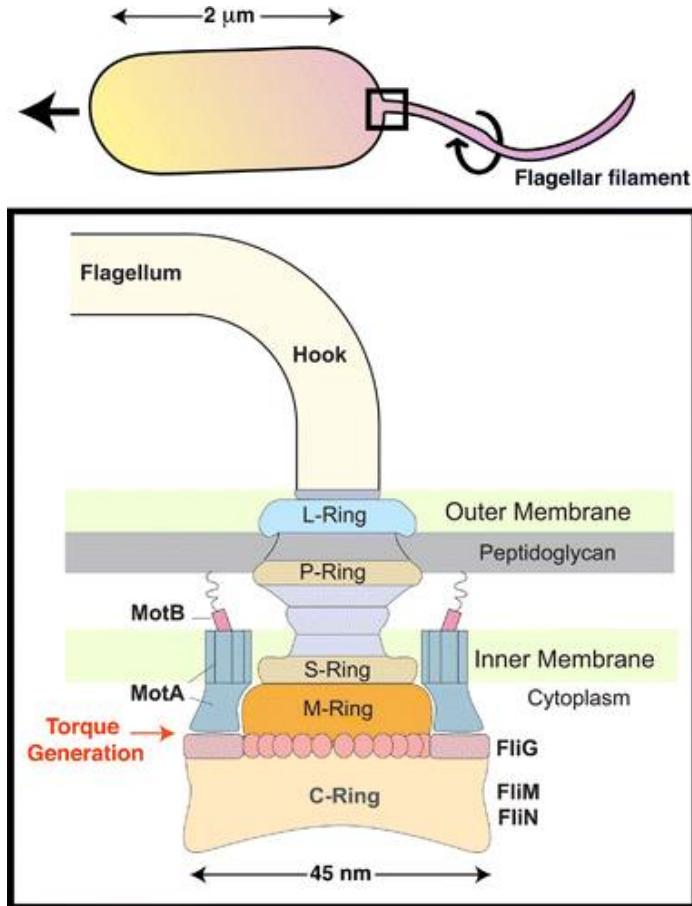
This document has been translated into many languages including pidgin english. A copy of the document has been placed into Ark of Hope ([www.arkofhope.org](http://www.arkofhope.org)).

And what has changed in the 20 years since this document was drafted? The only thing that has happened is that pretty much everything is worse than it was 20 years ago. Well something else has

happened: The Earth Charter Initiative and the logo are now trademarks of a New York based company. You can donate with a credit card or wire your money directly to Costa Rica.

## Intelligent Design

[Intelligent Design Movement](#) is a religious campaign promoting the idea of [intelligent design](#) (ID). They basically say that life is too complex for undirected evolution only. As one example they bring this:

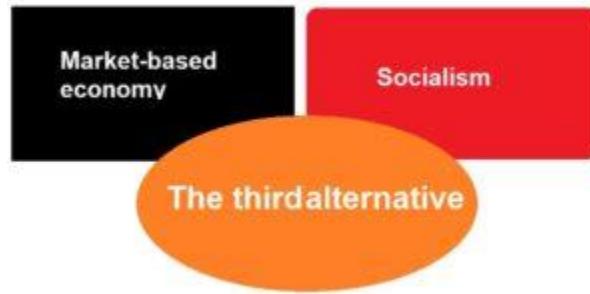


This is a rotary bacterial flagellar motor ([BFM](#)) found in some bacteria. To function it needs an interaction of about 30 different proteins. The motor is rotating with speeds up to 100,000 RPM (revolutions per minute). BFM converts free energy in transmembrane electrochemical gradients into mechanical work. BFM operates at near 100% efficiency and can propel the bacteria up to 100 body lengths per second. So the ID folks say that this motor did not evolve but was CREATED by some intelligence. As another example DNA is claimed to be too complex for evolution. Therefore, the ID claims that they have found evidence of "design" in the DNA sequence.

When [SETI](#) was actively searching for extraterrestrial life in the captured radio signals I did think that well, we could also try to find it in the DNA. It is not to be excluded 100% so there could be a DNA sequence that would be impossible without being designed. But so far it has not been found. The ID folks just say that DNA is too complex.

## letusbe.one

SOFT SYSTEM RESET: from the market economy to the thanks economy. The website ([letusbe.one](http://letusbe.one)) says that we could get rid of money now/soon: Nothing bad happens if all the money in the world is gone. Nothing is taken away from anyone because then you get everything for free. They propose a third alternative:



Property ownership remains, just no money.

Money has to abolished because:

- Because a climate catastrophe threatens if something does not change quickly.
- All major economic crises have been caused by money.
- Because there is need, just because people have no money although there is enough of everything.
- Because we have lost the center of our life.
- Because the gap between rich and poor is widening.
- Because the evaluation of our “Time” is very contradictory.
- Because we are on the step into a new age.

So in this new world:

- Money, Gold, etc. => 0, no value
- Property exists but => 0, no value
- Lease and rent => 0
- Credit, debt => do not exist

We would still go to work, but we would work without pay. As we get everything for free everything still works. How to get there? After a global referendum a deadline is set on which all money in the world is devalued to zero. All people are called to change their behavior regarding work and consumption. Agreements and contracts remain valid.

What would actually happen?

- Some people start to “collect” things excessively.
- Some people would refuse to go to work.
- Some people would start travelling the world.
- All luxury items, high tech and expensive items will be “sold out” permanently.

- People including children would consume more alcohol.
- People including children would consume more tobacco products.
- Some countries will order new weapons and equipment for their army.
- Gun ownership will increase in some countries.
- Homeless people will move into Ritz Carlton and eat and drink there, they will work as much as they did before that is not at all.

What happens later?

- Military will gradually disappear as there is no need for it.
- Global spending will drop.
- Alcohol production and usage will drop dramatically.
- Tobacco production and usage will drop dramatically.
- Usage of hard drugs will drop dramatically.
- Crime rates go down.
- Number of people in jail will drop.
- Government spending will drop.
- Advertising will shrink dramatically.
- End of slavery.
- End of child work.
- End of deforestation.
- Everything is going to be better? Really?

From the website: It is a great adventure for all humanity. A departure into a new dimension of society, comparable to Mars mission.

Mars mission? That's definitely doable, it just costs a lot, and return flight may not be guaranteed.

Getting rid of money? Cost: nothing. The day will come when we do not need money the way we use it today. That day is coming closer and closer, but there is still a long path ahead.

### New World Order

In March year two the Pope Francis did give a long interview (titled: God and the World to Come) that is also published as a book in Italian language. In this interview the Pope calls for a New World Order, saying that after the pandemics it is not possible to continue as before. Pope says: if we don't take immediate care of earth then our common home will throw us out of the window. The world needs to be healed from speculative mentality, reducing the gap between those who have access to credit and those who do not. The New World Order should eradicate inequalities. With a Great Reset we should shift away from fossil fuels and military spending toward a green economy based on inclusiveness. Christians and people of good will should choose which enterprises to support based on four criteria: inclusion of the excluded, promotion of the least, the common good, and care of Creation.

Dear Pope, you cannot establish "New World Order" with an interview and Italian language book. It is nice to see that you have also grasped that we cannot continue any more on the old path. You even

allow the "people of good will" to be part of your new world, not only Christians. Well you know, the world is full of good people. Moreover, all of them deserve a better life on our common planet. You are dividing the world between Christians, "people of good will" and others. What about the others? Don't they deserve a full life also?

We are building our new World where we all have to live together. Your book is not changing that world much. We need more. We need a new Bible. A new manual for us humans. All existing manuals (holy books) are completely outdated and do not help us anymore.

### [Open Access Economy](#)

Promoted by Colin R. Turner.

Sharing is the path to the money-free world. As we cannot share what we don't have, no-one is expecting miracles from us. We can share skills, knowledge and anything we no longer use. With some time and dedication we can get the ball rolling now. We don't need to wait for a miracle. We are the ones we've been waiting for.

Sounds good? What comes next? If you did read it online then next is patreon donation button for mr. Turner to support his work.

If a monkey hoarded more bananas than it could eat, while most of the others starved, scientists would study that monkey. When humans do it, we put them on the cover of Forbes.

Ten most shocking facts about society that we accept as normal:

1. We divide our common planet into small sections, then fight over who owns which section.
2. We send children to school for their entire childhood to learn facts and skills that most of them will never use.
3. There are thousands of religions in the world - each one believing that their one is right and all others are wrong.
4. An inventor can invent something really useful then forcibly prevent other people from using it.
5. We abuse and kill over 100 million animals every day for food even though we can get our nutrition in other ways.
6. We prioritize money and the economy over clean air, water and food quality.
7. We call some people soldiers which makes it OK for them to kill other people.
8. Everyone wants to save the planet but no-one wants to talk about consuming less.
9. We see compassion as a sign of weakness even though it is essential to our existence and wellbeing.
10. We use an economic system that facilitates the death of millions of people every year.

Those 10 facts are from a video made by Colin Turner on his youtube channel versavice.tv that has less than 3000 subscribers. Colin is also providing a [simple economics](#) simulation model (modified from NetLogo example), with this very simple model, the results when tracking wealth comes always to few rich with others at poverty level (top 7% accumulated 98% of wealth). When running the simulation with the track "energy" option all agents get better, wealth is shared equally, there are no rich and poor.

## Pay It Forward

It is a [book](#), a [movie](#), a [foundation](#) and a website ([Pay It Forward Day](#)). The philosophy of Pay It Forward is that through acts of kindness among strangers, we all foster a more caring society.



This is Pay it Forward card, template available for printing at Pay It Forward Day website. One printed page gives three cards. In the book there is an pyramid scheme: if you receive the good deed, then you should pay it forward not one time but three times. This would saturate the world rather quickly if it would work out. Well it does not.

While this all sounds like a very good idea that makes our world a little bit better place the movement has not taken off as expected. Well there is a donate link at the foundation web, they have raised 14,000 USD so far. Sure if we all pay it forward sometimes it would be a good thing. So here comes an extra ☺ to pay it forward. Do it, it's simple, smile to someone. It is the smallest thing you can do. Paying it forward is not always that simple, you need to find something you can do – [wikihow](#) has a webpage with some ideas to pay it forward.

## Plant for the Planet

This movement was initiated by 9 year old Felix in Germany in 2007. The initial goal was to motivate children to plant 1 million trees in every country. The foundation has later set a mission goal to plant 1000 billion trees. There are over 88,000 children involved. There are a total 3000 billion trees on earth and there is a place for 1000 billion more. How realistic is the 1000 billion tree goal? On the official website there are projects listed with a donation button. Each project has set a price for a single planted tree, it varies from 1 to 15 Dollars. Taking 3 Dollars as low average we get to 3000 billion Dollars of donations needed. Dividing by the number of people we get 400 Dollar donations needed from everyone on earth including children and babies. Would you donate 400 Dollars to save our planet? This is a tough question. If one single donation could really stop global warming and save our climate, well I would instantly donate say 10,000 USD. Wait a moment, why only 10,000? I have a bit more savings, heck I would donate all my savings to save the planet! Let's assume the foundation succeeds in collecting 3000 billion Dollars, will they be able to plant 1000 billion trees? China has planted 60 billion trees in about 40 years as part of the China Green Wall. The process of planting trees cannot be ramped up very quickly, to plant a tree we need the tree first, it takes years. Then it takes 20+ years for the tree to grow and start consuming co2. In addition, we need free land for the new trees. Moreover, at the current rate there are 40 billion trees cut every year, so in 25 years we would have 1000 billion trees less than today. So succeeding in planting 1000 billion trees we would only keep the amount of trees we have today. The problem our planet has is big, but it is not to be solved by the Plant for the Planet foundation. Sorry Felix! And yes, keep on going! Every tree counts.

## Random Act of Kindness

Yet another [foundation](#) and website promoting kindness. The website offers [kindness ideas](#), kindness quotes and many materials for those who want to be kind. The basic idea is very similar to the Pay It Forward movement. You do some random act of kindness without expecting anything in return. What is different from Pay It Forward: the RAK foundation does not accept donations!

How do we change the world?

One random act of kindness at a time.

Morgan Freeman

Listed under kindness ideas:

- Drink more water

When you are healthy and energetic, it is much easier to be kind. That is a good idea. Drink more water.

## Sharebay

[Sharebay](#) (formerly freeworlder.com) should be a platform for sharing and giving, linking together people who are in need to those who can give something. The creator Colin R. Turner says on his patreon page that sharebay is his most important work, as it promises a way of showing that a moneyless economy can work - even in a monetary one.

A quick check: I could get a mechanic wrist watch as a loaner or borrow a kayak in Australia. And what are people looking for? Colin Turner is seeking video editing software that should be not older than 7 years. Some other requests:

- A hug
- A car
- Rats for my python
- 10 tons of sand
- Readers (it's my first book)

The book the author is looking for to be read is over 4 years old and has a "you set a price" tag at some eBook promotion website.

As of today sharebay is not much functional, there are just not enough users. To really work sharebay should have more users than eBay, and then it would really make sense.

The idea behind sharebay is a good one, and this service is really needed. We all have things we are not using and would gladly give away, it just is not that easy to give. One day eventually, a sharebay like service will take off.

## WSWS

[World Socialist Web Site](#): as long as a handful of billionaires dominate society, with every aspect of economic life geared to their personal enrichment, not a single social problem - including climate change - can be solved. The WSWS seeks to unify the international working class to take power. International corporations and banks must be placed under democratic ownership to serve the interest of global population.

Modern socialism!

## AFFEERCE

Here [AFFEERCE](#) in a nutshell (ending both poverty AND taxation):

1. Buy up all the land in the world into a binding trust
2. Rent each property to the highest bidder
3. Distribute the rents equally to every person on Earth

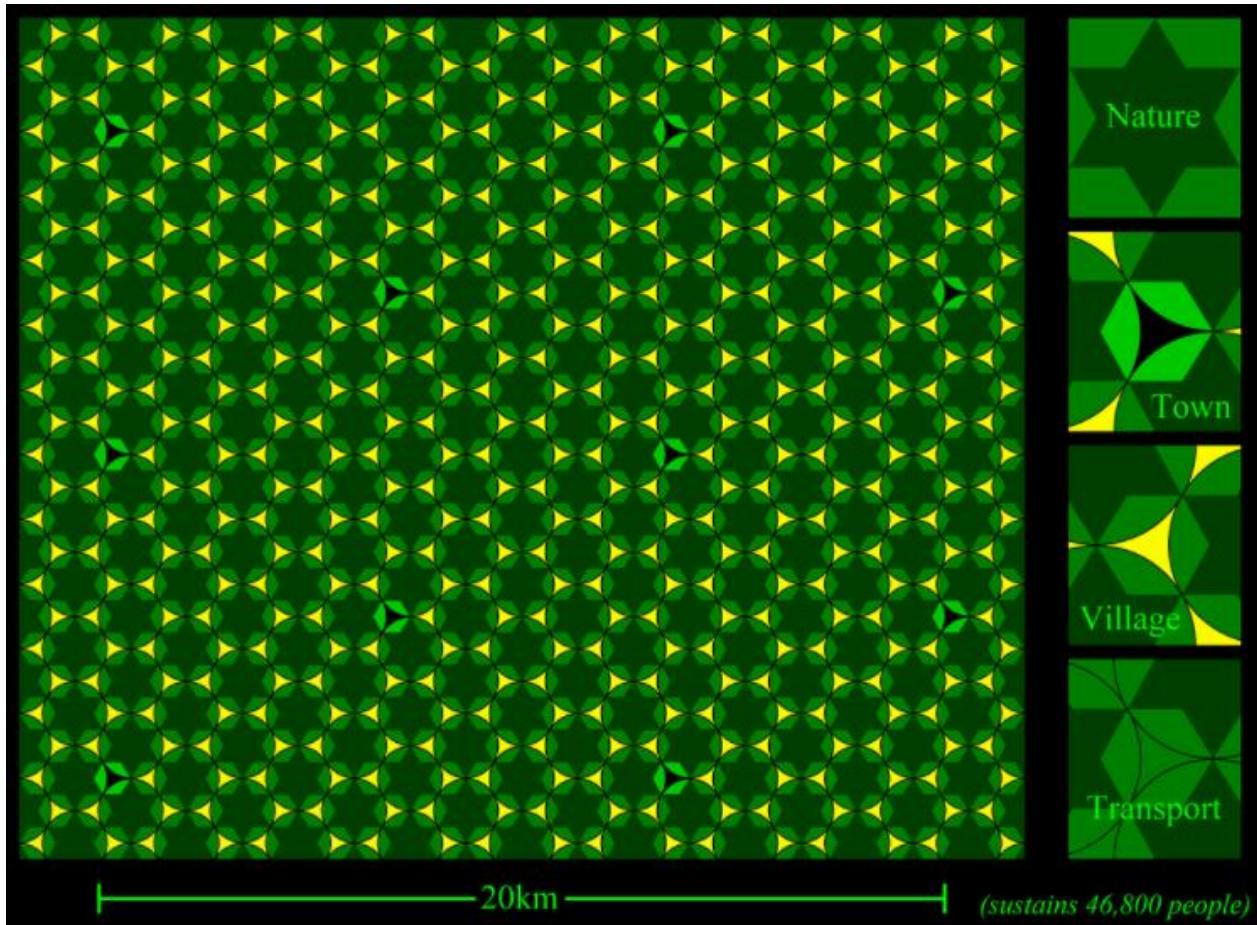
AFFEERCE – A Business Plan to save the United States and then the World.

Ouch – ugliest website I have seen for long time. Lot's of details, very complicated. The basics are described in ten-page PDF document. The vision and business plan are outlined in two additional freely downloadable PDF files (488 pages total). An AFFEERCE Specification exists, this seems only be available as paperback book for 9.85USD at Amazon.

What is interesting is the Biometric Virtual Currency (VIP – Voice, Iris, Palm) based on block-chain technology. VIP can also be used to sign contracts. All transactions are saved for at least 100 years. VIP\$ money can be earmarked (dedicated to some special use).

## The Movement of Light

The thousand-year plan of [The Movement of Light](#) wants to decentralize everything by placing people into small sustainable villages; population density should be about 100 people per square kilometer.



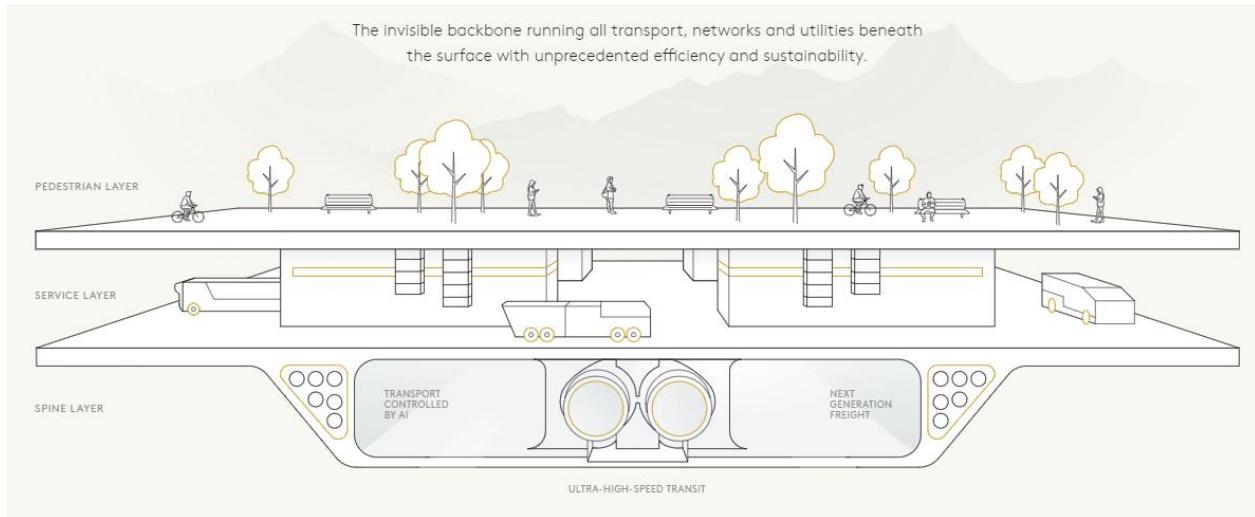
The land is divided 50:50 between people and nature. Each village has around 100 people living in autonomous community. In the morning you work for the community, in the afternoon for your family and the evening is for you yourself. One hectare of land is sufficient to grow everything one person needs. There is no need for mining, metals are replaced with carbon materials like graphene. There will be no need for money or any other authority.

## Human Condition

Todo

## NEOM

A vision of new Future. NEOM is a home for people who dream big and who want to be a part of building a new model for sustainable living. [THE LINE](#) is a project of [NEOM](#)



THE LINE is 170km long linear urban development of hyper-connected communities. No Cars, 5 minute walk to live, work and play. Powered by clean energy, integrated with nature.

NEOM – Many beautiful pictures, many big words, zero results.

## Varia



I do not know what I wanted to write here, but this image has been here for ages so I leave it here. Do not print out anything if there is no direct need. Use electronic documents whenever possible.

### [God @twitter](#)

There are two Twitter users with the handle: God.

One of them is [@thegoodgodabove](#), this account is following one and has 500K followers. The bio reads: "The best God ever, PERIOD!", location is set to heaven. This account is promoting its podcast that makes money using Patreon.

The other is [@TheTweetOfGod](#), this account is also following one but has over 6M followers. This account is promoting a webshop.

Both accounts tweet sometimes like a God, but most of their tweets are actually rubbish. In any case, making a new "God" account on Twitter is not gonna work out.

When you search Twitter for God you will also get Seth Godin returned in the response. He is promoting his blog on Twitter. From his blog:

The most important blog post.

It is on the most important blog.

Yours.

Even if no one but you reads it. The blog you write each day is the blog you need the most. It's a compass and a mirror, a chance to put a stake in the ground and refine your thoughts.

And the most important post? The one you'll write tomorrow.

It is the last day of year one. I am writing. Let us make a blog post too! Done, posted a blog post on my blog! Let's make a tweet too! Done! And if my tweet gets no likes, then so what! I had to do it. And I did. And I keep writing. Writing a Bible for you.

[tell me what you do believe in](#)

This was a tweet on 2nd January year two. The best response with more than 800 likes:

"I'm not atheist, I'm not agnostic, and I believe religion is the major cause of most of the world's problems, and therefore I want no part of any of it."

This tweet sums it up very nicely. Religion is bad. It's that simple. Is it? Is it that simple? Time to think. Yes, it is. A world without religion living in harmony with mother nature would for sure be a better place to live. For all of us.

Some other responses:

- I believe in the family... Evangelical heaven is absolute hell.
- True goodness of the heart.
- The only true religion is empathy and compassion.
- I believe in just not being an asshole.
- Anything is possible.
- Religion is a dangerous man-made competition for money and power, it is the cause of nearly every war mankind has endured.
- I believe in kindness and reason.
- I believe you should do as much good as you can and cause as little damage as possible.
- I believe we are here for a finite time, so make the most of it now.
- Unconditional love.

Another tweet has a pic of Colin Kaepernick with text:

Believe in something.

Even if it means sacrificing everything.

At the bottom (Nike logo) Just Do It.

Ah! This slogan (Just Do It) is over 30 years old!

I think I had a t-shirt with it about 30 years ago...

...and I still have not done it. However, I'm not giving up.

## Favorite Movies

My list of movies:

1. [African Queen](#), Humphrey Bogart, Katherine Hepburn
2. [Gran Torino](#), Clint Eastwood
3. [The Last Castle](#), Robert Redford
- [Men of War](#), Dolph Lundgren
- Leon, Jean Reno
- Wasabi, Jean Reno
- Rio Bravo, John Wayne
- Rambo I, Sylvester Stallone
- Cliffhanger, Sylvester Stallone
- Joe Vs Volcano, Tom Hanks, Meg Ryan
- The Fifth Element, Bruce Willis
- The Day After Tomorrow, Dennis Quaid
- Zorro, Alain Delon

## Good Books

It is amazingly hard to find good books. This is my current shortlist:

1. The Day of the Triffids, John Windham
2. Kontiki, Thor Heyerdahl
3. Pippi Longstocking
- 
- Brave New World

I am not sure about Brave New World, well it is a good book, there is a lot of very interesting stuff in there, and I am really glad that I got this book, this happened by true accident - I did see it on the table in the office next to mine. This book was sent to our company free of charge by the author because it includes a picture of some device I have designed.

## Giving away or selling?

I have had a pretty expensive machine (paid 13500 EUR for it) laying around useless for many, many years. So one day I tweeted:



**Antti Lukats** @AnttiBrain · 3 s

To GIVE AWAY almost new (less 10 working hours) PCB Plotter Protomat S62  
[lpkfusa.com/datasheets/pro...](http://lpkfusa.com/datasheets/pro...)

Sorry - no shipping, only self-pickup in Germany. The new machine did cost 15000\$, I simply never had time anymore to use it, so I'd better give it away to better home.



I got pretty little feedback, one was:



**Pepijn de Vos**  
@pepijndevos

Antwort an @AnttiBrain

Not sure I'd use it beyond a few toys, but if you can't find a better home, and it's not toooo far away, I could maybe have some fun with it and "pay it forward" if I don't use it.

[Tweet übersetzen](#)

3:07 nachm. · 2. Juli 2020 · Twitter Web App



**Antti Lukats** @AnttiBrain · 2 s

Antwort an @pepijndevos

It's yours then if you wish!



I would have given the machine for free, but then the next day after the tweet I got an 800 EUR offer for the machine. So I sold it back to the manufacturer LPKF. It's gone. Sorry folks, 800 EUR is more than nothing. The reason why I did sell it back to the manufacturer instead of giving it away was missing

software, I did not want to give away a machine that could be useless. Now it for sure finds a new owner. At least it does not collect dust anymore.

We should give away things we do not need anymore. Sometimes it just ain't that easy.

### [Guide to Living Longer](#)

From Dr. Shigeaki Hinohara (via Medium) who lived 105 years old and worked until the last months of his life.

Short version: To live longer give yourself a reason to live.

Medium version: Fun is the best painkiller and laughter is the best medicine. Don't place too much importance on material possessions. Carry your shopping and use the stairs. Try not to overeat. Don't opt for surgery first. The purpose is most important - keep on livin'. If you must retire, do it well over 65.

### [13B\\$](#)

In year one there was a day when the net worth of the world's richest man (Jeff Bezos) increased during one day by 13 Billion US dollars (13,000,000,000 USD). It's almost like there are suddenly 13B\$ dollars in your bank account. What did Jeff do with that extra money? He could have used it to-do lots of good things. Did He? Possible not. He was just a bit richer. And still divorced.

What would you do with 13B\$? What would I do? First I would send 1M\$ to Don McKenzie as I once promised that he would also be a millionaire should I become one. That's the easy part. What should I do with the rest?

Option 1: I'd buy flowers and say to my wife: "Darling I have a problem that I wish you to take care of for me. All this money - please manage it!". This would be an easy way for me. Just give up all responsibility for all that money so I can't do any silly things with it.

Option 2: I would:

- 1) Buy a new bicycle for my wife
- 2) Buy a new bicycle for me
- 3) Buy Braun Series 9 shaver for me
- 4) Reserve 5B\$ for the family (not to ever be used by myself)
- 5) Reserve 1B\$ for "emergency use" (when all money has run out..)
- 6) Reserve 1B\$ for miscellaneous donations
- 7) Reserve 3B\$ for the "Saving World" Foundation (to be founded..)
- 8) Reserve 1B\$ for my ideas (play money)
- 9) Reserve 1B\$ for my wife ideas (play money)
- 10) Reserve 100M\$ for running household use
- 11) Reserve 100M\$ for the development of a multi-platform mobile game: "Saving World"
- 12) Reserve 100M\$ to fulfill most of the tasks from my "Warren Buffet" 5/25 task list
- 13) Reserve 10M\$ to sort out my "past life" - all projects from old hard disks...
- 14) Reserve 1M\$ for my friend to manage the internet domains I own...
- 15) The remaining funds would be allocated for other usages as needed

Option 3: I would:

- 1) Buy a new bicycle for my wife

- 2) Buy a new bicycle for me
- 3) Buy Braun Series 9 shaver for me
- 4) Reserve ?B\$ for the family (not to ever be used by myself)
- 5) ????

Option 4: I would:

- 1) Buy a new bicycle for my wife
- 2) Buy a new bicycle for me
- 3) Buy Braun Series 9 shaver for me
- 4) Buy flowers and talk to my wife...

What would you do with 13B\$? What's on your list? When I compiled my options I realized that all of the options included new bicycles and a new electric razor. Things that I can just buy now. And flowers for my wife. There isn't much in the world I would love to-do alone without my family. I have been all around the world. I have done lots of technical things in my professional life. Doing something technically challenging isn't a challenge for me anymore - I have mastered too many challenges already.

After writing the above option-lists I got a notification that the sale of some real estate (house + some land) was successful and the sale price was 15K EUR above the start price. So I kind of got 15K EUR extra money today. This is the most "extra money" in my life. Sure it's one million times smaller than the amount Jeff earned in one day but it still feels good.

So what about tonight? I guess I go buy flowers and Braun Series 9 Shaver!

Flowers - Done!

Braun Series 9 - Done!

What about bikes? Still pending as the bike my wife wants can not be ordered, we have to wait. Update: wife's bike – done.

## I finally said it!

I have been writing for some while already but failed to say to my wife and children that I have writing as my hobby. Somehow I was so afraid to say that I am writing a book. Today I finally said it, to my wife and daughter also. Feels good. It wasn't that hard at the end. But sometimes very small things are very hard for me. Talked to my son too, he is also trying to write some short stories considering webnovel as a publishing platform. Writing a novel or a book isn't easy, that's why I am writing a Bible.

## Knitting Wife

I once started with a picture book titled "Knitting Wife". I just did use photos from the knitting of my wife with very short descriptions. Sometimes I think I should have continued with it. There are so many amazing things she has created. It's just incredible. I should scan old backup disc drives, maybe I still have a copy of this book. However, it can be that it is lost as my notebook was once stolen. I wish I would have stored a copy online. Sure I can make new photos from some recent works of her but it would not be the same as some works are not available anymore. Short test - how many knitted things can I see from my current location on the couch? I look left, I look right - the count is 18!

## 5000 Dollars

I am lying in the hospital bed when suddenly the man in the next bed starts to yell: "Help, help"! There is blood coming from his stomach, the man is crying for help. I had been in the bed after the operation and not yet walked, so I did hesitate a few seconds, then I took my two "bags", put them into my pockets, and went searching for a nurse. Later when I talk to the young man, he says that he was in the hospital to sell his kidney for 5000 USD. But the analysis was not okay and his kidney was not accepted. He said he is happy that he got to keep the kidney. For sure he possibly faces problems when going home without money. This happened in Tallinn, Estonia. Things like that hopefully are not anymore happening in Estonia, but worldwide the sale of human organs (from live donors) is pretty much happening, mostly in China and other Asian countries. They also keep humans alive in prison until the organ is needed and kill when the transplant is happening.

## 155 EUR

At the airport in Zürich, there is 155 EUR cash in my pocket. I got it from a rather old man; it was all the money he had. He was far away from home without a smartphone, without a credit card, with his prepaid mobile credit empty. How did it happen? Why did I take his last money? I did not need that cash from him, and still, I did take it. The cash in my pocket proves it.

It started at about 0615 in the morning in Zrece, Slovenia. I had been walking around since 0430 killing time hunting Pokémons. The shared ride to the airport I had arranged was supposed to pick me up at 0700. So while walking around I met that old man, he had only one very small sports bag. I asked what he was doing. I want to get to the airport, but as today is Sunday there are no buses, so I hope some car will go by and take me - was his answer. I explain that I am waiting for a shared ride and that hopefully there will be a free seat for him too. I call the shared-ride driver asking if he can take one more passenger, he says he will call the central and ask about the payment. As we wait we go to a cafe close by that opens at 0630. The cafe only serves drinks, there is no food at all, I order coffee for myself and tea for the old man. The total is 02.15 EUR I pay for it. When we sit down the old man takes a candy bar from his bag and cuts it into half offering it to me. His name is Alex. I talk with the driver again, he confirms that there are free seats and that it is possible to pay directly in cash. So Alex will get at least to the airport. In the van on the way to the airport, we talk all the two hours of the ride. Alex was also at the same ARDF competition in Rogla as I, representing Kazakhstan as a one-man team. Alex is Russian, living in the Russian part of the country that was later connected to Kazakhstan. He says that nobody loves Russians in Kazakhstan. It's so weird, he has been representing his home country at ARDF championships for more than 30 years. He usually gets some medals. Year and year and again he is on the podium and the national anthem of Kazakhstan is playing. He is retired with a 600 EUR pension. He pays for travel and competition fees from his own pocket. For me he is Kazakhstan! Alex is 72 years old. We talk about building new fox hunt receivers, Alex tells me that he managed to buy 200 pieces of crystal filters for his receiver. My idea is different, I would do it all in the digital domain using the direct conversion method. Alex also talks about a new grand chess derivative he has been promoting, it's called princess chess. There are two additional figures: the prince and princess are added to the regular chess. Alex has patented this game. He also has over 100 sets of princess chess figures so he could even host a tournament. When we arrive at Ljubljana airport, Alex pays 10 EUR "black" to the driver. We depart and shake hands. My flight is canceled; I get a new flight and 160 EUR cashback. I have about 3 hours wait time so I'm looking for Alex. He is at the Aeroflot counter trying to change his flight from tomorrow to today. As Alex English is not very good I help out. It seems to take forever, but then finally there seems to be a success, the woman says that Alex can change the ticket if he pays 327 EUR extra. I am sure Alex will

not take that offer, but Alex asks for confirmation: "If I pay, I can fly today?" Yes. Alex asks me to wait and runs towards passport control where he hopes to catch some friends from the Russian team to borrow some money. Soon he was back, his friends had already passed by. I have 155 EUR, says Alex. Well I had my credit card in my hands already - please charge this card! I pay for Alex's upgrade. And when he gives me that 155 EUR I take it all, not realizing that it was really all the money he had. When we say goodbye Alex says: "You are sent by God! Twice today!" We had agreed that Alex would pay back next year at the next championship. But the competition is canceled due to coronavirus so Alex pays back via wire transfer. It was his wish, I didn't ask for the wire transfer.

Alex contacted me later with a plea to help him to contact a person in Germany per email, he wants a GUI to be developed for princess chess. He had already managed to have the princess chess game engine being developed for him, so he wanted me to contact a German author of some GUI with a plea to adapt the GUI for the use with princess chess. I wrote that email but failed to get a response. So I failed to help Alex. I did some research, and found some open source source code for chess GUI, so the task should not be that difficult to adapt it to princess chess. I could do it, technically it's not complex at all. I could do it should I have sufficient worry free time.

### Bruce Lee

One day on my way home from the fitness studio while passing the three pillar fountain close to home I met Bruce Lee. He looked very happy and started to talk about his luck as he had just got a 100% legendary Pokémon. Bruce Lee is a Pokémon Go nickname of a young boy who usually plays together with his father. I have talked to them once for a few minutes maybe 3 years ago. But they still recognized me. It was a nice feeling to talk to Bruce Lee again! I left them with a smile and good wishes.

### Care for a game of chess?

In the hospital, there is an old man who has 6 plastic tubes coming out of his body with plastic bags. Then he stands up, collects the plastic bags into the pockets, and comes over to my bed. "You play chess?" he asks. Yes, I grab my two bags and we go together to the club room. During the first game, I suddenly realized that I am afraid to play. Afraid of that old man. And it's just a game. It's just a game. Realized that I started to play without fear, and I played better. I still lost the game, but I lost fighting. I did win the second game, maybe he did let me win or maybe he was just tired. But that feeling of not being afraid - it was great. We can all play better without fear. We are simply better without fear. There is nothing to be afraid of - not in the game and not in real life.

## Decision Courage

When I was young I did think that any man who has nothing above one word for his son is a good father. That one word I had on my mind is "Decision Courage" (it is one word in Estonian: otsustusjulgus). At that time I was building model rockets in the local club. The teacher was a young guy maybe 20 years old, he said once to me: "I am not a good person, I smoke, I drink and I talk dirty". He did smoke, yes, even when we made the gunpowder for rocket engines, but I never did see him drunk. His worst cursing word was: decision-courage-less (Estonian: otsustusvõimetu). I did build lots of different rockets and participated in many contests with them. You really can not build a rocket if you can not make up your mind. If you have decision courage you can master anything in your life.

## Infinitely Loved

One day on the main square a young couple approaches me: "Do you know you are infinitely loved?" the man asks. I am puzzled: "!"? "Do you know you are infinitely loved?" he asks again. Now I am getting it slowly, they must be from some religious sect trying to sell me their faith! Well, they are very polite and I take a shopping card chip they are handing to me. On the chip it reads: "infinitely loved" (**unenendlichgeliebt** in german) on one side with an URL on the other side. I planned to check out the website but I lost the chip! Out of curiosity, I am trying an URL using 'unendlich geliebt' with a german top-level domain ([unendlichgeliebt.de](http://unendlichgeliebt.de)), and indeed there is a website at that address! It belongs to a young woman named Mandy who is posting her blogs. The blogs all include some reference to God and/or the Bible. So the chip is pretty much an advertisement for a religious blogger website. This is how this chip looks like:



If you click then it comes a feedback form asking info about the place where you found the chip. It is also possible to buy those chips (for those who want to distribute them), the minimum order is 50 pieces for 3 EUR (5 EUR with shipping). On the website it is also possible to donate to Mandy and she has a link to her Amazon wish-list as well.

One example from Mandy's blog:

"Sexuality is a genius gift from God, 98% of men and 78% of women masturbate."

Actually, Mandy's blog posts are not that bad, but you have to strip out the God and Bible parts from them.

## A Friend

In year two Linkedin sent me a notice that I should congratulate my friend Andrey on his second work anniversary at Apple. Dear Linkedin, Andrey is dead for almost two years!

The first time I visited the USA I was asked if I want to have a conversation with Steve Jobs.

I was too timid and said no. Really, a true story.

I have never worked for Apple. You did, but you are dead now. A lost friend.

I met Andrey many times in his home town Riga where he did live with his parents. The second WC in that apartment was converted to his Electronics Lab. It was really just a tiny closet where Andrey did work and solder his electronics gadgets. Andrey was eager to explore the exciting world of electronics and he was happy back then. He was happy.

Andrey's house in California had a small pool in the garden. Yet, in his house Andrey asked once: "How did I end up in this shithole?" He had hard times finding a job. Most of all he was worried about his daughter's tuition for the university. He said: "I could sell the house and pay the tuition, but where would I live then?" Andrey's daughter was studying to be a sea biologist. She also writes poems. Andrey did show me one. He was so proud of his daughter. And so worried. It was really emotional. It was really

hard to see a friend to be so down. In the sunny California. I did think a lot about how to help Andrey. I had a house in Estonia staying empty, a place to live. I was about to say that he can live there. I never said it. When I heard that Andrey passed away, I was afraid to ask how. I was afraid that maybe he killed himself out of desperation. And that I could have been more helpful. It was not a suicide and there was nothing I could have done. Doesn't make it any easier, losing a friend is hard.

[käbi]

## Four commandments of criticism

Own your criticism, say I (I think.. in my opinion..)

Qualify your criticism, rationalize, say why

Highlight the positive, see the good

Instruct or improve, say what should

## Mars colonization

Elon Musk, world richest person, is selling all his possessions so people know he is serious about colonizing Mars. He has plans to send as much as 1 million people to Mars by 2050. Musk will offer loans for those with no money to be paid back with work on Mars. Therefore, those who are poor on earth would be poor on Mars as well.

## Ideas having sex

TED talk from Matt Ridley

Change of goods. Division of work. Trade is older than farming. No single person knows how to make a computer mouse or a pencil. Shared knowledge. We created an ability to make things we don't even understand. Important for society is how cooperative we are, not how intelligent we are. We are the neurons in the collective brain. Everybody can have ideas that can meet and mate with other ideas, this is what makes progress.

Ideas having sex is what brings us forward.

## Corporatism

Poverty and bad health are breeders of desperation. The desperate have nothing to lose. Nothing is more destabilizing to civilization than desperate citizens.

Corporatism is about profit. Profit creates poverty. This is America, this is the world.

"Fascism should more appropriately be called Corporatism  
because it is a merger of state and corporate power."

Benito Mussolini

## No one listens to me

A blog post from Tom Osher

Short: Life is so complex and so rich, a gift so large that it is hard to appreciate it fully. Yet for billions of us, life is an ordeal that must be suffered and endured. If we keep ignoring all that bad that happens around us we soon all die. It seems so hopeless. No one listens to me.

[www.utopiacornucopia.org](http://www.utopiacornucopia.org)

Dear Tom, you never know who may listen. And it's never hopeless. Even though Utopia Cornucopia is merely a dream right now. It is a sign that there are people who care about the future.

[libcom.org](http://libcom.org)

The environmental catastrophe is a product of the capitalist system of production. All solutions that leave capitalism in place are futile. We need to start producing for human needs in a globally planned way. This means revolution.

Capitalism: a world where [26 richest people](#) own as much as the poorest 50% .

[anthropomass.org](http://anthropomass.org)

Humanity is constantly manufacturing various objects, we call the mass of all of these objects "anthropogenic mass".

Year one (AD 2020) marks a crossover point when anthropogenic mass exceeds global biomass on earth. This should be pretty alerting, it means that man-made objects have more mass than all living things on our planet.

## Reading and Books

*So many books and so little time.*

Frank Zappa

A good book is a tool that operates on your mind.  
It may change you and the way you see the world.

But where do we get good books? We only have a limited time for reading, and there is the price issue also. Of course, a good book is worth its price. But we need to identify the good ones!

Wait a moment, wouldn't the bible be a good book to read? It should be available for free? From holybooks.com you can get 742 pages long pdf copy of the holy bible. Starting fast scan reading.

"A stubborn and rebellious son should be **stoned to death.**" {Deuteronomy 21:18-21}

Please read the above line a few times. And think about it. I did. I'm speechless.

A stubborn son should be stoned to death?

What kind of book tells that? Ah, it is the bible? What comes next?

"You should not wear woolen and linen together." {Deuteronomy 22:11}

I think I am done with bible reading for today, back to bible writing mode!

### Self-help books

I type into the search bar "self help", google autocomplete adds "books", and I press enter! Feeling lucky, taking Google's first hit, landing at lifehack.org on the page titled: "27 Best Self Improvement Books No Matter How Old You Are". For every book, there is a short description, and amazon links to paperback, ebook or audiobook formats (if available). Scrolling down the page, to "Final Thoughts": what next? Read them all? Ebook prices are between 10 and 20 USD, none of the books is free.

At the bottom, there is a link to a page: "How to Increase Brain Power, Boost Memory and Become 10X Smarter", click! A concept of Digital Brain? Hmm, interesting! Scrolling up and down trying to find the trick. So how? There is no advice, only a Link to a free webinar and more articles.

10X Smarter? I don't want to be any smarter, I have been too smart all my life. But at age of 55 my memory is not what it was anymore. When I was younger, I had all the phone numbers in my head. Then one day I realized that my brain is not holding all the numbers for me. From that day, I did write down the numbers, not relying anymore on my own memory. This is a piece of good advice for everyone: if something is important, write it down, do not rely on your memory, no matter how young you are. The best is to write it down in some place that you can easily access online like google docs.

However, what about that Digital Brain? I am back at the lifehack website clicking links. Ah, here is the explanation - use digital tools like:

- Airtable
- Dropbox
- Evernote
- Google Drive

- Pocket

Oh really? That was it, the big secret! I use Google Drive a lot, sometimes I have used dropbox and I have Evernote installed on my mobile. But what are airtable and pocket? To be checked out. Starting Evernote, it says that I have a premium account, is it free? No! It seems I am paying 69.99 USD annually for the last three years! Moreover, I have not used it at all... It really is better to stick with free services whenever possible!

Back to lifehack.org main page: "Lifehack - The university of life"

Main menu - Your Current Challenge:

- Feeling Stuck in Life
- Struggling To Reach My Goals
- Lack Of Motivation
- Getting Distracted Easily
- Learning Slowly
- Too Busy To Get Fit
- Feeling A Lack of Energy

Interesting, I could say my current challenges are all of them or none of them.

... todo ...

## medium.com

Medium is a writing platform for short stories. There are 3 free stories to read each month. OK, there is a little trick - you can read 3 stories from any different browser and device if you do not login to your medium account. Barack Obama is one of those who write on medium. If you are registered at medium then they will send you emails with personalized daily reads. Medium stories all include a note how long it takes to read the story. Most stories are 2 to 10 minute reads. Monthly membership costs 5 USD. There it is also possible to earn money if you publish stories. I have earned some money selling ebooks so I can tell you that earning money on medium isn't easy. I have no hope that I could publish medium stories that would earn money for me. Right now I am saving my medium daily emails for reading later. I have some reading to-do...

Later... My gmail inbox has lots of medium daily mail's all waiting to be checked out. Time?

## Goodreads

This is a book lovers website, the site will give you recommendations if you have rated some number (20+) of books yourself.

The screenshot shows the Goodreads homepage with a navigation bar at the top. The main heading is "Next, select your favorite genres." Below this, a message says "We use your favorite genres to make better book recommendations and tailor what you see in your Updates feed." A grid of 25 genre categories with checkboxes is displayed in five rows of five. The categories are: Art, Biography, Business, Chick Lit, Children's; Christian, Classics, Comics, Contemporary, Cookbooks; Crime, Ebooks, Fantasy, Fiction, Gay and Lesbian; Graphic Novels, Historical Fiction, History, Horror, Humor and Comedy; Manga, Memoir, Music, Mystery, Nonfiction; Paranormal, Philosophy, Poetry, Psychology, Religion; Romance, Science, Science Fiction, Self Help, Suspense; and Spirituality, Sports, Thriller, Travel, Young Adult. At the bottom left is a link "Don't see your favorite genres here?", and at the bottom right is a message "Select at least one genre to continue".

What genre does “Antti Bible” belong to? Ah, there is a “nonfiction” genre too. Well as the goodreads only lists commercial non-free books and ebooks it would not list a bible anyway.

## I read for you...

Many years ago I had an idea of “reading as service”. It was mostly focused on technical magazines: the reader (a person with deep domain knowledge) would read a number of magazines and write a monthly overview extracting only the essential pieces from them. So the readers of the “overview” would get all the news from several magazines, without buying the magazines or spending time reading them. The same approach could be applied to books as well of course. Most books have little content and lots of “filler” that could be skipped. Sometimes I think this service is needed now more than ever. Of course,

the “reader” can not simply copy text from the magazines or books, he has to rewrite and describe what he did read. I would subscribe to such a service if it would include some magazines about electronics. The magazines are so full of unwanted advertising and the actual content seems to be decreasing, so I have pretty much stopped buying any magazines.

It appears that the newspaper “The Guardian” is already doing it for 10+ years, they have a column titled: Digested Reads where one coworker writes in about 700 words about some book. And it appears there are several books that are composed of those digested reads only. So the “I read for you” idea is already being used for profit by someone.

## [How I Approach the Toughest Decisions](#)

by Barack Obama via medium

Our choices reflect and determine who we are.

- Don't get paralyzed in the quest for a perfect solution
- Don't go with the temptation to follow your guts
- Create a sound decision-making process:
  - listen to the experts
  - follow the facts
  - consider your goals
  - weigh it all against your principles

Then, no matter how things turn out you know you did your best based on the information on hand.

When you have a tough, almost unsolvable decision to make, you don't just want people to tell you what you want to hear. Create a space to think. Even when a decision is required quickly take some time to let your thoughts marinate.

Barack Obama's mother: there are two kinds of people in the world - those who only think about themselves and tear others down to make themselves feel important, and those who think about how others feel and avoid doing things that might hurt them. Which kind of a person do you want to be? We should all answer this question.

## [The Most Clever Life-Hack I've Ever Learned](#)

This is from my medium daily read.

Fall in love with doing instead of the idea of doing.

81% of the people want to see their name on a book cover, but less than one percent sit down to write every day. We all want to improve. To succeed. To be better. And we want it right now. It's human to feel that way. It's simple but difficult to acknowledge that the best hack of all is not trying to hack anything.

Don't fight the truth. You have to earn it. You know it. I know it. Only a few, however, can embrace it.

I am not sure I got it. Or maybe I did.

Hmm... this was a simple yet difficult read. A good one. I have certainly tried too many productivity-boosting hacks and tips with little to no results.

The author of this article offers a free book, where is the trick? There seems to be a simple request form asking for email only. Ah, there is a subscription linked! Well in the email there is an unsubscribe link too so I'm sold. A few seconds later I downloaded a 65 pages eBook titled "The Destiny Formula" and unsubscribed. Checking at amazon the same book costs 16 USD in paperback and 5 USD in kindle format. Nice, now I have one more book to read...

## THE FIRST 20 HOURS

(How to Learn Anything Fast...)

by Josh Kaufman

From the back of the book: "Want to learn to paint, play the piano, launch a business, fly a plane? Then pick up this book and set aside twenty hours to go from knowing nothing to performing like a pro. That's it."

Sounds great? Right? The book has 274 pages but only 26 with actual content, the remaining pages are the author's portrait and explanation of how Josh learned to play the ukulele.

Ten principles of rapid skill acquisition

1. Choose a lovable project
2. Focus energy on one skill at a time
3. Define your target performance level
4. Deconstruct the skill into subskills
5. Obtain critical tools
6. Eliminate barriers to practice
7. Make dedicated time for practice
8. Create fast feedback loops
9. Practice by the clock in short bursts
10. Emphasize quantity and speed

Ten principles of effective learning

1. Research the skill and related topics
2. Jump in over your head
3. Identify mental models and hooks
4. Imagine the opposite of what you want
5. Talk to practitioners to set expectations
6. Eliminate distractions in your environment
7. Use spaced repetition and reinforcement for memorization
8. Create scaffolds and checklists
9. Make and test predictions
10. Honor your biology

Two times ten principles. So what is right and is it really possible to learn in 20 hours and be a pro? True is that when learning and practicing in the most effective way it is possible to acquire almost any new skill to some performance level in 20 hours. But for sure you will not be a professional in 20 hours. It

depends also a little bit on the skill, I for example would be very bad on the ukulele after 20 hours. And it is for sure not possible to fly a plane like a pro with 20 hours of learning and practice. Or is it?

Flying itself is easy. It may go like this: At a small airfield, I walked towards a group of people at wind gliders, I asked: "Can I fly?" Yes, if you pay the "tow fee" of 80 Finish marks! I did get a parachute and there was a short explanation before the flight:

- Should we need to jump look which way the plane is tilt first
- When opening the parachute use both hands and make symmetrical movements to avoid spinning in the air
- When you get the steering, no rush movements and only +-15 degree movements of the steering stick

And with that intro we did take off with the wind glider. We did fly over an hour and I got to steer the plane for about 15 minutes. It felt superior, it is really cool to feel the wind in the wings. To fly in almost silence. It is an amazing feeling. Flying a plane in mid-air is simple, much simpler than driving a car actually. So learning to fly in 20 hours is possible if we do not count take-off and landing. Take off and landing are the complicated part. Unless you learn to fly with this plane:



This is [Archaeopteryx](#). You take off and land on your own feet! So I'd say even learning to fly in 20 hours is possible. You still would not be a professional pilot in 20 hours but you can manage the flying itself including take off and landing.

## The One Book That Will Change Your Life

This is what I did see in my Medium daily notifications:



### The One Book That Will Change Your Life

And allow you to live by different rules.

Jessica Lynn in Publishous ★ 7 min read

A 7 minute read about one book that changes Life? I was curious enough to spend one free Medium read for this article. Ha, this is the end of the article:

**Seven Books That Will Change Your Life**

The seven books I read once a year.

[medium.com](https://medium.com)

Now it is seven books? But OK let's see what this medium article is about.

Here is that one book:

*The Four Agreements: A Practical Guide to Personal Freedom*, by don Miguel Ruiz.

And here are the four agreements:

- 1) **Be Impeccable With Your Word.** Speak with integrity, say only what you mean (and know). Don't speak negatively about others or yourself.
- 2) **Don't Take Anything Personally.** Others see the world with different eyes, nothing they say is really about you.
- 3) **Don't Make Assumptions.** Practice healthy communication, instead of making an assumption, ask.
- 4) **Always Do Your Best.** Allow your best to be different at different times. Let the past go and focus on the future. Learn to say NO to the things you do not want to do.

I cannot duplicate the article here, but it was worth reading.

One of my own rules says: "All assumptions are assumed to be false" - this is the same as the 3rd agreement from the book. As soon as we assume something about something we are probably having it wrong, so it is best not to make any assumptions. We do not know what is in other people's heads, so it is better to ask directly and not overanalyze the situation.

In school I had it hard for a long time until I learned to not take it personally. I was bullied a lot as I got really upset when I was called names, until I learned to ignore it. I know my son does not have it easy as

well. But I don't know how to help him. I just hope one day he realizes it as well: we should not take it personally what others say about us.

### [The Book I Wrote That Saved My Life](#)

(and I hope it can save yours too)

by Robert M. Drake

Bright yellow book cover with black text. A book that saved the author's life? A book that can save my life? Your life? Interesting... A total of 533 life saving pages. Amazon offers a look inside that reveals the first 8 pages. What is this, every line has only two to four words? And lots of empty lines? Reading.. bla-bla... bla-bla... This is of course one way to increase the page count for the book. Finally I get it, this is supposed to be poetry! Did writing that book save Robert's life? Does the book tell how it did it? Somehow I doubt it.

Is your life in the need to be saved? I do not know. But for sure writing a book would save your life should it be in the need of saving. Writing of any book, be it poetry or not could save a life. Your life. It doesn't matter if you finish it. It does not matter if you publish it. Writing it matters. You think you can't write a book? Have you ever tried? In addition, maybe it's a photo book you want to create? Go out in the world and make some snapshots. The important thing? Stay alive for tomorrow so you can keep on writing. Stay alive and keep on going.

### [Planets survival](#)

From The Guardian

Capitalism is on a collision course with human life and the future of the planet. The USA is an oligarchy rather than a democracy. Organized wealthy interest groups have a powerful impact on government policy; ordinary citizens have not. Top 100 companies are responsible for 71% of global greenhouse gas emissions, while the poorest half of humanity are responsible for just 10% of global emissions. Top 26 richest people own as much as the poorest half of humanity. Capitalism, at its core, requires a workforce of poor people or slaves to do back- and brain-breaking labor to maintain the wealth of those at the top.

### [Hope in Hell](#)

(A decade to confront the climate emergency)

A book by Jonathan Porritt

... a roadmap, a bible and a manual all in one ... It should be read aloud in every classroom, university and home.

Radical transformation, including civil disobedience - last chance to avoid climate-driven societal collapse.

... one of the most important books any of us may read.

Dear Jonathan, if your book is all of what the reviews say, if it really is as good - why don't you make a eBook version free of charge so everyone in every classroom and home could read it? You know reading your book could make a difference. However, not at the price of 17 UK pounds. At that price, it's only good for your pocket and not for the community.

## You Need This Book to Get What You Want

By Mark Palmer, Scott Solder

Really? The title sounds challenging. Searching for reviews and voila this time Guardians digested read includes its own digest at the very end: "Like a hole in the head". Checking out other reviews: interesting one goodreads review also mentions "A hole in the head"! Can a book be that bad? Why not. But it still gets published and is sold as well.

### The art of clear thinking

52 thinking mistakes

([Die Kunst des klaren Denkens](#))

By Rolf Dobelli

This is a book in the German language, it is actually a collection of newspaper articles. I'd say this is a must-read book.

#### The survivorship bias

Because success has more visibility than failure you overestimate your own chances for success.

#### The swimmer's body illusion

We mix up selection criteria and results. If we go swimming we do not get a swimmer's body.

#### The overconfidence effect

Short: we overestimate everything. No big project has been completed faster and with less funding than projected. Men are more overconfident than women. Pessimists are also overconfident but to a lesser degree than optimists.

#### Social proof

Even if lots of people think something is true, it doesn't make it true. We tend to do what others are doing, thinking that it must be correct. This is used extensively in advertising.

#### The sunk cost fallacy

No matter how much time, money, energy, or love we have invested, we should not consider the past when making decisions about the now and the future. If some project has to be canceled, then it should be done no matter how much was already invested. The sunk cost fallacy describes our tendency to follow through on an endeavor if we already have invested time, effort, or money into it, whether or not the current costs outweigh the benefits.

#### Reciprocity

First, we get something as a gift. Then comes a demand or request to buy something or make a donation. Ha, this explains the small marmalade jar I got a few days ago. Yes, they for sure think I may buy something next time I go by that shop.

#### Confirmation bias

The father of all thinking errors.

Whenever we do something or have a theory, we start to filter information: we keep positive and filter out the negative. We keep the confirming evidence and trash the rest. We see what we want to see. Very dangerous. Very easy to happen.

## Authority bias

We believe too much what authority says, and switch off our own thinking.

Todo...

## When God would be real...

I got this small book (german title: "Wenn Gott wirklich wäre ...") free of charge one day while walking on the main street.

From the book: An educated man comes to Jesus for advice, Jesus says: "Love God and one another". Well as God is not real, we can shorten the sentence to: "Love one another". This is really good advice.

From the book: The Bible is God's user manual for humans. Again as God is not real we can simply say that: "Bible is user manual for humans". Nothing more nothing less, just a user manual. An outdated and overly complicated user manual. We should not read outdated manuals!

Each chapter of the book did begin with: "When God would be real... <then something>". Only at the end of the book, the author said that he firmly believes that God exists and that the Bible is the word of God. Let's think a bit...

When God would be real... how old would God be?

Choices:

- 6000+ years
- 100,000+ years
- 5,000,000+ years
- About the same age as Big Bang
- Older than Big Bang

If we look at the choices we see that there is no plausible age for God! Therefore, the only choice possible for God's age is void - God is not real and hence has no age.

When God would be real... does God eat and drink?

Where do the food and fresh water come from? Who prepares the food? If God would eat and drink he would also shit and pee? So God goes to WC? No? So God just shits on the ground? No, it must be that God does not eat or drink. So God also has no sense of taste of food. God does not make a difference between water and wine. No, the answer is that God is not real.

When God would be real... does God breathe?

Where does the fresh air come from? Where goes the co2? How is the air pressure maintained? Too many questions with a simple answer: God does not breathe or depend on air pressure. So God has no use for the lungs and nose. God does not have a sense of smell. God cannot speak, sing or make audible sounds. No? Yes, God isn't real solves problems here too.

When God would be real... would he be happy now?

When God looks down he most likely would be very unhappy seeing what humans are doing to the planet earth. What would an unhappy God do? Not sure but God would certainly do something! He would do something to end the madness on earth. But as God isn't real the madness just goes on.

When God would be real... was he ever young?

God is always described as old, grown-up, but has he ever been young? How can it be that God has always been old? He must have been young too. But what did God do when he was young? Did he play and learn? Play with what? How did he learn? Did he learn from mediation only? When did he gather the knowledge of how to create the universe?

When God would be real... is he also alive?

Choices:

- Yes, God is alive
- God is dead (but was alive before)
- God exists but is not alive
- God is a machine
- God is not singular
- God is a Trinity
- God is everywhere

From the biological point of view it is hard to say if God is alive as God doesn't reproduce by having sex or other means that include DNA transfer. And at least the Holy Spirit as one-third part of the Trinity is not alive. So God as Trinity is at least one third dead.

When God would be real... is then the Bible word of God?

Well if God would be real he would not allow the Bible (or any other holy book) to be as un-precise as it is. The Bible is written by humans to be used as an instrument of power. The same is true for any other holy book. The Bible and other holy books are powerful and dangerous tools that have been used to do lots of evil things in the name of God. But the holy books are not the word of God, they are just books written by some people.

When God would be real... which God would it be?

There are many religions in the world all describing different Gods. Can it be that all those Gods are real? No, for sure some of them or at least one of them is not real. Now if we select one God out of them we can always say that this is the one God that is not real. And we can do that randomly picking the Gods until we have excluded all of them. None of the Gods is real. They all exist in the minds of the believers only.

When God would be real... where is he?

Choices:

- On earth, hiding
- In the heaven
- In a spaceship far away
- In 4th dimension

- In an alternative universe
- Everywhere

Whatever we choose, God is and remains invisible and undetectable. There really isn't a place for God to be in, except in the minds of the believers only.

When God would be real.. does heaven exist?

If heaven exists its population would increase all the time. So heaven itself should also be ever-increasing in size. The current estimated population of heaven is over 10,000,000,000 souls. The human brain consumes about 10 watts, if we count with that value we get heaven's power consumption to be at least 100 gigawatts to activate all the souls. Where does this energy come from?

When we get to heaven what will we do there? Can you imagine one thing you (your soul) would love to do in heaven? Bear in mind that you will be in heaven forever. What will you do to kill boredom? Sing? Dance? Be merry? Forever? Observe the people on earth doing bad things? Wait for the loved ones to die to see them? Whatever you do in heaven you can't help the living ones on earth in any way. You can only observe, well if God allows it. Knowing that none of your actions can help those living on earth? Would you be happy? Eternal life in heaven, not being able to change anything. Sounds like pure hell.

When God would be real... does hell exist too?

The ever increasing population of hell would be at least 5x bigger than that of heaven, so over 50,000,000,000 souls. So hell needs more than 500 gigawatts to activate all the souls. And the Devil is forced to accept all souls rejected to heaven. So to hell come all who:

- Do not believe in God
- Believe in the wrong God
- Bad guys (sin!)
- All young children

And they will be tortured in hell forever... Devil has no options as to keep this torture business up and running. To make room for newcomers and arrange their torture. What motivation could Devil have to do all that? But someone has to run the hell? And where is hell located? Downstairs from heaven?

When God would be real... Did he create the universe?

So we have God and next to him nothing, like this: God → G . ← nothing

God is bored and decides to create the universe, like this: G (((\*)))) ← big bang

Universe after the big bang is increasing in size fast so God who was outside will now be inside the newly created universe, like this: (G( ( ) ) ). Now God does nothing for about the next 9 billion years. Then God creates earth as the 3rd planet in the solar system. Then again out of boredom God creates single cell life on earth. And waits again doing nothing. And then one day God created Adam and Eva as first humans. Really? No? It was all created in 6 days as described in the bible? No, God is not real and he really did not create the universe.

When God would be real... does he have brains?

Stupid question? Sure he has brains? Well God's brain must be huge and ever growing in size then. And well God's brain has to be multitasking? So that he can process several thoughts at the same time? If

God has brains then he also needs sleep to let the brain clean up the memory the same as the human brain does. But God is never sleeping? Maybe he can clean his memory while being awake? Or maybe God can put only part of the brain into sleep? And where does the energy come to power God's brain? And cooling is also needed to prevent the brains from overheating. And unless God lives on earth he and his brains need to be tolerant to cosmic radiation.

When God would be real... does he listen to the prayers?

What reasons could God have to listen to our prayers? Does he count how many people pray? Or does he also analyze the quality of the prayers? But one thing is sure, God has never responded to any prayers. So we can pray all day long, God would never respond. There is not a single valid and confirmed case where something has happened because of a prayer. God just is not listening.

When God would be real... what is the house of God?

If you think church is the house of God then think again! Searching for "house of God" will return links to a book about doctors and a web page <http://houseofgod.org> where you can send a prayer request! The "prayer warriors" would then pray over you. It is not clear to which God the prayers will be. But of course house of God accepts all major credit cards for a donation!

When God would be real... does he like churches?

People spend lots of money and resources to build bigger and fancier churches. But does God like them? What difference for God does it make if the church tower is higher? Or maybe God does not care about how the church looks? Or maybe it does not matter to God if we have churches or not? Churches are built by the people for the people wasting lots of money. If you pray in the church or at home it makes no difference, your prayers are not reaching God anyway.

When God would be real... did the miracles happen?

There are over 160 miracles described in the bible, some of them performed by Jesus. Miracles are defined as impossible things that cannot happen. The thing is if we believe that at least one of the miracles did happen we have to believe they all happened. And if we think that at least one of the miracles did not happen then none of them happened. It is really hard to believe that all the miracles described in the bible actually happened. Well they did not. Miracles do not happen.

When God would be real... Why did Jesus die on the cross?

If we believe the bible then Jesus was able to perform miracles. So why did he not call for a miracle to save himself from the death on the cross? The only explanation is that Jesus wanted to die. So we can consider his death as complicated suicide. And why did his father not save him? His father, God could have easily saved his son. But no, Jesus had to die on the cross. The reasons why Jesus had to be sacrificed are actually very weak. In modern day court God would face charges on second degree murder on his son. The only reason Jesus was crucified is because God wanted it so.

When God would be real... is he really a Trinity?

A Trinity: Father the God, Son the God, Holy Ghost - one entity. Is Father the God older than Son the God? If so then the Trinity was initially not Trinity as one 3rd part was missing? Or are Father and Son the same age? What happened to Son the God in the moment of the birth of Jesus?

When Jesus son of God was one year old how old was Son the God as part of Trinity? During the 3 days when Jesus was dead was Son the God as part of Trinity also dead? What happened after the resurrection of Jesus? Did the Son the God (3rd of Trinity) inherit the memories and experiences Jesus had?

When God would be real... does he love us?

Yes? God loves us all? So God loves:

- those who do not believe in God
- those who believe in false God
- rapists
- murderers

The murderer commits another murder, God still loves him. If you are a good person but do not believe in the right God then you go to hell instead of heaven when you die. And there God's love ends for you.

If you love someone you care about him/her. Does God care about us? There is no evidence that God cares about us at all. So how do we know that he loves us? How does it show? Well it does not. The myth that God loves us comes from the bible.

There is a lot of love on earth, but it comes from the people not from God.

When God would be real... where did he come from?

We can first try to make God really old, say 100 billion years old. In that case it means God has been bored doing nothing but consuming energy for about 85 billion years. Making God even older just increases the energy he needs to stay alive. Saying that God is eternal would make the energy needed to keep him alive infinite and would not solve the question where he did come from anyway. Google "origin myth" gives lots of reading, but no plausible answer. The only possible origin could be self creation from chaos/randomness. This means that at the same time from the chaos emerges: God with lots of pre-installed knowledge, an environment where God can live and energy source and distribution methods. It does not take lots of mathematics to understand that the possibility of God's self-creation is way, way, way more unlikely than the natural evolution of life on earth.

## Conspiracy Myths

A book by Michael Blume

This book was for me a pretty complicated read. Most of the book seems to make rounds and rounds around Plato's cave.

Hitler → Plato's cave

Trump → Plato's cave

Conspiracy Myths → Plato's cave

Hate groups → Plato's cave

In Plato's cave, there are chained prisoners forced to look in one direction seeing on the wall shadows from objects in real life. The prisoners take those shadows as the real world. Only when a prisoner breaks out of the cave does he see the real world as it is. When this prisoner goes back to others and talks about life outside nobody believes him.

What the book author does not mention is that all religions are conspiracy myths, the believers in God are all in Plato's cave. They do not listen to any reasoning, believing things that do not exist.

## How NOT To Die

A book by Dr. Michael Greger

A short summary from the reviews of the book

- Meat and milk products - bad
- Fried meat - cancer
- Fish - bad
- Eggs - poison
- Chicken and tuna - arsen
- Broccoli - good
- Tea and water - good
- Walking - good
- Beans - 3 times a day

I guess this book should be titled: "Just Another Vegan Diet".

[Brave Green World](#)  
 (How Science Can Save Our Planet)

A Book by Chris Forman and Claire Asher

Short Digest: If Policy Makers do something [!?] then a population of 10+ Billion Humans can live on Earth for 100+ Million years in harmony with mother nature with the guidance of the roadmap provided in the book. There will be UBI (Universal Basic Income) implemented. Printed in China, 256 Pages, cost 29.95\$!

Synthetic spider silk can replace steel. Printeria - a device as large as a microwave oven will enable us to print genetic circuits at home. The circular future is already starting to take shape.

Brave Green World is a beautiful book, it tells us about so many things, like:

- What is LAMP stack
- ASCII is a computer language (wrong!)
- Pandas have a fake thumb
- AI is a game-changer

No, but really this is a very good book! It is, but its title should be "Biology 101".

[Tomthunkit's Theory of the Universe](#)  
 (The Greatest Story Ever Told)

A book by Tom Newkirk

The reason I looked for this book was another book titled: "Guide To Survival Of The Coronavirus In America". That survival book has 214 pages, the only message I found there was that unless it is an N95 (and you know how to use it) masks do not protect you. At the beginning of that free eBook, there was a notice that the creator of the virus is revealed in the previous book (Theory of the Universe). Reading book description at Amazon: I wrote this book in 4 days, from the knowledge acquired from cosmic sources. This may be the most important book you ever read. This book is an alarm.

One mission: SAVE THE PLANET.

Dear Tom, the most important book should not cost 24.99\$ on Amazon, it should be free. Well the eBook version is free. The book has 120 pages with very large font so not so many words. However, it is pure waste of time reading. Really.

This book is pure nonsense; it says that both Creation and Evolution are wrong and that the Reptilians created us. We are designed to worship our creators. Dreams are messages from our Superiors. The [Akashic](#) record has given me the ability to write this book. The Devil is a God. Woke people will become thunkits, and thunkits will become warriors. Our creators gave us bitcoin. And the nonsense goes on...

Really just amazing that such a rubbish is printed and sold at Amazon. Sure between the nonsense there are some good/true statements also. We need to save the planet, time is really running up.

## A Diary, take 2

Some dated commentaries in form of an diary.

### Year two

AD 2021 – year two Anno Greta.

A snippet of 6 days' worth of a diary is cut from the bible and made available as separate download file titled "6 Days". It was initially written in April, and ended up with an hospital stay for me.

14 September.

Somewhere near to us lives an old biker with long beard. His trike is frequently seen at various places. For some reasons we always greet each other when we meet, despite the fact that we have never spoken to each other. Today, well I had passed him a few meters when I did think; maybe I could ask that he make a photo of me on the trike? Short hesitation and I am talking to the guy!



And here it is. First photo shooting round was not ok, the head of the bear was cut off, and so he had to retake the shots. Thanks! Was nice talking to you! Initially I was afraid about covid-19 as I stepped to near to him without being masked. I am vaccinated but he did not know that.

TODO: Book PokeHunter.

NOTE: I do not have to finish the Antti Bible in year two (as I have set the deadline myself). I should not lose my mood if I do not. Writing a Bible just takes time. Have to accept this.

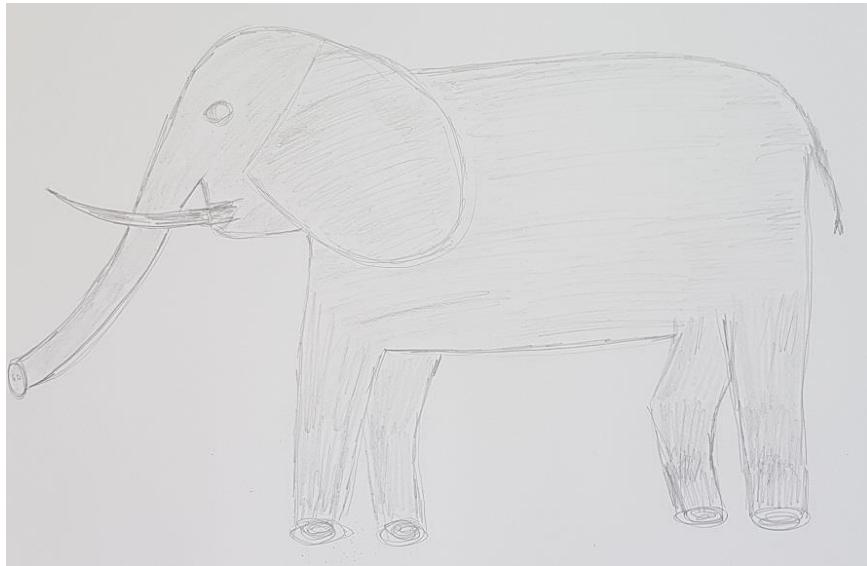
20 September.

I do not carry cash or coins with me. This morning while walking on the street I did think that I may need a one EURO coin today. And just about ten meters after that I did find a euro coin on the street, it was just exactly on my path. How likely is this? That you think of something and then it just happens? Not very likely. But it happened. Pure random, of course.

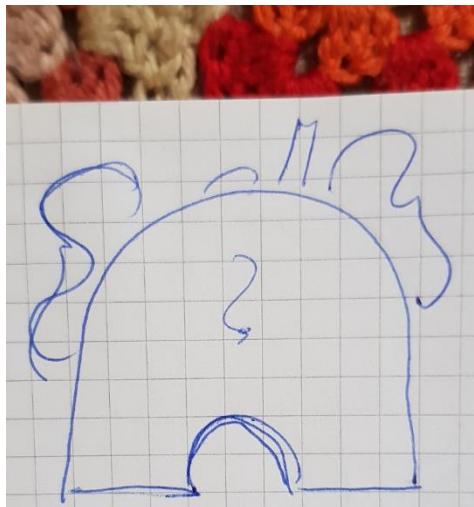
Today is my first day in the day clinic from the 5-week stay.

23 September.

Elephant - eternal love. Today at creative-therapy, we were challenged to draw an animal that we would like to be. I drew an elephant, my favorite animal.



My wife at home did draw also an elephant, a bit different looking:



☺ this is FAST DRAW elephant.

24 September.

Today is Greta's day as my smartphone remembers me. Brings a smile to my face. Greta posted some pics from a climate strike in Berlin today. She is still active. Please can we all have a smile? For ourselves and for Greta. Here is mine: ☺

Decision courage: yes I will write openly that I have bipolar disorder. Just got the diagnosis today. This does not decrease the impact of the Antti Bible at all. I am who I am, and if I have bipolar disorder, so be it. I should keep taking my meds and watch out for the warning signs before getting into a high mood. Last time I did not recognize them early enough so I ended up in the hospital again. This should never happen again. The last time I started to write my diary, same as now. Initially it was ok but then I started to write in very short notes, in the hopes that I will later remember the context and complete what I wanted to write. But looking back at those notes, well in most cases I can't remember the context any more. I wrote that short diary directly into the Antti Bible, but later removed it and inserted it into a separate short (32 pages) booklet titled "6 Days".

A shortlist of bipolar warning signs (before and during the high phase):

- Reduced sleep
- Feeling happy
- Feeling high mood and full of elan
- Feeling powerful and able
- Being active and motivated to do things
- Wish to save the world
- Excessive spending of money
- Writing a diary?

I am writing a diary, is it now a bad sign? I am deep in the low phase, but I still want to save the world. Is this a bad sign?

TODO: law, family.

Oh, no! I am again writing single word sentences!

LAW: I have had exactly one single English language lesson in my life. I was asked to write the word: LOVE on the white board. I did write LAW. I was much ashamed and felt really stupid. That was my last English lesson. All my English I have learned is from reading technical literature. So my vocabulary is very small. But it also means that what I write is easy and simple to read.

27 September.

One hour of creative time, unsupervised. Looking at things to do. A book titled Wisdom (Weisheiten in German)? Let us look inside! This is really a weird self-printed book, there is no metadata about the book besides the title. The book is just a collection of wise sayings, 1207 total.

#26 Atheism is an attempt to explain the earth without the sun.

Well this is not wisdom - this is nonsense!

#42 Start with the necessary, then do the possible, and then suddenly you are doing the impossible.

#44 Start a day with a smile and it smiles back.

My own version says: smile to the world and it smiles back. ☺

#47 With the inventions the first is a fool, the second takes the fame, and the 3rd makes a business.

#61 Keep the faith, it is the oxygen of life.

Yes we should all keep faith in ourselves!

#117 Life is too short to read bad stuff.

Hour is passed; I am at wisdom #171. Good, I have something to do for the next sessions!

29 September.

One hour of creative time again. Weird today I am alone in the room. I take the wisdom book.

#220

The most important moment is **NOW**

The most important place is **HERE**

The most important person is **YOU**

It started to rain outside. I am here now.

#245 A memory of a smile can last forever.

I am smiling, what about you? ☺ When did you last smile?

#255 Our thoughts are our Kingdom.

We all have our Kingdom, it's inside of us. It is up to us to make it pretty.

#257 Wahoo, this is something I did figure out a long time ago. Complicated translation from German. I try my version: the amount of evil a person doing good things may cause is proportional to the power he has. Or, if a very powerful person tries to do too much good to too many people at once it may end up in catastrophe. This is a hard thing to realize doing a lot (too much) of good at once is not possible without causing harm.

#278 Love is eternal as long as we care about it. I am walking around in the empty room. There is a small round box with letter A on one of the tables. For no reason I opened the box. There is a painted hearth inside of it. I close the box and put it back.



#299 The worst mistakes are done by undoing past mistakes.

The hour is over; I am at wisdom #308

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Foreskin. I enter foreskin into the search bar on my smartphone. The 4th hint is: foreskin still attached to the head. I click. And read. Oh no there was no google and no internet when I was young. I guess I did it right back then, but there is a small scar on the head still visible. I was so afraid, there was no one to ask. Not the mother!

Why did I enter foreskin? Because I forgot the spelling of "circumcision". I had just finished watching a video about male genital cutting linked from an Quora answer about babies feeling pain. Reading Wikipedia, oh no estimated one third of males are circumcised.

Foreskin washing, click, read second hit from theconversation.com website. Ok I am doing it right, must retract. Ah, soap ok but not too much. Oh no, now I know what this is! It is smegma. New information for me, at age of 56. I was so afraid that this white thing was the result of some disease when I was young.

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If anyone is magically going to appear and just suddenly make your life better, just know that this person is always going to be you. From Twitter.

30 September.

Shaping-therapy (Gestaltung in German). Thema STOP. We are all asked to create a personal stop sign. A stop to:

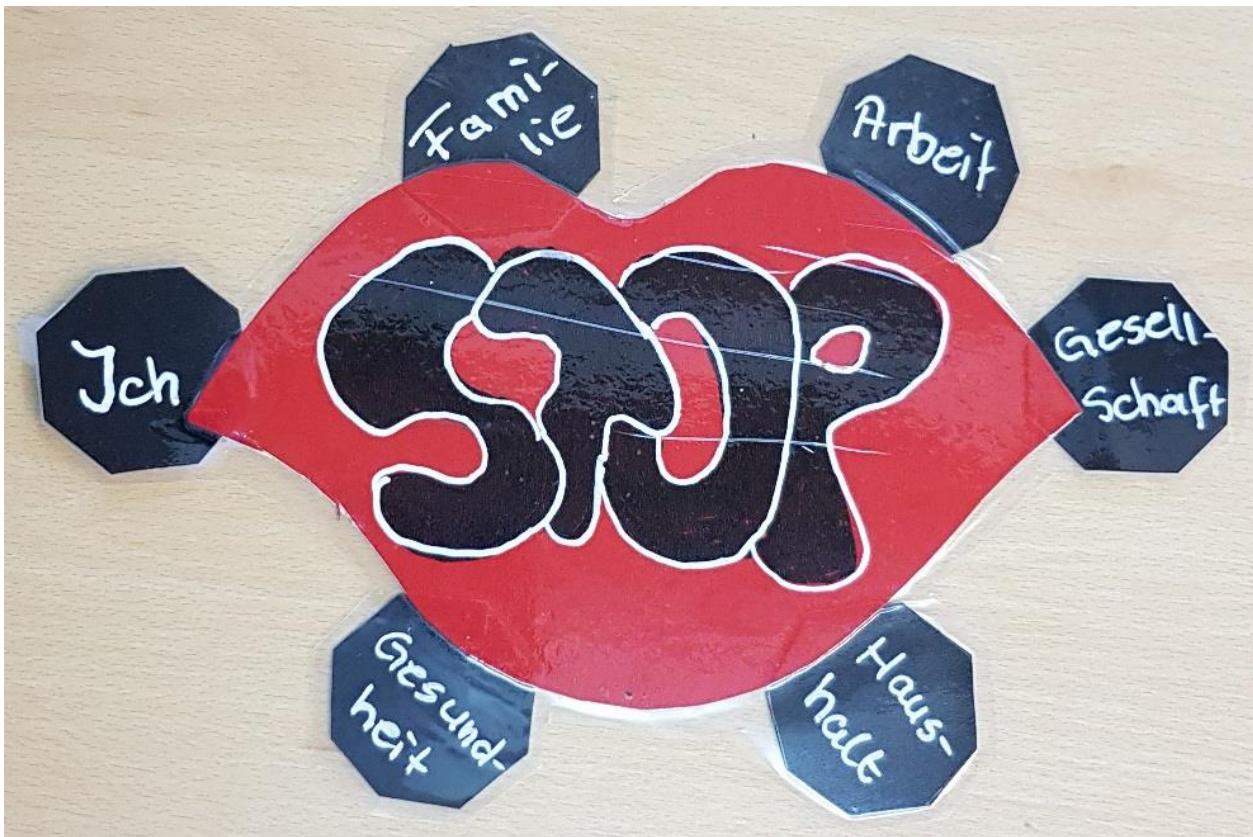
- Myself
- Others
- My feelings
- My thoughts

How to say stop or NO. I am doing a small flip sign that fits into my smartphone case. Stop on one side and OK on the other side.



Will it help me? I can give it a try.

The woman to the left creates a really complicated sign.



She tells us that she is not able to say no. She knows that she should say no in many cases, but she just can not. Saying no can be very hard sometimes. However, it is something we need to learn. Saying no or stop. It is really important. It is better to say no than giving empty promises. There are many cases where we should say no.

1 October.

#470 It is never too late to be the one you wanted to be.

I am closing the book of wisdom at #514 for today.

INVENTOR. I always wanted to be an inventor. I have invented many things in my life. Can I call myself an inventor? I am not sure. Others did give me the nickname "inventor" many years ago. What do I need to invent to be entitled to be called an inventor? Have I invented enough already? Whatever it is, I know, I need to invent more. Let us invent something right now!

Bookshot! Done! Bookshot is a book made of screenshots. Whenever you see something that toggles your mind you make a screenshot and later you use selected screenshots to compose a book. This makes it so easy. Everyone can make a book using the bookshot method.

Let's invent something more! Done! FrozenTime! You set a time limit (one hour?) and you take a series of photos during that time, whatever captures your eyes. And you make a photo book. Easy! All you need is a title!

PhotoPath! Done, again! You choose a path and then you take photos along that path. I have done one such photo book. All my children have a copy of it. The title was: "Home Work Doctor Work Home".  
Photos done during one-day walks.

Photo360! Done again!

You take photos from one single place turning one time 360 degrees. You can zoom of course. This is not the same as a 360 degrees panoramic shot.

---

A thought: if there would be something that I could give to "young Antti" then it would be the Antti Bible, even in its currently unfinished form. Thinking about it. Yes!

---

Today I did see that a young woman did pick up some trash from the ground and placed it into the trash bin. Good to know that I am not the only one who sometimes does that.

---

Today I did see how a good-looking woman did pick up several pieces of bread from a trash bin. He actually filled a bag with bread. This trashcan was next to a bakery. It would really be good if the bakery would donate the not for sale bread.



2 October.

Today, after coming back from a short walk, I got a free gift on the main street. A small jar of marmalade! Life is full of surprises!



Movie night: "James Bond: No time to die". The complete movie could be summarized with one word: FAMILY. With two words: FAMILY, Bioweapons. Such bioweapons do not exist. Bioweapons should not exist at all as an international treaty has prohibited them since 1972. Family is something real, at least to most of us. Family is more powerful motivation than bioweapons.

4 October.

In [Pokémon GO](#) I had marked one challenge as impossible for me. I calculated my odds of mastering it are equal to zero. Today I achieved that challenge. It was not impossible at all! Makes me feel good. Things considered impossible are not impossible. ☺ extra smiley added.

6 October.

#592 Behind a long marriage there is always a very wise woman.

#593 Hope is the best antidepressant.

Hope. How much hope do I have to save the world? Not much? Well that should not stop me trying! I truly hope that anyone who reads the Antti Bible will smile a few times. Therefore, we will have a world with more smiley faces! There is hope for that! Extra smile coming ☺

10 October.

Today I found the [optimist.org](http://optimist.org) website. Should I write something about it? Optimist Creed should be read at least, many good sayings there.

#### Promise Yourself

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

I wonder why the optimist talks so much about youth as if the grownups do not need optimism.

12 October.

Today I finished my mosaic box in the creative session.



The Sky and the Sun

A young woman across the table is also finished, her box is so colorful!



13 October.

Courage: I talk to the color box woman, she wants to read the Antti Bible, and we exchange emails.  
Good, I have one local reader! Yes, happy!

15 October.

#821 Not to get what we want is sometimes the biggest luck.

#826 To love nothing is hell.

#833 Take time to dream, this is the road to the stars.

#838 Only that what we have given up is lost.  
I will definitely not give up writing the Bible!

#842 Only a loving woman can build a family.

#848 Use every experience as a chance.

20 October.

#878 Everything you look at with love is beautiful.

#927 Do not look for the sense of life, give one to it.

#932 Being part of it is more important than winning.

#939 Dare to be extraordinary.

#947 Do what you are afraid of and fear disappears.

#966 Amongst humans there are more copies than originals.

#974 Past is history, future is a secret, now is a gift.

#1005 Do not wait for the big wonder, you will miss the many small ones.

#1020 You cannot do what you do not love.

#1032 Wisdom is the force of the weak.

22 October.

#1137 Whenever you fall, pick something up.

#1147 We all know more than we think we know.

#1152 We do not have the earth inherited from our parents, we have it as a loan from our kids.

#1157 We are nothing, what we are looking for is everything.

#1207 - the book is read completely. Am I a wise guy now? Interesting that while this book has been on the shelf here in the creative room for years it seems it has not been used at all. Therefore, I was the first one to read it.

My last day in the clinic, next Monday back to work, five weeks are gone!

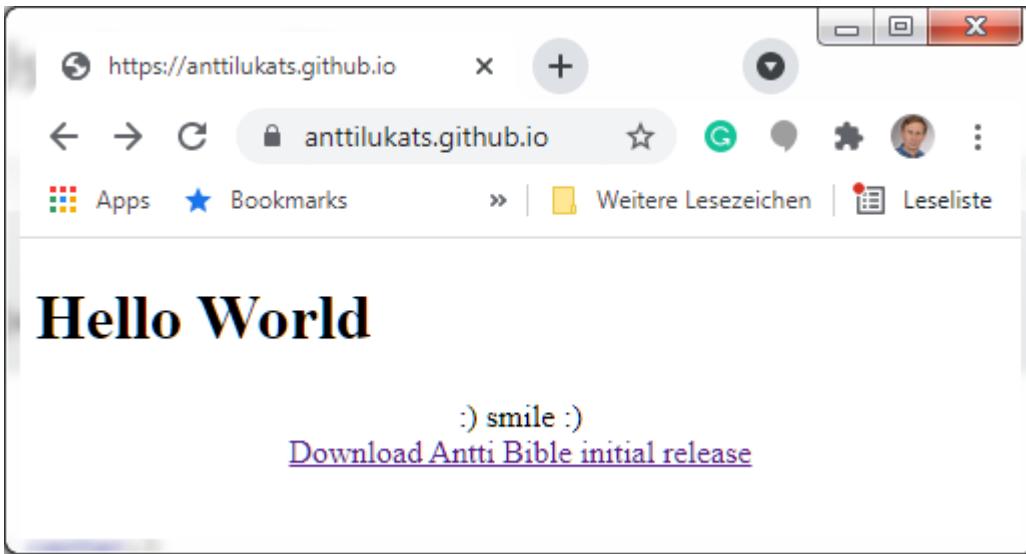
4 November.

I got two birthmarks removed today. It was painless, during the operation and after it. You do not feel anything. Amazing!

8 November

My colonoscopy appointment. It was really peanuts, not something to be worried about. My wife was very supporting. Thank you again.

17 November.



And ready it is, proof of concept webpage at github pages. The code is fully HTML5 compliant, I had to search a bit to find out that <center> is no longer supported in HTML5, so its bit more complicated to make a text centered. But it worked well, so I am all setup to create simplest possible download site for the Antti Bible document to be downloaded. Sure, I can make websites at other providers too, but for starters the github webpage shall do as well. This was also my first ever written piece of CSS, have never done it manually only with some HTML editor wizard. Here is the complete html code:

```
<!DOCTYPE html>
<html>
<head>
<style>
.main {text-align: center;}
</style>
</head>
<body>
<h1>Hello World</h1>
<div class="main">
<p>:) smile :)<br>
<a href="https://raw.githubusercontent.com/AnttiLukats/Antti-Bible/main/AnttiBible.pdf">Download
Antti Bible initial release</a>
</p>
</div>
</body>
</html>
```

10 December.

I finally pushed draft version to the github! It is not finished, but so what there is plenty of content already.



## Q & A

“The man who asks a question is a fool for a minute,  
the man who does not ask is a fool for life.”

Confucius

Asking questions does not mean you are the stupidest person in the room; it usually means you are the only one brave enough to speak up.

### How to ask a question?

Google: “how to ask a question” ☺ from the first hit:

1. Avoid asking rhetorical questions
2. Ask friendly, clarifying questions
3. Don’t set traps
4. Ask open-ended questions
5. Be grateful
6. Avoid stress
7. Avoid being too direct
8. Silence is golden, listen up the whole answer

Ask questions as you would like to be asked them. Think about how you would answer the question you are about to ask, and if you feel uncomfortable, then rephrase it.

“Judge a man by his questions rather by his answers.”

Voltaire

Asking great questions is a skill like any other skill, it takes practice.

Power of Silence: ask a question, wait for response, listen to the response and then wait some more. Many times the person you are questioning has more information and will bring it out if you wait for it.

Dig deeper: ask follow up questions. Often the answer is based on some assumptions and is not precise, in such cases a follow up question can make it clearer.

Know your purpose: every question you ask should help you gather either facts or opinion. Know which kind of information you need and frame your question accordingly.

Speak your listener’s language: do not use jargon if you are not sure the listener understands it.

Focus your questions: ask one thing at a time. If answer that is more complete is needed, ask short questions, each of which covers one single point. If you want two different things, ask two different questions.

Ask only essential questions: if you do not really care about the information that is likely to come, do not ask the question.

Books: Amazon lists at least 3 books with “How to ask questions” in the title.

## Where to get answers?

It really depends on the type of question you have. If you have a technical question then for sure you should do some research before asking the question. If it is about some product or service then chances are that, there exists a FAQ or Answer Record Database or a dedicated forum. At least the FAQ should be studied before asking any questions. As of Answer Records, here a problem can be to locate the right answer. As example, [Xilinx](#) has an Answer Record Database with more than 100.000 answers. Sometimes the answer you need is there in the database, but without knowing the answer record number, you cannot find the answer. This applies for all types of answers – very oft, the answer exists somewhere but we cannot locate it.

Google it! This is the easiest way to try to get an answer to any question, just type it into the search bar and let google answer it.

## Question and Answer website

Many websites provide answers to questions. As per Wikipedia, the biggest one is [www.answers.com](#) formerly known as WikiAnswers. What people are asking at answers.com? As of time of writing

Trending questions:

- What is  $8 \times 8 \times 8 \times 8 \times 8 \times 8$ ?
- How many pennies in 1100 dollars?
- What is  $999+200$ ?

Hottest questions:

- How many pennies in 600 dollars?

People are seeking answers for those questions they are hot and trending! Let's try some questions!

The screenshot shows a search interface for 'Answers.com'. The search bar contains the query 'meaning of life?'. Below the search bar, the results are displayed. The first result is a question: 'Q: What is the meaning of life if the life does not have meaning?'. To its right, the answer is given as 'A: 42'. Below the answer, it says '1 answer'.

Well, yes 42 the answer to every question ever asked. OK, actually 42 is the result of multiplication of  $6 \times 9$  expressed in tridecimal numbering system. It really is I just checked. Therefore, it is actually a randomly selected number. In addition, it is a pure random that I went to school number 42.

**Answers™**

🔍

✖

**Q: Does life have purpose?**

**A:** Life definitely has purpose. You just have to figure out what yours is.

[1 answer](#)

This is a bit better answer. Well those are types of answers you get on philosophical questions. How about looking in the Technology category?

Best	Unanswered	All
<div style="display: flex; justify-content: space-between; align-items: center;"> <span style="font-size: 1.2em; margin-right: 10px;">Technology</span> <span style="margin-right: 10px;">...</span> </div> <h2 style="font-size: 1.5em; font-weight: bold; margin: 10px 0;">What's the most outdated thing you still use today?</h2> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>Asked by <a href="#">Jasen Runte</a></span> <span style="margin-right: 10px;"></span> <span>1245 answers</span> </div> <p>My Playstation 2.</p> <div style="text-align: right; margin-top: 10px;"> <a href="#" style="background-color: orange; color: white; padding: 5px 10px; border-radius: 10px; border: none; text-decoration: none;">✍ Answer</a> </div>		

This is by far the best question/answer in the category: technology. Now you know what type technical questions are answered at answers.com! The answers.com really seems to be useless website; it also is hard to understand what motivation people would have to answer questions. There is some badge system but this is kind of a low motivation thing. And this is supposedly the world largest question and answer website!

Wikipedia lists a total of 40 [question&answer](#) websites (11 of them are already retired).

The screenshot shows a web browser window with the title 'Google Answers'. The address bar indicates the page is 'Nicht sicher' (not secure) and shows the URL 'answers.google.com/answers/'. Below the address bar is the Google logo with 'Answers' underneath. A search bar is present next to the logo. The main content area features a purple header message: 'Google Answers is no longer accepting questions.' followed by a note: 'We're sorry, but Google Answers has been retired, and is no longer accepting new questions. Search or browse the existing Google Answers index by using the search box above or the category links below.' At the bottom right of the page is a red button labeled 'Aktualisieren' (Update).

For some reason as example, Google Answers is retired.

[Stackexchange](#) is a really good site for technical questions. It is divided into 177 communities that are built on people passionate about a focused topic. The possible biggest stackexchange community has its own webpage: [stackoverflow](#) – this a site for developers to share the knowledge. Stackoverflow list over 21 million questions/answers, some of them have more than 10 million views.

Interesing Wikipedia lists [reddit](#) as q&a website? Let us take a look! Ah, reddit has special subreddit called “meaningoflife”! Let us check it out. One of the first topics says that the answer to “meaning of life” is: “READ the Quran!” This is not an answer at all, and a really bad one. Nothing good will come from reading quran (or any other holy book) too much. Sure there are good things as well in holy books, but in general you should not read them too much.

## Social Media

What about social media, can I ask there if I have a question? General advice is not to ask questions on social media as any question asked reveals something about you. And well you should not expect any reasonable replies to your question. Depending how many “followers” you have you may get no replies at all also. So do not put many hopes getting answers from social media.

## Twitter

Twitter is of course a place where you can easily ask questions, but do not expect to get any reasonable answers.

Some good collected answers to some questions as asked and responded on twitter.

### What is your purpose in this life?

- To help wherever I can. To share the love I have.
- To help others. Isn't that why we are all here?
- To uplift and inspire.
- To be kind and make people smile. To find happiness for myself while doing that.
- To leave the world a little better.
- First, do no harm. Second, have fun.
- Spread compassion and kindness like fairy dust... Oh and save mother earth.
- To try to be a little bit better each day.
- Be the reason someone feels welcomed, seen, heard, valued, loved and supported.
- To learn as much as I can.
- To be as kind as I can to as many people as I can.

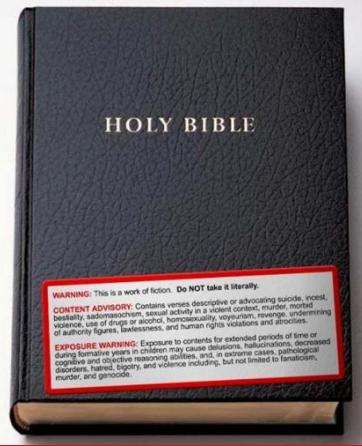
A very good quote for the purpose of life:

A purpose of human life,  
no matter who is controlling it,  
is to love whoever is around to be loved.

Kurt Vonnegut jr

Is Bible fiction or nonfiction?

- Fiction of the worst kind: the one created for the sole purpose of manipulation, control and parasitism.
- It is wasted paper! Stupid to the extreme! Nonsense! Garbage!
- Well... there is a talking snake in the first chapter!
- The Bible is a scam designed to enslave those lacking critical thinking and taking fantasies of unverifiable authors literally.
- Ultimate mind control.
- The worst kind of fiction. Lies parading as truth.



**WARNING:** This a work of fiction. **Do NOT TAKE it literally.**

**CONTENT ADVISORY:** Contains verses descriptive or advocating suicide, incest, bestiality, sadomasochism, sexual activity in a violent context, murder, morbid violence, use of drugs or alcohol, homosexuality, voyeurism, revenge, undermining of authority figures, lawlessness and human rights violations and atrocities.

**EXPOSURE WARNING:** Exposure to contents for extended periods of time or during formative years in children may cause delusions, hallucinations, decrease cognitive and objective reasoning abilities, and in extreme cases, pathological disorders, hatred, bigotry, violence including but not limited to fanaticism, murder and genocide." endanger your mental health and life".

This warning kind of says it all what to expect from the Bible.

#godisajoke

A tweet with this hashtag had a picture with the following text:

- I created man and woman with original sin
- Then I destroyed most of them for sinning
- Then I impregnated a woman with myself as her child, so that I could be born
- Later, I will kill myself as a sacrifice to myself to save all of you from the sin I gave you in the first place

This is of course one way to explain the Bible and God. However, God and faith in God are not a joke, it is damn serious.

## Writing and Creating

To practice any art, no matter how well or badly, is a way to make your soul grow.  
So do it.

Kurt Vonnegut

Writing and publishing have never been so easy as it is now. There are many online platforms that are free. We can of course write offline too.

Important: whatever we write online or publish to some website may be tagged to our name forever. We can not take anything back if it has been available online once.

### Why do we write?

We can write from different reasons:

1. For money
2. For fame (and to feel being liked)
3. Just to help others
4. To help ourselves (letting it out)
5. To save the world

I have opted for option 5, to save the world by writing a Bible.

I have used different tools for writing, usually Microsoft Word. Only to find out that the document I want to edit is not accessible from where I am, so recently I am writing more and more online using Google Docs. I was positively surprised about the usability of Google docs, and its accessibility from mobile devices. I can edit the Bible from a desktop PC or at home on the Android tablet, and if needed even on my smartphone. A nice extra is a free version of [Grammarly](#) that installs itself into Google docs and proofreads your text and makes suggestions to fix and improve your writing while you type.

Hum.. google search on “[why do we write?](#)” returns interesting hits. As example from the [The Write Practice](#) website:

4 Reasons Why We Write:

- To Be Alive
- To Make a Name for Ourselves
- To Change the World
- To Discover Meaning

We write to bring meaning to the world.

You never know whose life your story could change.

The Write Practice is really a good website, there is lots of worth reading there.

## Your Book Sucks and Here's Why

I am looking at the [hotlist of Writing Guide](#) stories at [wattpad](#). Does the Antti Bible suck? Should I read the story “[Your Book Sucks...](#)”? Let’s use the 5 Second Rule! 5,4,3,2,1, GO: I am already reading the story, looking at the table of contents. It seems to be related to fiction writing only, so it is not applicable to the Bible. Maybe the last chapter: “Write A Book In Seven Days” is of interest, checking out what it says - check out my other book called: “Complete A Book In Seven Days”? And that other book can not be found. And this story is listed #2 in Writing Guide stories at wattpad.

## How to Write Stories People Will LOVE

This is the title of #1 hotlisted [story](#) in Writing Guide at wattpad. Clicking on the table of contents, scanning the section, reading at the end:

Write because you love it

Or: do what you want to do. Taken from my own Rules Of Life. I think this story deserves being rated #1.

## License and Copyright

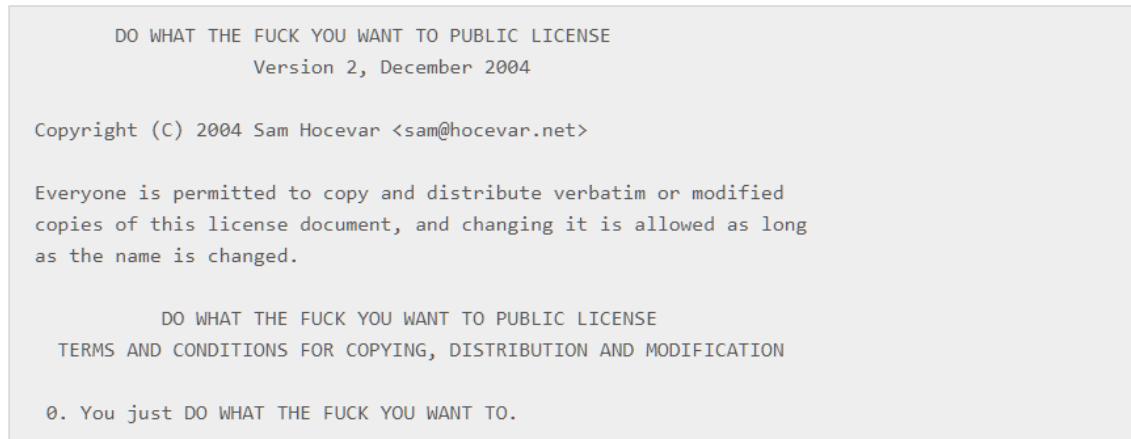
Any creative work (including code) is under exclusive copyright by default. Nobody can copy, distribute or modify your work if you have not added a copyright. And once the work has other contributors, “nobody” starts including you.

So as soon as we publish (or plan to publish) something we should add copyright notice and or license. How to choose a license? There is a website: [choosealicense](#) if you want to select an open-source license for your work. Note that no license doesn’t mean that others can use your text or code. An open-source license allows the reuse of code while retaining copyright. A public domain license would remove all restrictions. Note that a public domain license is not the same as no license, the public domain license most likely includes limitations on liability and warranty. Examples of public domain licenses are:

- [unlicense](#) - simple short license
- [Creative Commons CCO](#)
- [wtfpl](#) - do what the F\*\*\* you want todo

CCO includes some heavy legal text already. A very long time ago I sometimes did write “public domain” in the source code file headers, this is not as good as giving reference to a known public domain license.

[Full license text](#)



You can download a [plain text file](#) for inclusion in your projects.

I would really not use the WTFPL license ever, I would go with CC0 when choosing a Public Domain license. Creative Commons offers an online tool to generate the CC0 license and text for you.

## [Writing READMEs](#)

Readme is exactly what it says it is, it is something that should be read. README is the de facto standard file name for short descriptions for some file(s) or an archive or project. And sometimes the complete project may consist of the README file alone.

Udacity offers a free course: [Writing READMEs](#) this is a good resource. Maybe even a bit too complicated as it talks about markup too much. There is no direct need to use markup.

The screenshot shows the Udacity website with the following details:

- Header:** UDACITY logo and "Programs ▾" menu.
- Breadcrumbs:** Home > Catalog > Writing READMEs
- Section:** FREE COURSE
- Title:** Writing READMEs
- Description:** Because Code is for Humans, Too
- Call-to-action button:** START FREE COURSE

In short: README files are written by humans for humans. Some tools and environments may enforce the creation of default readme files, but their content should be written by the author. A readme file is the absolute minimal documentation for a set of files or project. It is important to realize that when we write a README, then it is for us, for our coworkers and for the users. We often can forget things, so when we find some old project of ours without **readme** we may not instantly recall what it was about. I just created some 5 new readme files for some old projects that I pushed to GitHub. There are no rules about what should or should not be in readme or how to write it exactly. We should try to give some minimal info about the project and how to use it, what are the requirements, where to get additional information. Readme files should be viewable on any platform, the best is to stick with plain text and ASCII character set. Simple markup can be used as it retains the readability. When you write a readme file in Microsoft Word you should also include a PDF version as well. If README is all there is, then info about author(s) and copyright can also be included there.

Important: I need to write a README file for the Antti Bible!

## Quotes

Some good selected quotes from different sites.

"If we have not found something worth dying for, we have not found anything worth living for, and if we haven't found anything worth living for, we haven't found anything worth dying for"...

"Anything worth living for," said Nately, "is worth dying for."

"And anything worth dying for," answered the sacrilegious old man, "is certainly worth living for."

Joseph Heller, Catch-22

"If a man hasn't found something he will die for, he isn't fit to live."

Martin Luther King Jr.

"Do all the good you can.  
By all the means you can.  
In all the ways you can.  
In all the places you can.  
At all the times you can.  
To all the people you can.  
As long as ever you can."

John Wesley

"I want to be better...  
We can always be better...  
We all can be better..."

Antti Lukats

"Isn't atheism just another religion? No, it is not. Atheism has no creeds, rituals, holy book, absolute moral code, origin myth, sacred spaces or shrines. It has no sin, divine judgement, forbidden words, prayer, worship, prophecy, group privileges, or anointed holy leaders. Atheists do not believe in a transcendent world or supernatural afterlife. Most important, there is no orthodoxy in atheism."

Dan Barker, Godless

"There is no destiny, until you begin the path of life!"

Unknown

"Eyes are useless when the mind is blind."

Unknown

"Don't just teach your children to read. Teach them to question what they read. Teach them to question everything."

George Carlin

"I don't have everything I love, but I do love everything I have."

<https://meeldib.elu24.ee>

This was on the Facebook account of an Estonian user whose handle is "armastan" (I do love). This user is posting a large amount (1000++) of beautiful photos, with short sentences/quotes and good wishes. I'm reading the quotes: "Do not hope others like you if you don't like yourself..." Do I like myself? This is a hard question. I do like to think that those who know me know that they can depend on me when they are in need. There probably are not many who know me.

"Focus on what you want to achieve, not what you are afraid of!"

"You have one duty in this life: duty to be happy!"

Recipe for a happy life:

eat less, move more, buy less, do more, worry less, smile more, hate less, love more  
and find in each day at least one moment to enjoy a little silence and your own company.

"Move on with your life - simple words to say, and so hard to fulfill."

"Even your greatest enemy can't harm you as much as you yourself with your thoughts."

"If you can make someone happy then do it, the world needs more happy people."

"I don't ever lose, I win or I learn."

"To keep your happiness you have to share it!"

Mother Teresa

"There is no time, only a moment... That's why all strength must go into this moment!"

Lev Tolstoi

"Smile always, when possible! A smile is the best greeting and cheapest medicine!"

I am scrolling through the photo collection and wondering about this Facebook user, who is he, and why is he posting so many photos? All photos are watermarked with one of two websites, either armastan.ee or meeldib.ee, so checking them up. Ah that's why, it is all social engineering to drive web traffic to elu24.ee website, that was the trick! It's all about money, pay per view clicking. I wonder how many image copyrights is this user violating?

There are two primary choices in life: to accept conditions as they exist,  
or accept the responsibility for changing them.

Denis Waitley

## FAQ

Frequently Asked Questions about the “Antti Bible”.

### [Why did you write a Bible?](#)

Because I wanted to-do it. Because I think that we need a new Bible. Because somebody had to start with Bible writing. So I did take the challenge and started the process. One day a new global Bible will be written. I may not be the one that finishes it, but I want to be the one that started it. If the finished new Bible will not include any story from Antti Bible, so be it. I still am the one who started Bible writing. As far as I know, there are no attempts been made to write a new Bible so far? The process cannot be stopped, one day it will be written. We need it.

### [Why we all should write a Bible?](#)

The Bible (and possible other holy books) was constructed as collection of stories by various people. As we need a new Bible for all of us, it is time to write it, write the stories that would become the new Bible one day. If you have ever written anything on any public media or made a posting that is public, it may already be that you are a Bible writer, some story of yours may become part of the new Bible. So keep on writing. So from now on, we all are Bible writers. You me, just about everyone. Doesn't it make you smile knowing that you are too possibly a Bible writer? No? OK, just in case an extra smile from me too you ☺

### [Why the name “Antti Bible”?](#)

This is a small word play, it is not “Anti Bible” but Antti Bible, as Antti is my first name. Antti Bible is not Anti Bible, it is a new Bible written by Antti. I simply did not have a better name.

### [Why Bible?](#)

Think about it, what book is most printed, duplicated, and read? It is the Bible (+other holy books). What could have maximum impact on our world? Right, a new Bible would have largest impact. That is why I am writing it. That is why you should be writing it. Every time you write something, think about it, it may be that it becomes part of the new Bible. A new Bible could save the world. You could be part of it. We need a new Bible. We need a better Future.