

# Coaxing the Leviathan

”There is clearly an intelligence at work that is far greater than the mind.”  
—Eckhart Tolle

# About

After analyzing every great and weak moment of my life (via the Bad-Ass Delta list), I realized that the state of flow was either acting perfectly or missing in action respectively. It seems as if the flow state is merely the uninterrupted subconscious - The Leviathan. We will let the data speak for itself: The flow state is the key to a strong personality. We will take action and shift behavior to gain the ability to coax the Leviathan at a moments notice.

## The Good:

1. Authenticity
2. The will (not desire!) to hurt
3. Effortlessness
4. Timelessness

## The Bad:

1. Fear (Self-Awareness)
2. Inner Critic (Self-Awareness)

# Philosophies

We want to adhere to philosophies that would addresses these traits the most and then master them.

## I. The process is the goal.

### Addresses

- Fear (We won't care if we fail)
  - Effortlessness (Removing the emotional pressure of achieving a desired goal can only help).
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## II. Accept yourself.

### Addresses

- Inner Critic
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## III. Be in the Now.

### Addresses

- Timelessness
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## IV. Remember that the fear is the worst part.

### Addresses

- Fear
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## V. Have fun with your Righteousness!

- Authenticity
- The will (not desire!) to hurt
- Effortlessness

# Meditations

Analysis of the Philosophies.

The process is the goal:

## Accept Yourself

There are many different types of strong and respectable personalities

*Accepting it feels hurtful, as if a voice coming from a third party is confirming my fears. "That's right you little bitch."*

*This is your core belief talking. "We're not \*blank\* enough."*

*Out of all of the harm traits, Dr. Alpern said that the Inner Critic was the most harmful and the most susceptible to change.*

*"The biggest issue most people have is a lack of self-acceptance."*

*These are mitigated by not caring about being \*blank\* enough.*

*Don't be textbook alpha. Be John Alpha.*

## Be in the Now

*Stop reminiscing, good or bad, past or future. You do not need to do that. Find joy in the Now. This is the cost of being great.*

*You aren't allowed this anymore. You can't do it.*

*You must consciously wage war against the past and force yourself to react to the present moment. Be ruthless on yourself; do not repeat the same tired methods.*

*There is never any value in fighting the last war.*

*You have a certain amount of energy and headspace. Why waste it on reliving the same moments?*

Remember: The fear is the worst part.

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*Do not be fooled by other people's aura. Ask what and why they are really doing it. Then handle it however you want.*

Have fun with your Righteousness!.

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*Don't be confident to achieve a particular tactical goal or struggle. Be confident for the **fun** of it.  
The struggle will resolve itself.*