

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
-

IV. Remember that the fear is the worst part.

Addresses

- Fear
-

V. Have fun with your Righteousness!

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

Meditations

Analysis of the Philosophies.

The process is the goal:

Fucking up is the necessary cost."

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

You drown not by falling into a river, but by staying in it.

You should just stay in the Now. It's way more fun

People just see how you are now. The successful man's former life doesn't matter. Success erases the past.

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?

It's not about being in the moment, it's about being above the moment.

Remember: The fear is the worst part.

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

Whoever has the power in any given relationship can always change.

Never think it's me versus you. You are above the conflict. You are a third person to it.

Next time I'll win.

Even if you become the group bitch there's nothing stopping you from leaving. Ever.

"No amount of anxiety makes any difference to anything that is going to happen." - Alan Watts

Have fun with your Righteousness!.

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

You're good at cocky funny.

Being true to yourself is more important than getting the girl. If this disqualifies you from most women so be it.