Cheerfulism / v.0.0.1

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0.- The purpose of this text

Aiming for assuring happiness in my life and raising happy children I might have ended up crafting the final answer for the eternal prosperity of human kind.

How can I be the happiest I can in this life? What will I teach to my future children? Those questions wander around my mind since I'm 15, now 5 and a half years later, I think I've found the answer.

I always aimed for general explanations agnostic to my personal life. I was aware of the existence of useful answers or paths to follow according to your personality and environment. I was also aware that if any of those ever change the answers might become useless. Thus I always tried to find the general

pattern which could apply to everyone and would allow me to adapt when facing changes in the future.

All these resulted in a sort of guide to understand and achieve happiness at the same time of resulting in a social critique text which aims to find the overall patterns that allow a better quality of life for all humans. That is what this text is all about.

Disclaimer: I recommend reading this text in order. Even if one part might reference another, finish the section you're on before jumping ahead. Everything will make more and more sense as you go along. Furthermore regardless of your beliefs or ideologies—whether you think I sound like a libertarian, or a socialist, or something else—I encourage you to keep reading. There are surprises ahead that I think everyone will appreciate.

Disclaimer 2: In some cases I could have used more specific and shorter wording to make the text more professional and brief. But this text is not aiming for that, I'm trying to make this text available for the widest audience I can reach without compromising clarity.

It all started understanding what happiness was.

1.- Happiness

Many philosophers and people in general say that for a human to have a good life it needs to be happy. But, what is being happy? I present you my definition:

``Happiness is a state in which a being is happy. Understanding by happy: a surviving being which possess enough health, freedom and intelligence so as to avoid boredom in a desired basis.``

Disclaimer: In the definition I used the term being instead of human. I'm not sure if this applies to other animals. I will keep it this way to encourage thinking.

This definition comes from 2 facts:

1. You need to be alive to feel happiness thus the surviving part on the definition.

2. If you get bored for too long a human won't feel what they call as 'happiness'. Notice different humans have different boredom tolerance but all of them have a limit in which they start suffering from it.

Now the following question can be: **How can I get happiness?**

Easy to say harder to carry out, as not only depends on yourself but also on your environment. The more of the following conditions you achieve in your life and the more sustainable long term they are the happier you will likely be.

Conditions for being happy:

- Survive:

In fact, being alive with your basic human needs covered: food, water and co-existing safely with other humans so you inhibit your individual weaknesses against nature. (a.k.a. it is very hard for a human alone to last in nature)

- Freedom:

I define freedom as:

``The capability of satisfying a need in multiple ways.``

Disclaimer: I'm not discussing 'freedom' in a deep philosophical way. Some might define freedom as "the ability to have done otherwise." This text isn't about deep existential debates. Instead, it's a practical guide to help find solutions for human needs. Questions like 'to be or not to be' or debates about free will are complex and, for now, without clear answers. I won't delve into them here. My goal is to offer logical insights into human existence and give real-world advice to enhance it.

The freer you are the more options you will have to satisfy your needs.

Notice, you can be happy without freedom or just with less freedom as long as your survival and boredom needs are satisfied, but here is the key point:

If someone has a problem and only one way of solving it, chances are if that solution path, for whatever reason, becomes impossible or harder, the individual will likely not be happy. Thus the more options you get the higher your chances of being happy… for now. This will be developed more in depth in the chapter *On Quitting Beliefs: What is intelligence?*

Notice, here is another key point, it's always about probability. There is not such a thing as a truth, there are tendencies where things tend to work and tendencies where things tend not to work. Existence is not white nor black, it is gray. When I speak about a solution I mean it in the way of: given the principles, there is a high percentage on the outcomes distribution to happen as expected.

- Entertainment:

Now a very hard question, at least it was for me to answer, **what is boredom, what is being bored?** Well I define *being bored* as:

``A state in which your brain does not segregate chemical rewards when you analyze, repeat or experience a pattern. Being a pattern any activity humans can do: listening to music, play any game, any sport, an instrument, sex, building, studying... Any activity.``

For the rest of the text I will use the verb "*to execute a pattern*" as any combination of analyzing, experiencing or repeating a pattern.

Now we see that when executing a pattern, eventually you stop segregating chemical rewards. A logical approach on why is this is so as to the body doesn't get stuck on a loop doing the same over and over again, thus favoring exploration and adaptation which are the key factors for avoiding extinction and survival through time. Boredom is natural, in fact, boredom is essential for a race to adapt and last in time passing through the natural selection filter.

Boredom is also another key point on why humans aren't designed to be alone. Notice that when loneliness is faced, eventually, as there is a limit on the number of activities a single human being can do, it is impossible to scape boredom on your own. And when I say loneliness I mean it in its purest sense, not even a dog with you, not a single being apart from yourself. This is another of the reasons why a human needs other beings, not just for pure "biological survival" but for this other intrinsic adaptation mechanism we have and which we call boredom.

Notice, you can't be bored if you are in danger, if you are hungry, if you are thirsty. Thus boredom only appears when a human is in a safe state, where its basic "biological needs" are satisfied. It feels natural to understand boredom as a biological mechanism that encourages our bodies to explore when our survival is statistically granted. This mechanism allows us to discover new things even when our basic needs are satisfied thus granting us new information that allows us to have a greater chance to adapt and survive in unpredictable future scenarios.

So, **what is *boredom*?** I define boredom as:

``A biological mechanism humans (and maybe other beings) have which promotes exploration and discovery once their body feels like their survival is statistically granted in order to have better chance of survival for future unexpected changes.`

Notice maybe this mechanism is a result on natural selection, those beings which didn't feel boredom and didn't discover useful information before unforeseen events happened might have been eventually, or still slowly, becoming extinct.

Now, this being defined, we can see that the next rewarding factor for feeling happiness is being entertained (not being bored). The frequency and the variety of activities vary on an individual basis so the quantity of the following requisites you will require will be special for each one of you.

This is the most complex part of mastering happiness, via self analysis and introspection, decide *how many, how much of each and how to get* the following requisites:

- **Health:** Enough health, physical and mental, to carry out the activities that you enjoy. The healthier the more activities you can carry out for a longer time, thus the more solutions you will have to the boredom problem, thus the more likely you are to be happy. But this is just statistics, on an individual basis you decide how much health you really need. A clear example of this is: An obese climber will be less likely (or will find it harder) to enjoy the views while eating something at the summit of a mountain due to its obesity. So someone whose happiness is brought by climbing should stay in moderate weight.

- **Money:** A tool for freedom, not the end goal. Money does not buy happiness, but buys other people's time so you can spend yours freely. And as explained, the freer you are the more activities you can do to satisfy your boredom. Not everyone needs to be rich in order not to suffer from boredom, some people will need more, others less. You should analyze how much money usually requires to carry out activities you like and also if you can sustain them long term in order to live happier.

- **Relationships with other beings:** As mentioned some paragraphs ago, a human alone will eventually get bored. Relations with any other beings work, an animal, another human etc. These add randomness to the interactions that result in unpredictable patterns which to execute that likely will segregate the proper happiness chemicals in your brain as they are something new, something being explored.

All these factors are "easy to name", harder to analyze. That is why chapter 3 of this book delves deeper in the intricacies of analyzing complex problems. Delving into explaining the best solution I could think of according to our current reality and state of technology.

Conclusion

Summing up everything, we could understand happiness as a combination of: survival, freedom and entertainment. Those are the 3 pillars that hold it.

In order to achieve it after having high assurances of survival you have to not to get bored for too long. Boredom is a phenomenal that can come and go when executing patterns. Therefore, in order to be happy, each person will have to find a big enough quantity of patterns they can make in a sequenced manner so they never get tired of too much of them for too long. In the meantime, if too many of them bore you, then explore and experience other patterns in the hope that they will kill your boredom or that any of the previously bored ones now becomes funny again.

Important is to know that each person has a unique need of pattern experiencing, boredom tolerance and different reactions to different patterns.

Notice here is an important idea for later parts on the text. You have to find the patterns and in order to find you have to search or explore.

Transition from chapter 1 to chapter 2

After understanding what is happiness you might have notice that for you to be happy it requires analysis on different factors like health, money, relationships etc. A lot of complex decisions which all need 1 thing to answer them successfully: intelligence.

But what is intelligence? Let’s go to chapter 2.

2.- On quitting beliefs: What is intelligence?

2.1.- Introduction: A very efficient way of thinking, thinking like an engineer.

This section is meant for you to know the secret to maximize your brain capabilities by explaining how the smartest think about the most complex of systems.

As we mentioned at the beginning, this text aims to find a way of thinking about life that maximizes an individual’s happiness long term. A sort of philosophical doctrine based on science to guide humans to the best possible society where everyone is as happy as they can be. But for that you need to intelligently analyze your specific life’s situation and with time and constant effort improve it.

Disclaimer: If this reminds you of the 'evil' capitalist profit-maximizing mindset, hang tight, there will be a twist later. Even if you like the capitalist mindset I think you will enjoy the twist too.

Situations can be incredibly diverse, the economy of your country, your gender, your height, the predominant religion near you etc affect the specific steps you have to take in order to maximize your happiness.

With this being said it starts to make sense if we understand each life situation as a system with different modules conforming it. Just like engineers see their creations, everyone should know how to analyze complex systems in

order so they can analyze their life and maximize its happiness the best way they can.

In this ideal doctrine it is key for everyone to learn how to “think like an engineer” about technical and more abstracts topics in life. More on how to do this later.

This analysis method is the one the smartest people use, but it takes time due to iterations of trial and error. This is the reason why your effort needs to be continuous, life is a really complex system and you will need a bunch of iterations of trial and error to get to your maximized point. For some will be harder than for others but, no matter what, its complexity will make it time consuming and probably exhausting. This is why I recommend taking this approach to life along with your closer ones, to support each other when the steps you have to take become quite steep. More on this later.

It is impossible for me to give specific instructions for each situation thus here I’m just going to layout the general rules anyone should follow. I hope that people reading this apply this thinking to their specific situations and later maybe share how it worked out for them. This way we can have a wide resource of real-life examples in the current and following human history for specific steps to take for each individual’s nuance. Like a useful big database of specific examples where these steps where applied. Who knows, if we create this database maybe we can train an AI with the data that helps us to be happier. Alright let’s stop speculating for now, and let’s com back to defining and understanding core terminology.

The main take-away from this chapter is *what intelligence is*, the idea of the *fixed variable resolution technique* and how it relates to to your intelligence and thinking like an engineer.

The fixed variable resolution technique :

Sometimes in math, if a function depends on more than one variable like f(x,y), it comes handy to fix the value for a variable to figure out the value of the other one and then solve the problem.

A real and metaphorical example of math problems can be found at the end of this section to illustrate better what I mean. Please wait for it and keep reading.

2.2.- The impact of beliefs.

Now why is the tittle of this chapter related to beliefs? Because they put limits on your actions thus your freedom, your boredom and overall they are correlated with your happiness.

This limits can be understood as a natural reaction from your brain to fix some variables while it solves others and at the same time protects itself from the

incredibly high amounts of information it can receive but can't rationally process.

First, as an introduction to "thinking like an engineer" and what is intelligence, I find it useful to understand how we use beliefs and how they relate and cooperate with rational thinking. For that, lets talk about the summit of beliefs, religion.

2.3.- Religion: its benefits, downsides and alternatives

The clear manifestation of beliefs are religions. Now, what is a belief? What is a religion? Well lets start vaguely saying that religions are "a thing" that brings a lot of people happiness and stability to their lives. How do religions bring happiness? There are 3 benefits of a religion in peoples' life:

1. It helps people to give meaning to their lifes.
2. It satisfies the natural need of people of belonging to a community.
3. In case of loneliness or danger or a mix of bot, generally speaking, in case of a position of weakness, the figure of a god or some religious belief can help people feel more hope for a better future.

We can understand that religion is related to happiness in the way that creates and coordinates a community while answering questions. Notice as discussed in the *Happiness* chapter, the community satisfies the survival need and also the boredom one as it gives a wide variety of patterns to execute. In this case it is the pattern of understanding and answering questions about human existence and proper ways of living plus actually living them.

Now those are the benefits of religions, but they also have their downsides. Religions are based on beliefs which create limits to people's actions which are not general enough to adapt to any follower in the religion. Of course, as it has been discussed is always a probability matter and each individual will have different responses. Some will be happy enough with the beliefs of their religion and others might be unhappy.

All these being said this is how I define belief:

``Belief is a fixed rule a human follows that never changes because it is never questioned or doubted upon.``

Now that is the key difference between religion and science: science might not be 100% certain, but it can be questioned and changes over time whereas religion does not or take a bunch of generations (thus lots of time) to do so. Thus for a better chance of being happy due to its adaptable nature, here I propose and discuss scientific alternatives for the 2 first benefits of religion and a complement for the third one.

1. A substitute to the first benefit of religion: **don't get too bored**

Now a pretty generalized pattern that humans execute is trying to answer the most metaphysical questions. As said religions offer an answer, but, what does a scientific thought answers to those questions?

The questions and answers by science are:

Why are we here? Because we are a specific molecule configuration capable of reproducing similar copies of itself while promoting pattern recognition, execution, and analysis.

How are we here? Due to a physical phenomena that occurred long long time ago that created an incredibly long domino effect until eventually creating this special molecule pattern configuration we call ourselves humans.

And the most important question:

What are we supposed to do, what's our meaning? Our bodies are biologically programmed to try to survive and feel happiness executing patterns. We are meant to do exactly that.

Now if survival is statistically granted like in lots of nowadays societies, and you find enough patterns to experience without getting bored of them, happiness will occur in you and you will feel realized. Which is basically, one of the needs religions satisfy. Therefore, to adopt a more flexible and potentially happier life, *don't get too bored*.

1.1.- The classic answer to the third question: Good and evil

Now lets mention that religions generally answer to the *what are we supposed to do* question with: We are supposed to do good and not bad. In summarized terms. Now you might be wondering how you define good and bad without being based on beliefs or subjective ethics? Here is what I propose as a neutral definition:

``Good and bad are those patterns that have seemed to grant this better or worse likelihood of survival and happiness according to a group of people's personalities and their nature around them.``

Thus you can conclude that good is the adjective chosen to describe those pattern executions that increased the likelihood of survival and happiness of a community and bad is vice-versa, those patterns which decreased that likelihood.

The needs of human communities vary a lot because they depend on a lot of factors like the nature surrounding them: weather, fauna, flora, day light available, water available… It also varies with each individual's personality in the community which is a "constant change" as new humans are born and others die.

Notice if we understand and embrace this unavoidable constant changes, specially the individual's personality one, we can better arrange our desires so everyone needs are satisfied. Thus an individual journey on quitting beliefs can be beneficial for the greater community if done intelligently. More on this later.

2. A substitute to the second benefit of religion: **find freer "communities of pattern enjoyers" (hobbies).**

Regarding the need of belonging to a community I recommend finding people who experience patterns you like in a more freer way away from dogma and belief. This could be joining meetings of people that do activities you like.

As examples of communities that interact with each other experiencing patterns they like without recurring to strict beliefs is for example social dancing encounters for the dancing pattern lovers, book clubs for the reading pattern lovers, couple swinger places for people who enjoy the sex pattern that way and so on.

Of course, each community might have some "beliefs", you can actually see or understand as a belief the rules of a sport. The key is now to safely distance yourself from beliefs that don't fit you, and find the ones that fit you the most. This is an individual journey each one of us has to take and I will keep insisting, together with friends it gets easier. This is the power of friendship, might sound corny but it is the purest of reality since with had to survive as cavemen all together.

Some beliefs clearly put limits to the freedom of exploration you can make or to the things you can search, therefore they limit your chances of being happy. It's essential to remember I'm not talking about a given processes that provides assured results, I'm talking about how to maximize the chances of a goal, in this case the goal of living a happier life.

3. A complement for the third benefit of religion: **get literally stronger and scientifically wiser**

When people find themselves in vulnerable situations, the figure of a god or a religion's belief you can help them feel more hope for a better future.

When people find themselves in a vulnerable situation where they are not strong enough to understand or act upon the problem they happen to be involved, it makes sense to cling onto even the most non rational hopes as some kind of natural instinct for not giving up and surviving.

I don't think this benefit can really be substituted in all cases that is why I said it is a complement.

There is always an enough amount of fear when in weak positions, regardless of where the fear comes from (towards loneliness or extreme physical danger for example), it will always trigger in you some of these 3 survival instincts: paralyze, fight or flee. And in any case, the idea of some super-powerful belief supporting you can help you carry out any of these actions better. As it is extreme and intrinsic to human nature this can't be substituted.

If you are lucky enough to find yourself not in a extreme situation. Doing the following, if you fancy like so, can help you to limit your dependence on this other source of belief:

- Training body and mind (psychology) in a healthy way.

- Reinforce your knowledge and your learning skills. The more you know and the more topics you decide to tackle and feel comfortable understanding, the stronger will be your attitude towards the unknown, as you have already been there before with different kinds of knowledge. More on this in next chapter.

2.4.- Rationality and Faith, 2 faces of the same coin.

Aren't religions against human adaptable nature then? Why do they exist?

If religion is so against this intrinsic adapt to change behavior of human nature… why has it been so useful and influential? My answer is:

Because of mainly 2 things.

First, the belonging to a community feeling that it creates is actually aligned to human nature and in some cases its positive weight counters the negative one of their beliefs.

And, as contradictory as it might result at first, beliefs are a useful part of religion as they are part of another human intrinsic technique to solve problems, the above mentioned: *fixed variable resolution technique*.

As said a human faces and processes lots of information, religion might be very helpful to fix answers to some questions while finding answers to others like: What would be the healthiest cookie to buy today in the supermarket? Is there a healthy cookie in the first place? How I'm going to find people who like the same humor as me in my zone?

Being in a religion would allow you to explore the world without answering complex metaphysical questions, maybe without doubting your sexuality or sexual behavior and other potentially time consuming topics.

This leads to the realization that *rationality and belief are 2 sides of the same coin*, a human problem solving technique. Where thinking is the science that explores and allows improvement and belief creates, hopefully, a controlled environment that allows some peace to think better or easily so as to later have better results.

And this is why there is and there will always be beliefs but they are not essentially something bad but something that should be understood and addressed to change via intelligent rational thinking if necessary (a.k.a. if it gets in the way of your happiness or survival). I must add that if the change can be carried out pacifically and progressively, the better for long term happiness and prosperity.

Some might argue that being religious is a sign of being dumb because of not being capable of adapting or changing. But it is actually false. Rather the only thing that can be concluded with just that information is that the religious person probably has chosen to prioritize solving some variables first while fixing others. What makes you intelligent is not which variables you chose to solve and fix but...

2.5.- On intelligence.

We have mentioned during this chapter the “doing things intelligently”, but what is that?

Whether or not a religion or something is good for you will depend on what patterns provides to you and how they affect your happiness. You have to be able to use your “intelligence” for handling those patterns. When *handling a pattern I mean discovering them, understanding its influence (limits), and practicing them so as to figure out if they are a good maximizer of your happiness at your current state.*

So, finally here it is, this is how I define intelligence:

``Intelligence is the ability to handle patterns in such a way that maintains survival and later happiness in the longest term perspective.``

2.5.1.- Are you dumb or are you intelligent?

For example, in my personal life my conclusion is that I dislike to apply religion to it because I’m capable enough of handling and adjusting better on my own and for myself the variables religion would do for me. This doesn’t mean I’m smart nor dumb, this just means I’ve solved some variables on my own first while fixing others.

Notice that even if it's undeniable that some religions create limits to exploration and searching therefore making it more difficult for more intelligent individuals to be happy, following a religion doesn't conclude your lack of intelligence or dumbness.

Believing doesn't necessarily makes you dumb. As I explained before, I see it as a converting variables to constants in order to explore other variables in life. What variables you decide to turn into constants doesn't make you necessarily less intelligent.

A clear example are professions where a clear amount of intelligence is required like doctors, lawyers, engineers etc and still there are believers among them. They are clearly not stupid but for different reasons they decided to fix some variables through religion. Examples of reasons are: because that religion limitations are enough for their happiness, because maybe they never pondered alternatives, because they did ponder alternatives and found out they didn't work for them etc etc. Belief doesn't imply stupidity the same way freedom (less limits) doesn't imply intelligence.

Free individuals can act in stupid ways and end up worse than before, or they can act intelligently and end up better than before. The same way a believer can act as it preaches and be better of that way, or maybe, worse off.

I understand an individual's intelligence as its capability to survive and find the patterns to enjoy their lives plus preserving the essential ability to go out there to explore in case you don't succeed in your quest for being happy. And the faster you achieve this and the more long term sustainable your patterns are, the more intelligent you are.

2.6.- The Math Examples as Analogies

Disclaimer: If you know basic high-school math the first example will be very straightforward to you, but keep in mind that I write this text trying to reach the maximum people I can so I've explained even the most "basic things".

I think you might have already a sort of feeling and understanding of what I mean by the fixed variable resolution technique, but, to make it as clear as math here are 2 problems, one realistic and other one filled with analogies.

To understand this you need to understand what a variable is, and what is a function in math. I'm going to explain the first problem with a lot of detail for those of you who know very little about math, hope everyone finds this examples useful.

2.6.1.- A realistic first problem: The Carpenter Problem

You own a small workshop that manufactures wooden chairs and tables.

- X will be any number that represents the amount of chairs you have crafted.
- Y will be any number that represents the amount of tables you have crafted.

- Each chair (X) requires 3 planks of wood.
- Each table (Y) requires 5 planks of wood.
- You have a stock of 40 planks of wood.

Given the constraint of 40 planks of wood and given that you've already promised a customer you'd make 5 chairs, you would like to know how much tables you can still craft after spending that 5 chairs' wood. This is so next time client comes asking you to craft some tables you are informed to make a decision on whether you have enough wood left. So now, how much tables can you craft given that you have 40 planks and 5 chairs are reserved?

Understanding the problem:

Now, notice this function represents our problem:

$$f(x,y) = 3 * X + 5 * Y$$

(* → this symbol means multiplication)

This function is used to calculate the total number of products we have produced, tables plus chairs.

You can read this function as:

- f(x,y) => f stands for function. Its value is any number that results from doing the operation written on the right side of the equal sign after giving fixed values to the variables involved. X and Y in this case. So if, for any reason, we fix the variable X = 1 and Y = 2 so they are not anymore any variable number but a very specific one, then:

$$f(x,y) = 3 * X + 5 * Y \,/\, 1)$$ Now we write X as 1 and Y as 2

$$f(x=1, y=2) = 3 * 1 + 5 * 2 = 3 + 10 = 13 \,/\, 2)$$ Which is the same as writing

$$f(1, 2) = 3 * 1 + 5 * 2 = 3 + 10 = 13$$

Now you know what the elements of the equation mean. Lets see what they represent:

- *3 * X* : This means, for each chair (X) we multiply that times 3, the amount of planks of wood required to make a chair. So the result of this operation is the total amount of wood consumed by all the chairs we have produced. If we make X = 2, this means we have produced 2 chairs, and each chair consumes 3 planks, the total planks consumed is 3 * 2 = 6.

- *5 * Y* : This means the same but for the tables

- (3*X) **+** (5*Y): This, therefore, is the sum of all the wood consumed by chairs and tables. Which as we can see we say its equal (=) to f(x,y). So f(x,y) = Total Sum Of Wood Consumed.

This is why this function represents the total wood used in terms of the number of chairs (x) and tables (y) produced.

Solving the Problem:

You have already promised to make 5 chairs, so you have some quantity of woods that are already used or reserved for use, that quantity is:

3 * X = 3 planks per chair * 5 chairs = 15 planks of wood

Using this value in the overall f(x,y) that represents our total production:

(3*X now is = 3 * 5 = 15)

f(x, y) = 3 * X + 5 * Y = 15 + 5 * Y

Now we know that our wood planks can't exceed 40 as we only have 40. So the total wood consumed = f(x,y) can't be higher than 40.

f(x,y) <= 40

The sign <= means smaller or equal.

15 + 5 * Y <= 40

Solving the equation we see that. To solve the equation you have to make the same operations in both sides until the only thing left is the variable (Y in this case) and a number:

15 + 5 * Y <= 40

We subtract 15 from both sides

15 – 15 + 5 * Y <= 40 – 15
5 * Y <= 25

Now we divide by 5 on both sides:

5Y / 5 <= 25 / 5
Y <= 5

This means that Y, the amount of tables we can produce is at most 5, given the limitation of 40 planks of wood and having bunch of it reserved for the chairs.

So next time someone comes asking for tables we can say, I can only make 5 tables as much.

Notice we fixed the X variable when promising something to the costumer and then we solved a problem.

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*Disclaimer: Last thing solved, 15 + 5 * Y <= 40, is not an equation but an inequality and my explanation on how to solve them is not precise. What I did doesn't apply for all inequalities, please do your research to really know how to solve them. In this case, what we did is valid math and logic so don't worry about this little detail it doesn't affect the narrative.*

2.6.2.- A metaphoric problem: The Happiness Production Problem

You are a human that uses energy to do stuff to try to survive and then be happy. And thanks to society and technological advancements you don't have to worry about survival now so you are just trying to be happy.

- X and Y will be any activity that you carry out to be happy.
- The numbers multiplying them will be the amount of energy required to carry out the activities.

- Activity X requires 3 units of energy.
- Activity Y requires 5 units of energy.
- You have a total of 40 units of energy.

Notice that in real life each person has different amounts of energy and the same activity consumes different amounts of energy for different people.

Maybe for someone else activity X only requires 2 units of energy because they are naturally build for it. Let's simplify the activity of playing basketball to give a sense of what I mean: If you are taller you will likely spend less energy throwing shots because you will nail most of them due to being closer to the basket. So as you fail less the ball will bounce less against the basket ending up far from you but, otherwise if you nail the shot the ball will be under the basket thus you will move less thus consume less energy.

Given the constraint of 40 units of energy and given that you already like and have done activity X that consumes 5 units every time you do it. Now you ponder how much times you can do another activity Y to keep being happy given the energy you have left.

Notice the amount of energy that consumes something also depends on your beliefs. If your beliefs don't let you eat during the whole day and in that day you have to run, that run will be more exhausting for you. You can understand this as a variable inside the X variable, or maybe as another different variable Z, notice this is starting to get complex. And notice again, we put away survival from the equation at the beginning, that is another variable conformed of other variables, drinking, eating etc.

And this is it, that is life described as a math problem. But as explained, in life there are not just X and Y, there are more variables than letters in the English alphabet and that is why solving the equations turns out to be way much more difficult, even for the smartest mathematicians.

This is also why solving some problems with just math and technology for now seems impossible too, we don't have such an advanced technology or computers capable of solving that many variables in realistic time.

So, with time and trial and error trying to solve or maximize the equations fixing some variables from time to time is how we can manage to maximize the value returned by our "happiness equation".

Conclusion

Happiness clearly depends on intelligence and the limits (beliefs) you put yourself when executing the *fixed variable resolution technique*.

This technique is intrinsically defined and used in the "engineers way of thinking" where you fix stuff with definitions and then explore.

Now that you know this way of defining intelligence, what parts conform it (rationality and belief) and how this relates to and individual's happiness and nature. It is time for explaining the "engineers way of thinking" in the next chapter.

But first, here I leave a step by step guide on how to maximize your happiness. Iterative actions that will tend to result, sooner or later, in you being happy:

1.- If you are unhappy: Find your patterns, explore. If it is with friends, the better. If you are alone, don't worry friends can come along the way. I'm aware some humans don't even have this basic freedom, in those cases, bravery, perseverance, conviction and acting together with others for a better future is the key for success. Good luck to all, specially to those with the hardest positions.

2.- You found the patterns? Good, enjoy them and find ways of sharing them with other people who likes them too. This step helps satisfy the natural need for a community.

3.- Getting bored? Explore and execute other patterns. (Back to point 1) But this time maybe the new friends found on the exploring can go along with you.

Tip: Ponder more about or be extra cautious when executing patterns or joining a community that would limit your exploring capabilities. As this exploring capability is what allows you to adapt against expected or unexpected changes in the future.

Transition from chapter 2 to chapter 3

Lets explain the “engineers way of thinking” and how they use the *fixed variable resolution technique* to analyze and solve complex problems.

This technique is very useful nowadays as a mean to achieve intellectual strength which serves as a complement on the third benefit of religion I mentioned in the previous chapter.

This might be the hardest part of this whole text. Read it, reflex and research on it as much as you want until you understand it and make sense.

3.- How to analyze complex systems: The engineers’ way of thinking

If you are an engineer or already know this technique, congratulations, keep doing it and keep getting better at it. If you have never heard of this, please keep in mind the key fact is that this is not just a technique that you learn and you instantly are good at using it.

It is like playing football; you won’t be good at it just because someone explains the rules to you and tells you how to kick a ball. You need time to practice that goes along with the knowledge to be good at it. With time, you will get better and it will get easier. I would recommend focusing on learning one topic with the technique (like mathematics) and then going to an “opposite” topic, like literature, and try to apply it on it too. Variety after some specificity will make your brain able to get used to this method, and eventually, you will be able to apply it to every kind of question in life.

Personally, I’m a computer scientist/software engineer, so I have experience with this thinking process, and it has been useful during my whole life. I was lucky to figure this process out around the age of 7, but it wasn’t until a few weeks ago at the age of 20 that I came across with an explanation on how I had been learning stuff my whole life. It turned out to one of the best if not the best way of learning according to some experts (one of them from renowned universities like Stanford). Names on the acknowledgments’ section.

I will do my best to explain my view on this learning process now let’s begin.

3.1.- The steps of thinking like an engineer

You can generally define the process in these 10 steps. Later, I will show specific examples in different areas of knowledge where I apply this general explanation:

<u>Note:</u> With a system I refer to basically "anything". A system is "something that is conformed of other things that work together to create a result". A computer is a system, mathematics is a system, social behavior is a system, religions are systems, every single person is a system...

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1. Choose a system.

2. Define what the system is with the information you have so far. If you know nothing about it, use your imagination.

3. Write down what you are trying to achieve by analyzing the system.

4. Divide the system into sub-modules with different functionalities. If you had to use your imagination to define the system, then research about the system a bit and create a better definition before dividing the system on its modules.

5. Choose one module and analyze it by executing steps 1 to 4 but for the module.

6. Check and redefine the system's definition if necessary according to the new insights the analysis of the module gave you. And update the "what are you trying to achieve" section if necessary.

7. Write down in a list any interesting thing you have learned or noticed so far.

8. Choose and analyze another module and repeat steps 5-8, but this time in step 6, you have to check if you need to alter or redefine not only the system's general understanding but also the one of the modules analyzed previously.

9. Repeat all these steps until you have analyzed all the system or the desired amount of it.

10. Read and process any conclusions you have arrived at during the process to consolidate the learning.

When I said write down, do it as you please, writing, highlighting, drawing diagrams or figures, or any mix of the previously mentioned. Use and experiment with the most comfortable way for your brain to understand information.

That's why mastering this technique requires time. Individuals tend to adopt distinct approaches and strategies when applying these principles, changing little details on their analysis based on comfort and preference.

For instance, some might opt to delve into unfamiliar modules within a system first, finding that the unknown promotes their analytical skills more

effectively. In contrast, others may prefer modules they're already familiar with, easing themselves into the analytical process.

Additionally, it takes time to discern which form of information representation enhances your comprehension: diagrams, texts, a combination thereof, etc.

The choice of tools also requires time to analyze and experience, whether you process information better through handwriting, digital diagrams, or graphical software on computers, etc.

Ultimately, it's about exploring and embracing the methods that resonate with you plus applying the steps explained above constantly through time and different topics to develop mastery.

3.2.- Examples

The following examples are from different branches of human experience and their purpose is not to teach you the topic they are about, their purpose is to give you a sense on how to ask questions, how to modularize the information and how to go back and forth within systems.

- Example 1: Solving a first-degree math equation

You found yourself with this equation:

$$78x + (34/2) = 88 - \log(3^x)$$

And for some reason you want or need to solve it, but you only know the numbers, the equal sign, and basic operations, you don’t even know what that “x” is and what that “log” means.

In that case this is a pretty complex thing you got in front, but, how would you start tackling the problem?

First define it. You have yourself a system here which this time can be called as “An Equation”. Furthermore you have to “solve” the equation, but you don’t know what that means. This, *what means to solve* question can be understood as a sub-module to analyze within the “An Equation” system.

You might have an idea of the final goal and you have heard the word “solve” before in other contexts so you can try to define yourself what solving means: it means finding some solution to a problem. Now you might realize that in this case we are handling stuff with numbers, so that solution might be a number. At this point you got yourself a definition of the problem, even if you knew nothing you should try to define it and then, its time to research. Lets research to see what solving an equation means.

After your research you find that solving an equation means something like:

Finding the value(s) of the variable(s) that make the equation true. It involves performing the same operations on both sides of the equation to maintain equality. The solution is verified when substituting the value back into the equation balances it.

Then you will probably be a bit confused and have more stuff to learn and define. Keep track in notes in a comfortable format about the stuff you are defining and understanding so you don’t get lost, systems can get pretty complex real quick.

You realize in the answer found that the concept of a variable appears, and that is something you don’t know. Now you can do 2 things, try do define the concepts you don’t understand in the new information found, like variable, or go back to your main system and find or analyze more parts.

Lets just go back and find more parts. Now you kinda have a feeling of what solving is, but there is another thing catching your attention, what is that x? So you research about it.

Fortunately this research should take you to the concept of variable and you would accidentally join two modules of the system together, making it simpler to grasp your head around it.

So once you understand what that X is, you have already divided the system equation in 2 sub-modules, a module about “what solve means” and module of “what is X?”. Luckily they correlated and the questions you had to keep asking got narrowed down. Notice this doesn’t always happen, usually the system gets more complex and as said before this is why you should keep track of stuff in some kind of notes or maybe, keep track of part of it, in your own memory to go faster. But don’t put too much in memory, you should be able to recall, to remember, what you put there.

Notice we defined a system, “An Equation”, we defined sub-modules that define that system. But the key part is that after the definition you could either keep getting deeper in the understanding of each part or go back and forth with the other modules to keep understanding and learning everything better as a whole. It depends a lot, sometimes going back instead of getting as deep as possible results in a more efficient and easy learning and sometimes it does not.

Notice if we focus on analyzing another sub-module we could have gone the path of “what is a log?” then the answer would be more complex and we would have felt confusion for a longer period of time. But eventually you would step back and go through the other simpler parts that also eventually will help in understanding, one way or another, the harder sub-module we just defined. As knowing what a variable is helps when understanding what is a that “log” in the equation.

This get deeper but also go back and forth part is something you gotta master and that takes time. Choosing what's the wisest option to be efficient analyzing systems has not a go to answer.

With time you will develop some kind of intuition for it, if something seems too complex and needs to be broken down even more while there are other parts in the system that might be less complex, most of the times is better to retreat and come back to the complex topic later. This is because sometimes, as with the X example the parts of the system correlate and you learn simple stuff that conforms parts of more complex modules, so latter, when you tackle that module, it feels easier. Or who knows, maybe you are more familiar with the topics on the complex module and delving into it feels better.

Choosing to delve deeper or go back depends on your knowledge, on what you are trying to achieve etc etc This dependence on such unique variables makes it so there is no go to answer as we said.

Optimizing how to efficiently tackle a system based on your knowledge its a complex thing or system on itself if you like. And, as we are so many people and so different from each other in small aspects like this one, this decisions kind of curiously converge into this being "an art, there is no right answer". Like a painter that gets better at painting through time but that follows some rules on how to paint shapes, shadows etc.

So, when analyzing systems, despite of the "art" on it, if you pay attention everything comes down to: divide, define, ask, answer and go back and forth. With this, sooner or later, you will eventually become a master.

- Example two: Understanding the literature of a Spanish author, Federico García Lorca

I myself know almost nothing about this one. I'm just going to show my thought process and how I would define and analyze this system to conclude on its broader implications.

Okay so we know that this guy is a person, a person has feelings, literature implies writing, writing is an art and thus can express feelings. Maybe "understanding" is being able to express what the author meant in his books which is correlated to his feelings. So now that I have a feeling of what understanding an author could be then I would start researching: what does it mean to understand an author? After that, according to what I would figure out that the different parts of the "understanding an author" process are something like: knowing its historical context, feelings, personality and why he took the artistic choices he did. I would start researching about those, going back and forth and so on.

- End of the example, it's broader implications

Notice the second example was like like understanding a person, indeed he is a person. When you try to understand someone you can modularize it in different ways. A way would be, just for example:

- Personality: how extroverted is he, how does he react against some scenarios… what does extroversion mean in the first place?

- Environment: does he live in a country at war, is it peaceful, what's the main religion there, what do they do in their free time, what economical system do they use?.

- His family, its relations, its desires, and so on.

Define them, go back and forth. And eventually if you analyze someone, and then the ones next to them, and keep going back and forth finding definitions in common you might end up defining what is known as a culture. And, as with the previous math example, sometimes some answers will overlap and there you got yourself more knowledge or unexpected links in information which enrich and facilitate yourself your mastery of different parts of human knowledge.

3.3.- A glimpse into the current situation of thinking in society

This is what is called understanding, and, at least in my society and current world, people don't seem to understand things enough or, sometimes, they don't even seem capable of analyzing them in the fist place. Its a thing that takes time to master and to apply to big complex systems. Mastering analysis is neither easy neither fast to do.

Part of people lack proficiency in this ability because they are not trained for it since they are kids. They are usually trained to memorize information, copy-paste, eat information and vomit it in a sheet of paper in an exam thus leading to way more simpler and "less capable" individuals.

Of course memorization is also important, but at least nowadays it has been given to much attention. A useful case of memorization has been shown above: when analyzing a system, instead of taking notes that consumes times you can memorize and keep your understanding journey for example.

The "engineers' way of thinking" can be applied to anything thus allowing you to mastery anything. Whether the system is mathematics, literature, economy, or you as a person and your loved ones. If we keep focusing education in simple "copy-paste", "action-reaction", we take the risks that ignorance and lack of intellectual flexibility carry with them. I think they are not risks we should keep long term.

So, because today "the educational systems" are not adapted enough, I encourage you to start defining stuff, research about its current definition,

break it down, define the parts and keep doing it until you are satisfied. Find something you would like to understand and thus control better, maybe its your personal physical health, maybe your financial situation, maybe your own psychological well being.

But keep in mind you will have to dare to redefine previous concepts or already old established ones in an order or way they sustain your happiness long-term. Managing this is what I define as an intelligent human and thinking like an engineer can help a lot due to life being a complex system and due to this method basically applying the previously mentioned “fixed-variable-resolution” technique which we all use to manage through life. Due to this natural connection with human nature I think this is the way to go for the purest truth and happiness in a long-term lasting manner.

It is intrinsically uncomfortable and you will need to be smart and brave because redefining certain topics will imply certain big or small changes in your life, which, sometimes, might be better to delay in order to be happier long-term, and sometimes won’t. Indeed its complex. Now its your turn to analyze your situation, your system, if you feel like, in the way an engineer would.

Use assumed truths or definitions on concepts because they are necessary but treat them as less statically as you can. Don’t take one definition for granted forever, learn, explore, adapt. Don’t fall into dogmas too frequently, be a scientist against everything, question even the most awkward or unpleasant questions. I know it’s not easy, just telling you that with time and effort, trial and error, you will eventually feel more and more strong and it will likely lead you to tackle the questions that you thought you would never defy, technical and moral ones. The more strength you gather the lesser the discomfort or the more bearable it becomes. I wish you again, good luck.

3.4.- A glimpse of the role that nowadays technology has in thinking.

Good news, all this is specially useful thanks to the world we live in with the tech we currently have. Previously it made sense to memorize more than analyze because we didn’t have computers to easily compute and store information, now we do, and even more recently we have AI which is capable of not just computing and storing information but arranging or digesting it in incredibly useful ways really fast.

Thanks to these advancements the process of research has accelerated dramatically thus our capabilities for understanding systems have ben strengthen dramatically too. It wouldn’t surprise me if my grandson at 15 years old, with proper training in the engineers way of thinking plus the aid of the new tech would be smarter that all current 20 year old people of today. The same way as me, thanks to internet and the flow of information, I’m wiser than my parents at my age.

In the past wouldn’t have been possible for everyone to apply this technique and thus you could eventually conclude that this is not the best “way of thinking”. This is because we didn’t have such an easy way to store information and search it. But now we do.

That is why I truly think the better we get at analyzing problems with this dynamic way the better we will get at solving even the hardest ones like world hunger, wars and moral dilemmas. As this technique is designed and complies with the nature and current state of human’s boredom and happiness, survival needs and information processing.

Conclusion

Summing up, this chapter was meant to show how we should think of problems in the modern world, how we should analyze them to truly understand them and make the most of our brain and technology in order to facilitate the search for happiness.

From here I encourage you to go out there and use this to analyze anything: how can I bake this tasty lemon pie? Why are these 2 countries at war? How can I cure this disease? Why do objects fall to the ground? How did my baker bake that lemon pie? oh my god it was so tasty. Why do I love this person? What is love? Etc etc

The more systems you analyze, the better you will get at it and the closer to the truth you will be in each step you take. Combine this with:

- Starting at a young age so we can manage through life better as adults thanks to the practice in our childhood and teenage times.

- Learn not always alone but along others too.

And I truly believe this is the way to go for having the most prosperous human kind we ever had.

Transition from chapter 3 to the following chapters

So far I’ve explained how to tackle and manage life in the most efficient way possible at an individual level. In the following chapters I will explore the possible consequences of this behavior if a majority of us adopt this way and get good at it.

Thus now it comes a part of the text which is more speculative, you can see the following chapters as a way of making sense of society from the Cheerfulism perspective.

I’ve been thinking and analyzing society based on the principles already explained and these have been my conclusions so far. Of course, as an engineer, I’m applying it’s way of thinking and changes in the explanations can be carried out in the future as new experiences and hypothesis prove me wrong. But that is the beauty of this philosophy, being able to guide yourself towards the truth without fearing the acceptance of being wrong.

With this being said, here are my thoughts on societies and how, “the perfect society” would look like. I don’t aim for this text to be filled with theory, I’m going to propose individual changes based on Cheefulism that I believe if we all do them together and helping each other, they will bring us closer to this “utopia”.

Please remember, a real world problem can have different solutions and maybe some of them can be deducted from the same principles. The following part are MY thoughts on real world stuff, Cheerfulism is the building block to think about this thoughts, these are not what Cheerfulism thinks about the following topics. Its just what me, trying to apply it, has come to conclude.

Different authors have concluded different things along history being based on the same ideology, ones having better results than others. Don’t take what you read as the summit of truth when applying Cheerfulism’s philosophy, its just what its creator concluded. And just because I’m “the creator” in the way of putting its pieces together, it doesn’t mean I’m right, as you should already noticed if you think like a “cheerful” person.

Yes here I declare that someone who affronts life with Cheerfulism in mind can self-identify himself or herself as “cheerful”. I’m aware some problems are not cheerful, indeed they are the complete opposite, intricate serious life or death situations where the word cheerful might seem like an idiots choice. I chose it as a hope that it will serve as a little little bright at the end of the tunnel for those who are facing the toughest of situations to solve.

Now without further do, lets go to my “cheerful” perspective on different essential topics of human societies.

4.- Thoughts on the ideal society, part 1: On power dynamics, morality plus the influence of Cheerfulism and new tech on them.

In all societies of humans who co-exists for living the situation of conflict arises when at least 2 beings want to solve a problem in different opposing ways. So what happens then? Assuming the beings have no where else to go. The world is finite and you can’t be running to uncharted lands forever.

The answer to what happens is always one of this two or some combination of both:

1.- They talk and decide an outcome.
2.- They physically fight and the winner decides an outcome.

We could say that the first option is the peaceful one and the other one is the violent one.

Despite all these, there are conflicts unsolvable by peace, like lack of enough food for everyone. I can not prove it, but if you have no food and you and your neighbor have to chose between their child or yours, you will eventually most likely end up physically fighting for the survival of your children.

That is where strength comes in, the winner decides, or in other words, the winner rules.

Given our advanced technology these kind of problems might seem alien for some of us but its as real as our origins so we shouldn’t forget about them.

Anyway, when societies grow and when violent conflict arises on them, it is not anymore about pure fighting strength but coordinating strengths of people who agree with you, thus we create armies. And whoever becomes the one who rules, the ruler, you need strength and coordination of that strength so you keep being the ruler. To coordinate strength you need to communicate, to transmit information.

As a ruler, for example you can opt to rule by fear or by other different means.

But it feels natural for blood to be shed in early history so someone rises at the top. And then, if they are intelligent enough to implement a proper ruling order for their population, the society thrives for long time.

I’m not so sure about this naturalness in all parts of human history though, for example in the future with enough technological advancement maybe humans can coordinate in a very optimal way thanks to AI and in a trustless manner thanks to blockchain bringing peaceful outcomes. More on this in the next chapter.

Despite of the naturalness question, what is a ruling order? Well an order is a set of rules, and the order allows for someone to decide the outcomes of problems, in slightly different words: its a set of rules that dictate the power dynamics. Dynamics are how the outputs correlate with the inputs. Those dynamics in this case come from the moving muscle and information management or transmission which conform power.

As exposed on chapter three life can be seen as a very complex mathematical function. Power dynamics can be represented that way too. Where muscle and information management are the operands (sum, multiplication, division etc) that operate over the variables. The dynamics of power can be seen reflected in this function:

$$f(m, y) = m + m * y = m * (1 + y)$$

Where f(m,y) value is the amount of power, and “m” is the amount of strength people have and “y” is how good they manage information.

The function encapsulates the principle that a smaller group of individuals, if they possess superior information management skills, which often translates into advanced technology, can exert greater influence or power than a larger group.

At the same time the function also recognizes that there is a natural scaling limit to this principle. As “m”, the variable representing the size of the group, increases, there comes a point where the sheer volume of individuals can compensate for less efficient information management.

In other words, beyond a certain threshold, the quantity of people can offset the disadvantage in information processing, allowing a larger but less informed group to surpass a smaller, more technologically superior one in terms of power.

This balance between the quantity of a group and the quality of its information management is a central theme in the dynamics of power.

Notice: If you understand the text but not the equation don’t worry, as long as you understand one is enough. I just added it for those who like math and might find it helpful.

Curious fact: I’ve designed the function such as the power value is directly proportional to “y” and “m” and also in a way that “y” has more weight in the size of the output. I could have made the relation of information management with people’s strength even more weighted towards “y” via exponentiation for example. But I have no data to back this up so as long as “y” has a greater weight than “m”, the equation makes sense despite how much heavier “y” is.

4.1.- On power dynamics.

As we have discussed, power depends on how strong you are and how well you coordinate the information among different strong allied individuals so as to win the opponent.

Those groups of strong humans coordinated is what we call armies, and when an army can do whatever they decide upon a territory by physical force and no-one can fight back successfully, that is what we call a state. This is why German sociologist Max Weber defined the sate as the one who holds the monopoly on violence.

Some anarchist thinkers think this is avoidable, all the other thinkers outside any type of anarchism think it is not. Either way, once some power dynamics

have been established, here it appears and its applied the other answer on how to solve a problem, the dialogue way, the solving problems via talking.

And how do people solve things when talking? In chapter 2 we saw how humans use good and evil as an answer to the what am I supposed to do question, which a useful question to answer when in conflict with others. This is how ethics ends up influencing power.

4.1.1- The static-dynamic dilemma of good and evil and its role in power dynamics.

From previous deductions in chapter 2 we came to define good and evil (bad) as:

``*Good and bad are those patterns that have seemed to grant this better or worse likelihood of survival according to a group of people's personalities and their nature around them.*``

I will refer as ethics to the labeling method that humans use to define what is good and what is evil.

So when it comes the time to solve a dispute by talk between two parties living as society, ethics tends to be the resolving factor, and this factor has an intrinsic dynamic nature. As it lies on a lot of always changing variables like human personalities and the very same natural environment

Here is a little example of what the dynamic ethic looks like:

Bob sees Alice's son driving their family's tractor just being 10 years old. Technically illegal and maybe bad (evil), but in that small group from within the society they belong to, it's considered completely fine and good as the kid is doing something useful and might even be having fun with a big tractor that does cool big noisy stuff. But, maybe in another village in the same society Bob would consider this as evil and as some kind of negative child labor.

Now check this interesting extract from a story:

"Pirates are evil? The Marines are righteous? These terms have always changed throughout the course of history! Kids who have never seen peace and kids who have never seen war have different values! Those who stand at the top determine what's wrong and what's right! This very place is neutral ground! Justice will prevail, you say? But of course it will! Whoever wins this war becomes justice!".

- Eiichiro Oda, from its manga One Piece, through the fictional character Donquixote Doflamingo. -

Nowadays and throughout history morality and ethics have been defined at a greater scale by indeed who holds the power. But when tackling small groups

inside the same society controlled by a power, morality also acquires a new actor to play into it's definition which is what people of this small sample group (a small town of 200 people for example) feels or thinks as of their own sense of good and evil (ethics) or what they think is even able to be judged (moral).

Disclaimer: Ethics and morality are different. The lack of mentioning the nuances of morality comes from the second disclaimer of the text, this text aims to be as accessible as possible without compromising clarity. And, I think the morality part just adds unnecessary complexity to the explanation due to the fact that humans, whether it is moral or not, they will eventually likely act and do what they think is good for them, thus ethical.

Despite the intrinsic dynamic nature, there is another intrinsic, general and "static" ethic in societies too, it is the justice defined by the power, the law. Again, some anarchist might think this is not truly intrinsic as some think society can work as small communities without law but common neighborhood agreements based on every day decisions rather than fixed texts as laws.

Whether is truly intrinsic or not, a fact is that nowadays, all societies have both, the static and dynamic manifestations of ethics.

Due to these opposite but intrinsic static and dynamic natures of the same concept of justice (good and evil) there are times where this leads to big problems and injustices.

As with our technology of today this static-dynamic source of good and evil is unbelievably hard or impossible to coordinate, specially if like nowadays there are lots of nations and each one of them has its own unique static ethic and dynamic ethics, and that is why I believe anarchism to be impossible yet. Because the variables involved in solving the static-dynamic nature of ethics dilemma are too much for us to optimize to the extent of not causing too much chaos.

Its clear that the system should be build upon some kind of *adaptive morality* to better function according to its unavoidable nature.

At a village level we can see that morality is kind of adaptive due to the close relations of the villagers itself, as long as they talk to each other about their problems peacefully and the problems are not a related to a lack of any essential resources (food, water and security), then it should be resolved successfully enough in a peaceful and thriving manner.

But what do you do when you lose that proximity factor? What do you do when your society has too many individuals so they all can't take into account each other's needs in a closer day to day basis?

That is where the state comes in with its monopoly on violence and the nationalism phenomena.

4.1.2.- The static-dynamic dilemma on large societies: democracy, the balanced method.

For a society to work as best as possible its undeniable intrinsic dynamic nature of ethics should be respected, or in other words, power shouldn't be abused. It's justice should be flexible but at the same time clear and a have some degree of "static-ness" so we have an order to guide us through. I hope this starts reminding you to the fixed variable resolution technique.

Now what is the best technique humans have came up with in order to strike this balance? Democracy. A few rulers with limited power due to the independence from one another that set a bunch of rules for co-existing but if detected evil, the rulers or the rules, can be changed via the mechanism of voting and district representation by the very same individuals in each ones' small group. This is brilliant as it links the static stability with the voters that are the source of the dynamic part of ethics. All these while preventing abuse of power. Of course, if applied ideally.

Now in the case of smaller societies some anarchist might interestingly argue that there will be no law and need for democracy as the closeness of intelligent neighbor bonds, motivated by the promise of prosperity through peace, will be enough to encourage peaceful arrangement of problems that do not imply the absence of basic needs. And I think they are right in that hypothetical scenario, but reality is conformed of big societies and our information management capabilities are too "rudimentary" for coordinating and have under control the lots and lots of different variables that affect the urge of conflict. More about the amount of variables and technological challenges in the next chapter.

Now regardless of the power dynamic chosen by a society, whether democratic, authoritarian etc you need a way to manage the information in order to make the muscle (the people) move, act.

4.1.3.- The information management role in power dynamics

In the past, to get easy support from big amounts people, you could use religion. People see good things in religions and they just needed to speak a language to understand them, not even reading was necessary so they might as well do what the thing that they understand and perceive is bringing them good says.

Religion was among, if not the fastest, quicker options for information flow and moving masses in a "primitive" world where information couldn't flow fast but where big societies had to cooperate or dispute over things.

Now we got internet and even more recently powerful AI plus blockchain that bring very important factors to power dynamics: faster access to information (internet), faster search of information (AI) and verifiability and trustless

systems that require the minimal to no trust between individuals (blockchain), so, what are the implications? More on this on the next chapter.

Thing is it is easier to move people by religion, easier to move people is easier to move “information” and people and information are power and power determines who owns an uncharted or disputed land or rules over it. Maybe this is an essential part on why religions play quite a role in lots of humanities’ problems along history so far. But nowadays people are less religious and maybe that is a natural consequence to the enhanced access to information and its understanding.

So nowadays that religion is not enough to control the biggest crowds due to more information available with a better understanding of it from people. New things have to be used to accumulate big amounts of power. Good and evil, the communist vs freedom, the (insert right wing) vs (insert left wing), packages of simplified information to move people and get power is what seems to be joining religion in this quest for power.

Which due to the complex topics this labels embrace, its simplifications eventually make them be based on arbitrary truths that people believe applicable in general context but they are not, they are adapted to a reduced, often wrong, vision of reality. Which through history it has been seen that leads to conflict in complex scenarios as life itself.

When seeing this phenomena from an individual point of view seems quite absurd, because it is designed or it is a consequence that only makes sense from a crowd flow point of view. It’s the little “mistakes” made upon this simplified truth that get aggregated and with time conclude in some kind of conflict.

So we can see that religion is not as big of an excuse to move information anymore but now the flow of information is carried out in other ways to fight against disputed decisions or to fight against who gets more power.

Some examples simplifications used in the flow of information are:

- Simplifying the feminism movement to confront men vs women.
- Simplifying the resource allocation problem to confront libertarians vs communist for example.
- Simplifying renewable sources of energy and adaptation to confront ecologist vs “planet killers”.
- Simplifying human sexual desires and love to confront heterosexual people vs whatever other more words people wanna make to express what they wanna love.

Artificial rivals deduced from a real intellectual effort to describe a problem which might be true and real but that both of its simplified dichotomies derived are wrong to some extent as they have been created through a simplification of reality. And when simplifying you always miss little details that in complex systems tend to be crucial. What is worse, usually they are not

dichotomies but different faces of the same coin, like faith and reason, which usually leads to the feeling of absurdism and the feeling of “this could have been avoided” after some conflict ends or diminishes.

All these “dichotomizations”, for learning purposes are not bad, but for solving real life complex systems, those little details are as important as the whole as a small perturbation in the complex systems we live in can cause unpredicted, and probably undesired, consequences as butterfly effects.

But the people nowadays seems to use this simplified truths to guide themselves and don’t usually adapt or it takes them lots of years or a big catastrophic event to change their minds or maybe just extend their vision just a bit to encapsulate parts of the omitted truths inside of their simplified one.

Politicians and whoever is fighting for power in this world (maybe some others with lots of money) know this, people demand simplified actions for complex truths.

And as they are often fighting for power not by conviction but out of necessity as their economical earnings depend on it, the world leaders tend to act like in a market, there is a demand for a product and they just offer it. Leading to them acting in stupid ways out of the simplified demands of its people, and, if any politician or powerful individual dares to act in a reasonable manner abstracted away from the simplified truths, people won’t understand and for sure the powerful person will gain unpopularity due to most of people not being able to understand what just happened. Then they will label the powerful as good or bad and that is it. They won’t change short or medium term, if labeled good they will praise the powerful and if bad they will hate him.

In this polarized mindset people live, making someone hate you can have horrible extreme consequences, from the most extreme ones like live or death to weaker but disgusting ones like social bullying. So, even assuming some powerful people might be doing this out of malice and self-enrichment, their motivations to stop will be little as for sure, due to the simplified truths, they have gathered hatred from people and they won’t feel physically safe coming out of power which this creates a vicious cycle and an alienation feeling from the powerful to the citizens and vice-versa.

To sum up so far, the powerful ones are not incentivize to renounce to these simple actions due to 3 different reasons:

1.- Their economical dependence from it as they must remain in power to keep having earnings. Wether they are clinging to it because they don’t know how to do anything else with their life to earn money or out to malice and short-term benefit in spite of long term common well being, the demand of people is ultimately what keeps them doing what they do.

2.- The fear against returning to a polarized society that curiously enough has cerated itself in a vicious cycle. This resulting in the alienation from the powerful to the citizens and vice-versa.

3.- It is easier to guide and rule out of simplified truths rather than affronting reality. Thus some powerful people might be also just “lazy” to adapt their workflow.

Powerful people find themselves in a tricky situation, whether they keep doing what people demand and thus result in hate and thus in the impossibility to adapt to a life more aligned with everyone else or they renounce to simple solutions and risk their power and money to go back living around “normal” people which are polarized an are dangerous for them. Curiously enough that polarization is sourced in the people themselves but catalyzed by the powerful ones’ decisions. It’s a tale of destined doom.

This vicious cycle of simplification and polarization hinders progress and creates a disconnect between the people and those in power. The prevalent reliance on simplified truths, which people cling to like as they don’t require much complex analysis but more memorization of messages, action-reactions, like the ones mainly rewarded in school, impedes adaptability. It leads to wrong actions by those in power, who, caught in a cycle, lack the incentives to pursue genuine solutions whether they are doing it out of malice or not.

The challenge for advanced societies is to overcome this cycle and bridge the alienation gap between the citizens and its leaders. Cheerfulism offers a path forward, fostering a more understanding and connected society via efficient critical thinking and empathy.

This critical thinking reduces the first incentive for powerful to hang onto simplified truths. The empathy reduces their risk of co-existing with non powerful individuals over time. And, assuming new power people will also be or raised cheerfully, the lazy solution shouldn’t appeal to them as much as they will also be equipped by the efficient thinking leveraged by nowadays technologies to finds solutions. Plus, if they are ever tempted by the easy solution, a cheerful population will notice and take them out of power.

As a call for empathy I must add that maybe we all, powerful or not, are natural victims of a necessary consequence of the industrial revolution when memorization was needed, automated actions where needed for progress, thus lots people grew up with this tendency of acting based on action-reaction on simple concepts without requiring much or zero analysis. Add this to a world where religion was still pretty influential which leads to beliefs and less tendency for change and we got ourselves a pretty high likelihood of craving for simplified truths. Whether out of malice or not, this leads to the quest for power to be a matter of simplification and polarization as explained.

The goal for advancing our civilization is to change the rules on the game for power so they don’t depend that much on simplified truths. The conclusion of

this chapter will outline the steps toward this goal, but first, let us revisit the concept of nationalism, which was touched upon earlier.

4.1.4.- On nationalism.

Coming back to big societies where this physical closeness to neighbors doesn't exist, nationalism urges as the need for one, the need for something to coordinate us all.

All the big societies so called countries use as a glue to stick the different dynamic parts of the ethics and ways of living from a diverse nation. A try of creating a shared identity among societies' citizens which allows them to have bigger terrain to rule over. Now here you might notice you got a static concept trying to rule the dynamic human existence. Exactly, that also lead to problems through old and current history. So, whats the fixed variable resolution technique that allows us to adapt along with nationalism?

This a pretty new question in my mind, so I don't have clear answers. This is an example of how an individual (me) applying Cheerfulism is making sense of the world. I still don't have clear understanding of everything, I'm just 20. I plan to release more versions of this book with extra explanations as I learn along the way.

4.2.- Cheerfulism and new tech on power dynamics

Now given the understanding I've presented on power dynamics I'm going to conclude how I think cheerful individuals (those who think in the Cheerfulism way) would change society in relation to the power dynamics if most of the people acted like them.

4.2.1.- First, regarding to the "dichotomization" of society.

Cheerfulism, as it is a mix of critical thinking adaptation and empathy might make the effectiveness of this techniques or phenomena reduced maybe even to the point of ending them. This crowd movement techniques or phenomena polarize people and result in conflicts and even wars which, sadly, sometimes, as the truth they are based on, make no sense or seem avoidable when analyzed generally.

We, finally as species got the technology for allowing ourselves the luxury on focusing on the critical thinking part of our behavior more intensively rather than the memorization one. The focus on critical thinking and on an adaptation tendency will make people adapt faster and reliably thanks to new technologies to digest and verify information (AI and blockchain). And at the same time, thanks to the emphasis on the empathetic view as not only improving ourselves towards happiness but also other with us, we will all walk more synchronized and peacefully. Like that, we will reduce conflict at its purest minimum.

As a personal note, when changing along people is super important to respect each others' learning timing to avoid conflict. An abrupt change will bring more chaos than a gradual one along your friends, I hope the empathy people will eventually develop will allow the pace of change to be as peaceful as possible. And, I hope if Cheerfulism principles get enough popularity that people with power will also change slowly with their friends and without fear of being killed or being punished very hard for their stupid decisions. Some of them might have been truly evil but others are just a victim of this focus on simplification just as normal people are.

This empathy and community involvement (specially in diverse communities) can also be expected to reduce hate levels. For example when virtual social media spreads hate, which quite a bunch of times is fake hate from bots, can be reduced by seen your very same neighbors every day as a healthy reminder that someone having X nationality or religion or whatever idea doesn't imply him or her being an enemy that hates you or deserves to be hated.

Ultimately, whether this phenomena of confrontation is natural or induced by some capitalist power or any kind of power like some people say, Cheerfulism adoption should be able to reduce its appearance in society to the purest minimum and the conflicts that arise I think will be mainly consequence of making mistakes in the pace of change.

Now notice all this ideas can be generalized to a sort of "abuse of power" from someones to others due to lack of information processing capabilities or as a more friendly term, ignorance reinforced by belief. And that is why the mastery on the engineers way of thinking will make any people, power holding ones too, feel stronger and safer when confronting change in the search of a common better future.

4.2.2.- Second, regarding to democracy and raw power dynamics.

I think due to the rationale and empathetic nature of cheerful individuals we will all, sooner or later, end up on a democracy.

But actually it will be whatever system is the best to coordinate the human natural static-dynamic ethic dilemmas plus the raw military dispute on extreme problems and territory distribution.

I got a feeling that democracy in small libertarian countries will be the way, more on why this on next chapter.

The thing I want to point out in this section is the adaptability of rational thinking and the tendency for it to find the most optimal solution long-term when taking into account others' happiness too. Which is something Cheerfulism promotes via the self quest for happiness next to your loved ones.

4.2.3.- Third, regarding nationalism.

For larger nations as explained above you require what is called nationalism.

I really cant wrap my head around what could happen to nationalism in a cheerful society. Country borders are defined by how strong is your army relative to your neighbors' ones but also it is defined by how cohesive you have your people under the feeling of their belonging to the same, nationalism.

Cheerfulism flexibility really seems like aiming for a world without boundaries. But I don't think so, it might lead to a world with very flexible ones. I'm not sure about how the dynamics will be army-wise as boundaries evolve. Both are essential for stable development as they are crucial to solve some extreme but realistic problems that can eventually happen as life is complex and not always has a predictable outcome.

This being said lets continue to explore how to make nationalism more adaptive. I really don't know yet.

But a guess I have is related to what can happen to the distribution on military armies around the globe.

Nowadays we got a very strong army player, the US, and the rest of armies are small compared to it. But, eventually the US is this powerful army-wise because they are like "the controlling part of a couple". They don't trust others decision and information management enough so as to let them free and cooperate honestly thus they send their power to influence and ultimately sort of control them clinging to short-term benefit.

But, which cheerful individuals, the empathy and adaptability will lead to a "greater trust in your couple" thus armies, will really really slowly redistribute more evenly across the world.

The need for a powerful police force only gets reinforced when you don't trust your neighbor, this is the same at global scales. And, as I expect Cheerfulism and blockchain to increase the trust among neighbors and cooperating parties, I expect the police power and concentration of armies around the world to be distributed more evenly.

But this will happen very very very slowly, due to the intrinsic need that security is for human nature, and thus any small mistake can lead to catastrophic consequences. But indeed eventually distributing the army power around the world.

Thus this new distribution of armies will clearly affect nations and its shape and who knows, maybe the nations will get smaller and there will be no need for a nationalist glue to stick one together. Only time will tell.

Using awareness and constant improvement with our neighbors and friends is the way to go. And if everyone takes this action, we all can have something in common, brotherhood, a intrinsic human friendship that who knows, maybe

eliminates the need for nationalism. The world might reach the greatest amount of peace ever achieved. But I must admit, this is a topic I haven't explored much yet.

4.2.3.1.- Nationalism after the army is distributed, the prisoners dilemma.

My guess is that if people become cheerful the world problems of independence movements due to nationalism feelings will resolve according to what economically benefits long-term both parties the most.

I came to this conclusion in part from the prisoners dilemma. The prisoner's dilemma is a standard example of a game analyzed in game theory that shows why two individuals might not cooperate, even if it appears that it is in their best interests to do so.

If both prisoners cooperate in an interrogation (stay silent), they both serve a short sentence. If one betrays and the other stays silent, the betrayer goes free while the silent one serves a long sentence. If both betray each other, they both serve a medium-length sentence. Despite cooperation (staying silent) being mutually beneficial, the risk of betrayal often leads both to choose betrayal, resulting in a worse outcome for both.

This thinking process can be interpreted when asking the question on whether to increase your army or not in case your neighbor attacks. If you don't do it you take the risk of the neighbor "betraying" but if you do it, all the wealth and money invested in army could be used to improve society in other ways and so if both co-existing states trusted that the other won't "betray" they could focus their economical efforts in other stuff that can be seen more useful at first like social welfare.

Thus increasing the military or not eventually is a philosophy of trust which can be seen as a prisoners dilemma. If we assume both parties are rational but also empathetic, they might probably chose those paths where both maximize their mutual profit instead of the more "egoistic" or betrayal paths.

It's a complicated topic because nationalism (and the law system) is part of what avoids having to fight or even shed blood every time some small amount of people disagree. Pretty complex, as life, a "cure" for maintaining a bigger nation that can also cause secondary effects like hate which leads to international wars or civil wars.

I'm not specialized in politics (the "science" on the fight for power), the understanding of it's dynamics is just a hobby in my young life. A hobby that I felt myself forced to learn to some degree if I ever wanted to draw the life path that would make me happy in the longest and more sustainable manner. I hope other people adopting this philosophy feel this too and get better and empathetic and critical treatment among each others and lead us all to that mutual benefit of the prisoners dilemma.

Conclusion

Here are the keys, maybe Cheerfulism with its focus on the fixed variable resolution technique and emphasis on peaceful and cooperative exploration and critique will allow for the humans (holding power or not) that try it to be more aware of the static powers that govern their society but at the same time having a better quality on its control and a better adaptable responsiveness to their bad decisions or decisions in general.

Creating a more robust society but at the same time flexible on its parts that adapts to change as it comes.

Anyway this is the point I'm trying to get across, adaptability based on cooperation and self-awareness is what I'm trying to reinforce or add to society and people's life. And now, with the technological advancements, its more doable than ever before.

In this chapter I've explored possible "cheerful" consequences on power dynamics. And, what I'm more confident about is that the transition or evolution can be carried out in a more peaceful way than ever before due to the explained principles Cheerfulism promotes.

Transition from chapter 4 to chapter 5 plus a little personal note

Little note: Why do you call this Cheerfulism?

I will get a bit personal in this explanation. Well, I am Spanish, and one of my last names means cheerful.

Carlos Alegre == Charles Cheerful

And I'm the one writing and thinking this, so why not. Furthermore, those who have this flexibility in life, try, fail, get up, talk to people, cooperate, and never stop living tend to be happy; happiness creates smiles, smiles define a cheerful person. My last name being that one was just a happy accident, but it adds some romance to it, doesn't it? Am I JoyBoy from OnePiece, whatever that means? Don't think so, but at least I'm a bit of it. If you haven't read the series One Piece, don't worry, I'm just recommending it to you.

Sorry, now let's step back from me and transition to chapter 5.

In the following chapter, I will emphasize the use of "I believe". Please notice, I'm saying I believe, I can't affirm it, I don't have the data. I think is healthy to reiterate on this: I'm tackling a problem with a Cheerfulism approach, but as mentioned long before this doesn't define what Cheerfulism thinks of

socialism or liberalism or any other -ism mentioned. I reiterate Cheerfulism is a base for thinking and living, and any conclusion people arrive at by applying it is not Cheerfulism itself.

Conclusions are based on systems that are analyzed and are meant to be changed if necessary, as Cheerfulism says. A bunch of bad things have been done though history because of trying to apply philosophical knowledge inconsistently or not adapted to real-world specific circumstances. Cheerfulism can mitigate the damage when this pattern happens, not completely remove it though because trial and error are intrinsic to humans.

Here is a little note on trial and error avoidance:

“We gotta look at the past sometimes to try to predict our present path, but not for creating it. For that we should look at the present itself and think of the future.”

Now from power dynamics, once a nation is build and satisfies the natural needs of food, water and security, you need to find a way to allocate the rest of resources so everyone is satisfied, that is what next chapter is about. Let’s step into chapter 5.

5.- Thoughts on the ideal society, part 2: On organizing resources plus the potential influence of Cheerfulism and new tech on it.

The technologies I am talking about are the most recent ones: AI (Artificial Intelligence) and blockchain (a technology that allows for distributed, decentralized databases, like the one Bitcoin uses). Despite this more recent advancements it is worth noting that internet is also a technology that marks an inflection point in the information management history.

But before getting into technical stuff related to resource allocation, technologically speaking or sociologically speaking, let's talk about some other more day-to-day human things that caught my attention.

5.1.- Politicians, citizens, and their mistakes

It's somewhat ironic that politicians, equipped with enough intelligence to manipulate, convince or control people, often fail to recognize the long-term value of the common good. Setting aside technicalities, I believe their mistakes lie on a personal level. I contrast to the major citizens’ problem, they aren't that much ignorant; they rather misuse their intellect. At the end of the day, if they can't grasp the significance of a future where we all thrive, I must conclude that I believe they are, indeed, dumb. Or at least dumb in that part of life.

Disclaimer: As mentioned in the transition, (this is a key aspect, that is why I'm repeating myself) notice I will say: I believe, I can't check and affirm some stuff, I don't have the statistics (Hey! Little Cheerfulism call to explore here, I encourage you to search them, and if they don't exist, go and gather them).

I said believe, I can't affirm it either because there's a chance that these politicians, despite their intelligence, are fully aware and choose to act "short-sightedly" out of malice. However, even if they are intelligent malicious individuals, they're still making dumb actions thus I think them as dumb. Acting with malice doesn't disregard the fact that they are being or acting dumb.

Clearly, an institutional framework to regulate such behaviors is crucial, something that's currently lacking in a lot of countries in the world. As someone with liberal inclinations, I prefer to focus on individual mistakes to highlight the direction of change.

I'm an advocate for liberalism, but I acknowledge its imperfections. It operates on the assumption that individuals will act wisely when shaping their life's path, which isn't always the case. Hence, I believe there should be a 'socialist touch' when educating people, whether in public school or in the family household, about the importance of considering others and the medium to long-term consequences of your actions and proper ways of cooperation.

A nation declines too when its population is less educated and/or intelligent than its neighboring nations. As I'm Spanish, I will use the Spanish example.

The average Spaniard should be more educated in economics and geopolitics, especially in universal concepts that transcend ideologies. This includes understanding the principle that power abhors a vacuum, the technical nature of money, how personal debt operates, interest rates, and the long-term consequences of economic and political decisions. They also lack of personal finance and planning wisdom and lack of knowledge about the laws that regulate the taxes thus their money. An over-age Spanish can become an adult without no-one ever explaining to him how to pay his taxes and having no idea how much he will pay or how the laws underneath work. Something pretty essential for personal finance planning and for the search of a better future if desired. Thus creating lost people and unable to guide themselves or that guide themselves in very poor ways like following leaders without questioning them.

Apart from this lack of knowledge, our education system centers around memorization and knowing allegedly "useful" information too much, instead of embracing the "engineer's way of thinking". So not only the knowledge my society is getting mostly "useless" and incomplete for the current world state and for current life needs, but also the methods they use to get knowledge are on the wrong track if we aim for an efficient, thriving society. Both the knowledge and the methodology give raise to weaker and more dependent

humans in the psychological point of view. This will be hard to change as we are raised wrongly and with a lot of useless information since we are kids. Spanish people have a big challenge ahead of them; they must overcome it or slowly deteriorate and get enslaved or extinguished.

Coming back to the general case, the citizens have part of the blame, but you shouldn’t be too harsh on yourself. It's not entirely your fault; you have been in a “trap”, a system that molds you that way. The hope relies in the fact that we are kind of like water; our shape can mold; it's not fixed. So I really encourage you to improve yourself and encourage those around you to improve that inefficient, non-sustainable part of you that has been imposed in order to get a better future. More on how to do this later but for now let’s say Bruce Lee was right: Be water my friend.

Now, while the average citizen holds some blame due to ignorance and weak inefficient learning capabilities, we can't overlook the individual responsibility of politicians, who are, after all, our neighbors and compatriots too. From here, I encourage politicians to use their intelligence in embracing and get persuaded by the medium and long-term benefits of communal well-being, which are: greater collective wealth (even their personal wealth will be greater long-term than their short-term benefits of today), reduced crime, more enjoyment, better parties, and so on.

I’m talking to politicians but I’m generally referring to anyone who has power and influence on decision making in the institutions, specially in the education related ones. I encourage you to apply Cheerfulism in you and your influence slowly so change leads to little to no trauma and, as explained in the chapter of power dynamics, we will all walk together to a better future and then... we will throw the biggest party ever. I personally find the party argument super exciting.

Before getting more technical, I'd like to conclude with my vision of the 'perfect society'. A libertarian society, both ethically and economically, that focuses on allowing individuals to live and shape their life's journey. In this society, families should educate each other on respect and the importance of communal well-being. For example, if you're knowledgeable about nutrition, why not occasionally assist your family or friends in that regard? I believe the world will reach its pinnacle of happiness and resource distribution optimization if we achieve this.

I must declare I understand family as not just your DNA sharing relatives, I understand family vaguely speaking as those humans you enjoy hanging around with. This might include people with similar DNA or not.

How to improve the world:

So, coming back to getting a better future, how do we transition from where we are now to where we should be? It all starts with self-change. Take a ham sandwich (or something else if you're vegetarian). Then, energized, take a walk, the first one try to take it alone, and then take another walk with those

around you, reflecting on your desires, who surrounds you, their desires, how you can achieve your goals, how you can be assisted, and how you can help others achieve theirs. If most or all of us adopt this mindset, I genuinely believe we can make it. It's about taking those small but significant steps, day by day, decision by decision, that compound into a collective journey toward a society that's more conscious, empathetic, and, ultimately, more harmonious.

That is the essence on how you can improve the world.

Some of you might even be in a place where you don’t have much in common with the people around you and you might have to find a way to move somewhere else in the quest for happiness. The thing is people can be very different and that is why in these talks, tolerate others, respectful speech and not to use violence is essential. A key for this might relay in awakening a feeling of we both are different but no matter how different you are you want to cooperate for the same ultimate goal on the quest for sustainable happiness. Thus there you got something in common to calm you down and tend to see or feel different people less like “the other”, “the enemy”.

Hopefully this long-term happiness common quest creates a bond that calms down the waters no matter the amount differences. Of course physical or verbal fights can happen when discussing, the key is in those moments to remember we are here for the same reason and we are all moved by the same human nature we act upon, we all want the best for ourselves and families despite the tags and descriptions we are using to try to solve some conflicting points, this will probably create a sense of brotherhood that calms down the situation to keep debating and solving the problems.

I’m assuming, as said in the transition from chapters, that water, food and security are assured. If that is not the case let me doubt about a high likelihood for this feeling of brotherhood to appear.

Regarding the society I live in, Spain, I think we're already quite good at this. The main issue I perceive is that we're very ignorant in the parts of human knowledge I explained above, and we use really bad learning techniques which raise us up with reduced curiosity as all we do is not to intellectually explore but mostly memorize during the golden years of childhood and teenage where most of our character will be developed. This leads us to make poor decisions or be easily deceived or scammed or dominated by people or shyness. It's like we're stuck in a cycle, but it's not an unbreakable one. We can learn, adapt, and grow both individually and together as a society.

A big hug to everyone and stay strong; it won't be easy, but it's certainly worth it. (:D)

5.2.- The implications of Cheerfulism, AI and blockchain on this future I envision.

Before getting into technology we must try to understand and analyze the most famous organization methods human have in their societies: liberalism, socialism and communism. I will talk briefly about anarchism too.

The key resides in, you might have heard this in some economy class, satisfy unlimited desires with limited resources. The three methods mentioned above are a try to mange the resources as best as possible to create the best outcome. But what is the best outcome? The best society? I define that as follows:

`A society where everyone has survival statistically granted and is as happy as they can be. And, for that, each individual has enough tools to imagine and pursue a way to find its peak of happiness.``

So, after this long we understand how happiness work and we can conclude that for an individual to be happy it needs to have enough money, relationships and health to be entertained, plus basic biological survival needs covered, plus enough freedom to pursue all the things it lacks by birth due to some possible limitations on its default environment the human was born into.

Thanks to all the technological advancement a lot of us can be less worried about the survival part. But what about the rest? How can we organize society so everyone can try to be happy and succeed on its mission?

Well, as repeated all along, its all statistics and it might be, sometimes, quite impossible.

5.2.1.- The first core problem: too much variables

There are multiple variables affecting this system for example how much resources we consume and how much each of us need to satisfy our desires.

Consider the global population: with over 8 billion individuals, each with their unique desires and needs, the number of variables quickly becomes astronomical. If we conservatively estimate that each person has at least one unique desire, we're already dealing with 16 billion variables. Furthermore, these desires can change at varying rates, adding another layer of complexity.

So we got ourselves 8 * (10^9) humans, times 8 * (10^9) desires at least * someRateOfChange. This is 64 * 10^18.

Modern AI, even the most advanced models, are not solely defined by their neuron count. The quality and quantity of data they're trained on are equally crucial. While it's true that the largest AI models have around the order of 175 * 10^12 parameters, this doesn't directly correlate to managing 1 parameter to 1 human live or societal structure. And some of this big AIs can only do 1 task and are not close to being AIs to purposely guide people precisely on everyday life decisions. Even in that unreal super powerful case of 1

parameter to 1 people correlation, we would still be short as the number of parameters must increase by:

(minimum number of variables – current number of parameters = parameters we still need in the unreal scenario)

64*10^18 – 175*10^12 => 10^12 * (64 * 10^6 – 172), a.k.a. a lot even while being incredibly optimistic and simplistic.

AI is not just about number of neurons and parameters, its about quantity of data too. To all this you must add that historically, we've struggled with global challenges like hunger and sustainable happiness. Training an AI on our current data might result in a model that inherits our limitations and biases.

And, as explained in chapter 3… All complex systems can be manged by humans when broken down in smaller parts. But, how do break up such a big problem? Libertarianism does this pretty gracefully.

Now here is the main problem with socialism and communism and why it will never be as optimal as libertarianism at global scales or relatively big scales. Only in really small communities and if we keep having in the future the incredible advancements in AI we are seeing today, then we might see in a few decades or centuries, pretty small communities where socialism or communism ends up beating libertarianism in.

This is the core reason why socialism and communism have been so inefficient in resource allocation and have brought poverty, or less wealth than places with more liberal systems. Sometimes a human can’t handle the struggles and intricacies of their own life. The smartest of us can do it and help a few of their friends on the way. But, how to expect a government conformed by a small group of people to be able to allocate resources effectively when the amount of variables they gotta take into account escalates so rapidly and easily creates butterfly effect. There is just a very high chance they mess up on the try. Even if they are the smartest people, there is no way they can govern resources effectively for populations that are X times bigger as the number of variables doesn’t escalate linearly, neither quadratically, it escalates, at least, cubically as seen before. Then increase the state size you might be thinking, but at this point, if most of the population are the state and have the power to take decisions, isn’t that a sort of libertarianism or anarchism?

Now if the talk about the scale of the whole world, let me doubt if AI will even be able of handling such quantity of parameters with its artificial neurons, its parameters, architectures and datasets that come from people who couldn’t do it themselves.

Maybe the future is made of very small communities of people that use AI and traditional methods to coordinate each other with their closest neighbors information and then, if someone takes damage, in the shape of someone can’t satisfy its boredom in a good frequency or lack of essential resources, we will

just accept the bad in the world as unavoidable thus we don’t feel anger against the system but ourselves, blaming ourselves for our deisres.

Allow me go a crazier just in this paragraph. Maybe our neighbors or us then start killing people to try to adjust the AI parameters so it satisfies our own desires. And then, who knows, humanity’s problem will be to learn that killing variables (humans) has also unpredictable consequences and thus its not a guarantee of your suffering being erased and thus killing is not worthy. This could be a future form of terrorism. Maybe a futuristic AI terrorist group base their acts on that. Who knows, I’m just speculating about the future too freely at this point. Maybe the AI tells us to kill people to optimize happiness, will we obey or will we add killing as a constrain in the happiness function? I hope the second one. Or maybe nothing of that happens as the AI detects that killing is not optimal and it never suggests murder, I think this is the most probable scenario as our current data and experience tells us that killing tends to bring poverty and despair and not prosperity.

Stepping back from crazy futuristic speculations. The main point is that I see a possible reality in hundreds and hundreds of year for humans to live in libertarian societies where they take decisions with the aid of AI and communicate with their neighbors more peacefully and transparently with the trustless blockchain technology as databases and the use of their decentralized protocols. And who knows, maybe if AI is intelligent enough society is not liberal anymore but controlled in some sort of communist style by these technologies.

5.2.1.1.- The possible futures of this societies: the anarchist one, the libertarian one, the socialist one and the communist one.

All this scenarios assume a future where, via use of technology and human intelligence plus the resource management protocol they choose, lead to the most efficient resource allocation and also assumes that, in case of the most efficient allocation resulting in an unavoidable war, the humans and tech among different communities will be enough to organize the armies without the need to create new nations out of 2 independent ones.

Now this is the main way these new technologies will be used:

- Internet: faster and cheaper access to information.

- AI: helps to search for information and digest (understand) it very rapidly due to its incredibly high and fast capabilities for explaining concepts.

- Blockchain: all the cryptography advancements, networks and protocols that this technique is leading to will and currently allow humans to force to be private whatever data they need, and force to be public whatever data must be. This data is also unalterable thus creates promises that if are ever broken they will be immediately detected. All this leads to more trust on different parties cooperating or associating, or even more in some cases, not even the

need for trust as the code assures that whatever asset or promise happens as it is programmed to do so.

Now, the four main different futures and its use of these new technologies are:

The anarchist

The only way I see a future that might be labeled as anarchist is if these futuristic communities communicate with each other with blockchain trustless guarantees plus analyze and process information with AI help and classic human brain processes. All this combined with the communities being as small as possible, lets say as neighborhoods, where you all know each other and decisions are made with the help of tech and personal feelings like you take decisions with your friends thus with the absence of a classic law-system. A non-law future.

The libertarian

The blockchain and AI usage for trustless and efficient information management remains the same in this possible future. They key difference is that in this alternative, communities will be big enough so as to have to rely on some laws due to lack of powerful enough tech. The laws will be made with minimal state intervention in mind and in a transparent way thanks to blockchains and decentralized networks.

The socialist

This future will happen if the communities end up having a size manageable by humans with the previously mention aid of technologies. And, as the machines are good enough in combination yet with human brains this will result in better management where the small communities are capable of acting as a unit instead of what they are, an aggregation of multiple individuals. But as technology lacks creativity human brains will still be needed for some tasks.

The communist

This is like the socialist future but, in this one, AI has reached singularity thus allowing the technology to create new information and not to regurgitate the same data in original ways. Thus as it creates that means it can adapt and in this future the unique human capability to be bored and creative and adapt will be replaced by machines. I believe humans won’t fight back only if the singular AI is powerful enough to recommend humans a better decisions than the ones they would take only using their brain with aid of other technologies.

Notice, in this scenario, if everything is decided by an AI, law would stop existing too and the main difference between anarchism and communism would be that the singularity has not been reached.

Note: AI with singularity refers to a hypothetical future point where artificial intelligence will surpass human intelligence, potentially leading to unprecedented technological growth and societal change. This can be due to the possibility of AI, instead of statistically analyzing big amounts of data, could, somehow unpredictably create new data. Not even the greatest experts have the slightest clue on how this could happen, maybe it is impossible. Singularity, as of today, is a thought experiment.

5.2.2.- The second core problem: parasitism behavior

Now, given the state of art of human nature and technology, should we then embrace libertarianism and reject any other protocol?

Well, just wait a second for that answer. First lets notice that no matter which system you chose, someone can take advantage of others in one way or another by abusing their ignorance or intelligence like parasites which take advantages of other bodies to survive. Luckily us humans are not parasites because we don't ultimately depend on parasitism to survive as we can learn to change our lifestyle to a sustainable one by cooperation instead of parasitism.

So far I prefer to vouch for libertarianism cause it is way much more realistic than any other protocol which would require unrealistic-futuristic AI tech and blockchain just to coordinate some small communities, and then, even more futuristic technology to be able to coordinate a whole world.

Furthermore libertarianism produced fails can be handled via education on the cheerful principles derived from human nature. The rational thinking with efficient complex systems analysis and empathetic long-term vision to sustain happiness.

The libertarianism fail is that it is a double-edge sword due to being very efficient driving people's desires. So, if people desire something that it is not good for them, it doesn't matter, the negative consequences will appear in a very efficient way. Climate change is a nice example. As people didn't value not having C02 in the atmosphere they made their lifestyle depend on it on an unsustainable manner real quick.

This 2 realistic possibilities and advantages of libertarianism is what leads me to vouch for it, for now and if society tends to be cheerful.

So coming back to the main point, people can take advantage of others. The real question is not much on how to arrange the value and manage resources but also how to manage a key resource, each ones own intelligence. The key for maximizing happiness and cooperation nowadays is intelligence, empathy, and efficiency.

I think Cheerfulism maximizes those, thus it can bring the best possible result to the world of today if introduced slowly into the education system so people can adapt with the minimum amount of trauma due to revolutionary changes.

Being the best doesn’t mean there wouldn’t be any bad in the world, I just mean these are the best principles to think and act upon I could think of that reach minimization of bad or maximization of good. Defining good and bad with the proposed definition in chapter 2 based on the human nature of happiness and survival.

So if we mix the versatility of libertarianism and its efficiency with people having a cheerful mindset, that’s where humans will reach its peak of well-being given nowadays state of technology.

But as said in the previous section, and abstracting away the resource distribution protocol of choice, to reach our peak of well-being we can also, with a lot of time and effort: Get crazy good efficient AIs and combine them with perfect size societies that communicate in a trustless manner using blockchain and decentralized networks.

5.3- The transition I envision

While scientist and engineers improve our technology, what can we all do to transition to this new society?

I’ve been giving advices during the book along the chapters: share knowledge, take a walk with people and chat, research, practice the engineers way of thinking, change the education to teach more useful knowledge etc etc All this little steps aggregated over time should eventually lead us there.

As a curiosity this libertarian cheerful society, due to its stability and emphasis on exploration, might accelerate research and technology advancements which could lead to any of the less libertarian like futures presented. This would make one of the conclusions of Karl Marx (father of communism) correct, even though he arrived to it via different arguments. The conclusion of that a capitalist society is just a transition until we become a communist one.

My take is that now humans have to strive for a libertarian cheerful society to slowly come back with the aid of tech and intelligence to small societies coordinated with blockchain and managed through AIs and brains. I don’t know if those societies will result in libertarian societies or socialist ones, that will depend on the size of communities and technological advancement. Also, until singularity stops being fantasy, those societies won’t be communist as adaptation via creativity is intrinsic for survival.

5.4.1.- How to transition to Cheerfulism?

The ultimate goal is to shift the focus of education. Instead of primarily relying on memorization, we should emphasize system analysis and understanding. Furthermore, it's essential to prioritize learning useful knowledge, or in other words, analyzing valuable systems. This approach should be complemented

with a strong emphasis on genuine teamwork, while still valuing an individual’s capability to be and work alone when necessary.

However, implementing a change, no matter of which kind, requires careful planning. To avoid causing unnecessary stress or trauma, these changes should be introduced gradually. Yet, the pace shouldn't be too slow, especially if there's an imminent threat or challenge.

I'm not an expert in educational evaluation. Designing tests and assignments that prioritize analysis over memorization is a challenge best left to professionals in the field. Same goes for making part of those test foster genuine team collaboration.

However, I'd like to propose certain fundamental subjects that are often overlooked but are crucial for a prosperous society:

- *Nutrition and Exercise*: Understanding how to maintain or manipulate our body in a healthy way.

- *Goal Planning*: An overview of setting and achieving objectives short, medium and long-term, often requiring the latter ones a necessary focus on the engineers way of thinking.

- *Self-Financial Planning*: Grasping personal finance, understanding money's mechanics, and familiarizing oneself with taxation laws.

- *Power Dynamics*: Delving into the essence of politics and understanding the constant fight for power, irrespective of the resource distribution protocol in place.

- *Philosophical Foundations*: Grasping the philosophical principles that build the the society an individual lives in. Promote inside this subject the understanding of other philosophical approaches that other societies might work upon.

- *Mastery of statistics*: This area of mathematics is essential so as to understand the big data we are exposed and all studies we carry out are based on. Misinterpretations on statistics concepts are often a source for sensationalism which can affect on the acknowledgment of illogical conclusions.

From my perspective, which is influenced by the Spanish mandatory part of the education system, these subjects are often left as an optional choice or they directly don’t exist. In contrast, they should be as central to the curriculum as subjects like mathematics.

To ensure a thriving society, there should be a greater emphasis on these areas of knowledge. Critical thinking should be at the forefront of educational assessments. Don’t dismiss memorization, it is also useful and necessary even though its main influence must be reduced.

To integrate these changes into the educational system, I propose a phased approach. Once the new evaluation methods are designed, they can be introduced gradually. For instance, the weight of these new concepts and techniques could increase by 10% each year. This gradual increase ensures that students can adapt without feeling overwhelmed.

While I said a 10% increase, it's essential to note that different age groups might have varying levels of adaptability. Experts, familiar with the intricacies of young minds, should determine the appropriate rate of introduction for each age group. The overarching principle is to balance the pace of change with the urgency of the nation's needs.

Lastly, for adults keen on changing, it would be beneficial to offer free tutorials tailored to their age, psychological profile, and cultural background. These resources can guide them in embracing this new approach to life and allow them to make a greater impact on the construction of this better society.

5.4.2.- Trying to predict some consequences

If people become more cheerful, regardless of their interest on libertarianism, I believe society will tend to it.

The old art of war might now have become the art of bargain. The needs for workers to unionize. A lot of times gives the feeling like this is some kind of battle, don’t get me wrong, it is. It is like if there was food scarcity and you had to fight for it. Is a sort of fight or competition for money this time though, a sort of race to satisfy your desires with limited resources just in case there is not enough for all.

5.4.2.1.- The class conflict

If you use the word fight it will sound more harsh, if you use the word competition it will sound less harsh, and both will be right as fights can be competitions.

My point is to mention that I also wonder if cheerful people with its empathy will not assume evil at first but understand complex intricacies of systems which will lead to accept their destiny and use their analytic system skills to adapt and help each other adapt, boss and worker wise for example. If you add this with the verifiability trustless nature of blockchain technology plus the enhanced information digestion AI should bring to everyone, this should mitigate the abuse of power on deals due to ignorance from any party to any party. I think it will lead to better deals for both and thus help to calm this tension from the competition for resources.

The importance of flexibility, adaptability, and understanding “the enemy”. Similar to the principles Sun Tzu, the author of "The Art of War," believed in, understanding and employing these principles can lead to victory in war. In

this context, its used in negotiating better working conditions, the art of bargain.

Well, understanding your worker or boss and understanding the system were you both are in and how complex they are, can lead to “the victory” of money distribution so people with unlimited or dynamic needs are satisfied in a dynamic basis. All this plus taking a first approach of not assuming malice from the other party but acknowledging that it might just be a very intricate system consequence as a butterfly effect, might lead to more peaceful results.

Of course you shouldn’t be a fool, not assuming malice doesn’t mean not taking it into account, if malice is detected I think you should get a bit less peaceful on the bargain. Getting less peaceful meaning using the law to sue the other or punish them. Hopefully people being aware of this will have created a law that will be good enough to protect people from the malice of others.

These are the ways I expect cheerful individuals to improve the world in this classic dilemma of “worker vs boss”.

5.4.2.2.- The reduction of socialism

Another consequence will be the reduction of socialism, why? First lets take a look at some of the reasons why socialism exists or persists despite its inefficient nature.

I think these reasons are just parts of the why socialism exists or persists. I don’t think though they are all of the reasons why.

1.- I think socialism might be a natural consequence to human nature in part due to the double-edge sword libertarianism is. Some kind of natural phenomena to avoid rapid spread of bad decisions under the efficiency of libertarianism methodologies.

2.- Another part would be the class conflict dynamics explained in previous section.

3.- Another take on how socialism exists is that it may also be intrinsic to humans because there are humans not capable of living by their own even inside a survival assured society. Libertarianism implies “the maximum amount of freedom” someone can have, and as explained in the intelligence chapter, not everyone is intelligent enough to handle that freedom. From this gap is where socialism emerges, a way of ruling where a few rule over others who can’t rule themselves like if the individual wasn’t able to take care of itself, indeed, for some reason on another sometimes it isn’t. And that is why it delegates this power sacrificing its freedom to others, or in other words, then get a bit more enslaved. I don’t mean it in a negative connotation, some people need or have some degree of slavery (lack of freedom) in life due to lack of physical or cognitive capabilities.

Now Cheerfulism mitigates or reduces the appearance of reasons why people would adopt socialist measure as: One, Cheerfulism would reduce the reaction time against mistakes by ignorance which would result in less damage thus less people would lean for policies that imply less individual freedom. Two, if you got better deals and bosses are more empathetic too, workers won't care about socialism that much. And three, critical thinking and a more useful knowledge since childhood should allow for a better capability of each individual too be able to manage their own freedom thus leading to less socialist behavior.

These are reasons why I expect socialism to decrease, but who knows, I'm just predicting.

Conclusion

We have delve into the dilemma of resource distribution, how traditional protocols confront them and then contrasted their viability in the current modern world.

Then I've explained why I think a cheerful libertarianism is where we should aim for, for now. Due to their efficiency and synergy while both being based on basic human nature, specially the one of adaptation and exploring that has lead to our survival though all human history.

Later I've explored ideas on how to transition from where we are now to this better future I envision. And then I explained possible consequences on the application of such philosophy.

As from here I hope you found this thoughts interesting and made you rethink parts of life you didn't think of or helped you saw a bigger picture or different point of thought and view.

Using awareness and constant improvement with our neighbors and friends is the way to go. And if everyone takes this action, we all can have something in common, brotherhood, a intrinsic human friendship that who knows, maybe eliminates the need for nationalism or at least part of the conflicts nationalism creates. The world might reach the greatest amount of peace ever achieved.

6.- Conclusion

My name is Carlos Alegre Urquizú, this is how I think about life, this is so far part of what I will show to my children. And these thoughts are part of what has driven my life to be a successful and happy one (so far).

Acknowledging the benefits and challenges of change while abstracting them from good and evil and instead seeing them as the consequences of our natural instinct of boredom after granted survival has lead me to have a more empathetic and pretty cheerful energy towards life. Hope it does it for you too.

It is your time now, read this text again if you feel like, think about it, give it a try on your life, whatever. I just want to party with happier people (:D).

I’m aware of that not all of us have the same starting point.

If you feel like, give it a try, it won’t be easy, better do it with someone. Create friends, a sort of community please, it is way much better than going alone like I did. I strongly recommend this specially for those with the hardest starting points, I’m aware mine is not the hardest, not even close. You might be faster alone, but together you will arrive further, and sometimes, even faster.

My understanding of happiness and critical thinking thanks to complex system analysis and its application through the years have lead me to a safe and sustainable state that seems to be applicable to any human. I hope it is, this is another reason why I’m writing this text.

Good luck to everyone whatever you decide to do and I wish you a great happy life.

7.- Acknowledgments

I’ve arrived to these conclusions not only thinking but also researching. Thanks to all people which its free to consume material on the internet made this text possible. I believe sharing free knowledge is a form of empathy and it kinda makes you a sort of little hero.

For example the people who helped me understand what I’ve been doing my whole life when I was studying were: Benjamin Keep and Justin Sung. You can find them on YouTube.

Disclaimer: I only watched a total of 3 videos from them to create the engineers way of thinking chapter. I can not completely assure their complete professional reliability so do your own research on them. They seemed logical people on those 3 videos and what they explained made enough sense to me and to my life experience and thoughts on human nature so far so as to link them to the text.

Thanks to all of them and and thanks to all historic figures that laid-out the knowledge.

I kind of lied, I was not fully alone, multiple people, even if they don’t know it thanks to the power of internet, where there with me at diverse times.

It is the human nature to build with each other, to share our knowledge and points of view. Millions have lived and died, suffered and enjoyed in order for this text to become a reality.

Thanks for reading this far, lets work on ourselves but with each other at the same time to keep improving this world.