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BELIEF

DEFINITION

A belief is a subjectively true fiction. Such fictions include gods, money, friendship, and love. Love as a hormone exists. Love as an experience also exists. Love as anything else does not. Love as a story told by people to each other, is a just that, a story; a fiction.

These fictions are very prevalent in the human mind, having humans interact with them on a daily basis. When the police is beating up an unarmed thief, to a person unaware of the beliefs held by the police and the criminal, the situation might seem confusing. To the police, the beating is justified in their mind due to the theft committed by the thief, with the thief also understanding the mindset of the police.

IMPLICATIONS

Due to humans being the very believers of these fictions, they tend mistaking them for realities, mistakes which usually go unquestioned. This way, they begin believing they are on a divine mission to accomplish the greater good. That mission could for example be the helping of humans, humanism.

There, humanists tend to mistake the feeling of empathy as an obligation to help all of mankind. No rule in the universe though, obliges them to help mankind. Rules like gravity and space-time cannot be broken, unlike the fictions made up by humans. A human violating gravity will not be approached by the space-police. A human violating the rules of society though, will be approached by police. Ultimately, the universe never gave humans any meaning, humans were the ones who gave meaning to themselves.



INDOCTRINATION

EMOTIONALISM

A very widespread belief, is that of emotionalism: believing feelings should have authority. Thinking emotionalism is an unabandonable value, is still emotionalism.

OPINIONS

To change one's mind, there must always be an incentive to do so. Why would anyone change their mind without a good reason?

People commonly mistake scientism, a dedication to the truth, as a universal and overpowering reason to change one's mind. That is simply not the case though, due to people commonly accusing others of denying the truth, meaning at least one of the parties are.

CHILDHOOD EMOTIONALISM

When humans are born, they naturally become emotionalists, meaning that is their first opinion. Afterwards, they are indoctrinated by their parents and surrounding community, adopting the language, the culture, and other aspects, all in an emotionalist endeavor to avoid punishment, be rewarded with compliments, and fit in.

IMPLICATIONS

Due to societies usually being run that way, many find themselves having gone through this indoctrination process. From here, rational decision-making should be used to determine whether the indoctrinated beliefs are worth keeping or not. An example would be an abandonment of pagan values when surrounded by Christians.



SELF-REALIZATION

PRIMARY AGENDA

The primary agenda is the divine mission taken upon by the individual. Most commonly, this divine mission either is humanism, egoism, or a servitude to divine entities in some form. Having multiple primary agendas does not happen, for example having servitude to the divines being derived from an egoistic pursuit of paradise.

SECONDARY AGENDAS

Secondary agendas exist to serve the primary one, with humanists usually having egoism as a secondary agenda in hopes of a stronger self being more capable of helping humanity.

HIERARCHY

Creating a hierarchy of beliefs would be useful for determining the ordering of agendas. Due to the fictitious nature of agendas, no logical or natural hierarchy exists.

DIRECTION

After having chosen agendas to pursue, directing the body and mind to fulfill that pursuit is important. Feelings and emotions play a very important role in this pursuit, which is why they will be explained.

Because the body is wired to survive, attempting for example suicide without reason and to disobey one's feelings becomes painful, as doing those things usually did not help survival. Because of this, the tendency is of the strong being able to use their feelings, while the weak become used by their feelings.



THE PLACE OF FEELINGS

DEFINITION

Feelings are what is felt, what is experienced. Emotions are a form of feeling, being the mood of the entity.

FEELINGS

Without any feelings, nothing can be experienced. Removing feelings in hopes of removing suffering, removes meaning alongside it. An eyeball taking in light, cannot see by itself. There is light, but there is no vision. That light is translated into electric signals and sent to the brain, where the brain makes sensible information out of the signals. There, the person is able to experience vision, seeing what the eye saw. No feelings would practically mean no brain.

EMOTIONS

Instead, removing emotions would be more appropriate in the pursuit of a life without suffering. Processed sensory information might be experienced, but has no further meaning without emotions. Emotions are what distinguishes good from bad, at least in those unindoctrinated. No emotions would mean no disgust, thereby an inability to distinguish beauty from ugliness. No emotions would also mean no sadness, thereby an inability to be dissatisfied.

THE PROCESS

It begins with raw information from the outer-nerves, which becomes an experience in the brain. This experience then is given meaning by emotions, allowing the entity to create order in chaos.

Due to the advanced nature of feelings, a summary will be given.





SATISFACTION

DISSATISFACTION

If a human is feeling pain, being dissatisfied about it, wanting to end it, the human should also think of this though: Will this dissatisfaction help progress the divine mission? “Yes” is rarely the answer, meaning the dissatisfaction usually should be disregarded.

Some feel overly dissatisfied with themselves. That is always due to holding more expectations of themselves than can be achieved, creating cognitive dissonance. Doing so without change puts oneself in a perpetual state of pain, which is not advised. Being dissatisfied with being dissatisfied also is not advised.

SATISFACTION

When feeling satisfied, humans feel less dissatisfaction, along with pleasurable chemicals. Because of the feelings associated with it, satisfaction has become a major goal for people to pursue. Doing so, undermines the nature of satisfaction though, especially its origins.

In the pre-historic days, there were very few items to interact with, ending up with nearly all satisfactory tasks being difficult ones, thereby having satisfaction be a reason for work. To make sure the work would be continued, two quirks regarding satisfaction were added. First, satisfaction would be short-lasting, securing constant hunts for food, thereby survival. Second, prolonged satisfaction would make the person less satisfied, making sure the humans would stay competitive, securing the genes. Satisfaction is not to be pursued, only appreciated.

STRESS

PLACE OF STRESS

When stressed a lot, one becomes anticipating of action, very useful for fighting and running. Feeling less stress, gives a feeling of responsibility and awareness. Not feeling any stress though, usually results in confidence, recklessness, and laziness. Having these feelings at the correct time is important.

COGNITIVE DISSONANCE

As mentioned previously, where a misalignment of beliefs versus reality results in dissatisfaction; stress also plays a role. There, cognitively dissonanced people feel an urgency to deny or change. This urgency then creates a great incentive to deal with it. Not doing so, leads to the dissonancing misalignment still existing, creating further dissatisfaction and thereby furthering the incentive for action.

RESPONSIBILITY

A worker who cannot stress, is the worst kind of worker. When the worker expects a lot of themselves, cares about their survival, wants to keep their job, but does not feel any stress, the worker is left with no incentive to do the unpleasing work. They worry not about their employment, allowing their overseers to complain at them. They worry also not about their self-perceived image, resulting in no cognitive dissonance suffered from a lacking work-ethic. A worker avoiding the stress through distractions, would be no different from the worker not feeling any stress. Either way, they do not feel the urgency to change.



TRUST

ASSOCIATIONS

Associating something with something else, is the act of wiring the two elements together in the brain.

PROGRESS

Observations of children show they are born with certain common associations, like a fear of spiders, a fondness for their parents, and an averseness to ugliness. Whether these actually are inborn does not matter.

From there, new associations are formed, like associating candy with pleasant experiences, and vegetables with unpleasing experiences. This is very much like opinions.

IMPLICATIONS

To make use of this information, creating useful associations becomes important. Doing so, could for example be associating dangerous narcotics with misery and disgust, while associating work and benevolence with joy.

FORMING AND REMOVING

Creating associations requires only having multiple things in mind at once, leading those things to eventually become associated. Removing associations on the other hand, is not so easy, usually requiring some psychological discomfort. That would mostly involve finding something new to associate the thing with, as associating an already arousing thing with nothing is very difficult.



PLASTICITY

ORIGINS

Humans derived their ability to adapt to their environments, through the environment around them changing faster than their genes could adapt to it. Because of this, muscles, for example, have the ability to grow after use, effectively making the environment signal what muscles are useful.

CONTINUED USE

Even though humans no longer live in their old environments, now being in radically different ones, the body and mind still attempts to adapt. Due to how different the environment now is though, the body makes many mistakes, for example not having people feel the need to militarize during a period of peace.

Such, was countered by human fictions, for example telling of neighboring tribes always seeking to invade them, thereby keeping up the useful militaristic culture. Fictions deriving their survival off relevance and not human wellbeing, results in them not always being right. An example would include modern consumer-practices, which many experts denounce.



PLASTICITY 2

CONSUMERISM

Consumerism is the belief of increased consumption being useful, somehow. By its nature, consumerism wants to make people consume as many products as possible. The amount of consumable products can be amplified by spreading myths, like saying women only will accept marriage-proposals if given a diamond ring.

Among these myths, exist the thought of emotional problems being solved through consumption. Sometimes, solving these through other ways is impossible, but consumption has an even higher tendency not to work. Even though rarely directly advertised, consumption tends only to distract oneself instead of solving the problems, an example being how alcohol is a sort of distraction.

SKEWED VISION

Being subject to a feeling for extended periods of time obviously changes the way one experiences that feeling. Such usually leads to the feeling losing impact, for example reducing the pleasure experienced from using drugs.

Doing something good for someone once is showing kindness. If this keeps repeating, they will eventually get used to this level of kindness, thereby making them less gratified for what used to be them norm. Even though for example the economic values never changed, the subjective values still did. Practicing gratitude to counteract this is therefore important.





FOCUS

RATIONALE

Even though it is painful to violate one's feelings, it still is possible to do so. That is because feelings were not always right, meaning a mechanism to manage that shortcoming was needed. The primary mechanism responsible for that, is rationale.

Problem there, is how creatures with 100% rationality would not have any reason to survive or create order, due to those being values, thereby fiction, being inherently irrational. Rationale therefore become only part of the human's decision-making tool-kit, being called forth through interest, to aid emotional endeavors, and through focus, when the emotions make mistakes.

MODERNITY

Humans live today in an environment far different from the one they used to. Due to such a difference, the correctness of feelings suffers, since they never were designed for a world with smartphones and supermarkets. This is why people who lack no fundamental human needs suffer today, because their chemistry still is that of a hairless ape built for the African savanna.

TRAINING

For a human to focus, there either has to be something emotionally arousing catching the human's attention, or the human could be emotionally retarded and decide to focus on something uninteresting. The latter is commonly done by monks, who are renown for their emotional strength. Through continuous focus on their uninteresting breath, their brain eventually rewires itself to focus on these uninteresting aspects of life.



HABITS

MORE ON FOCUS

Most people never will attain a perfectly focused and emotionally stable state. That is nothing to be dissatisfied about, since being dissatisfied about an unchangeable reality is not useful. This should not discourage people from trying, but comes with another piece of information: Ultimate focus is not the best pursuit. In a society filled only with focused monks, there are no farmers, meaning there will be no food. Focus itself is not the goal. The goal is to gain a tool, namely the power of resilience.

EMOTIONAL WIRING

In addition to focus, another way of permanently suppressing feelings and emotions, includes dismissing them. This is done by rationally explaining to oneself why the emotion is not useful in this situation, while also following the emotion in any way. To for example suppress anger, one has to not act passive-aggressively, and also honestly have forgiven the reason for the anger.

MORE ON ASSOCIATIONS

Because of how well the brain associates, associations tend to be used by the brain to prematurely invoke emotions and thoughts. Such include feelings of discomfort in rape-victims when in a sexual situation.

GENERAL RULES

- Actions rewire your brain to keep doing them.
- All feelings are temporary; they come and go.
- Ceding decision-making authority, is ceding the truth.
- Nothing serves your divine mission, not even your own body.
- Pursue mindfully.



PRACTICES

They are all psychologically painful in some form. The pain can be ignored though.

SURVEILLANCE

When pressured by a constant surveilling force, pressure will be assured. If pressure/stress is needed to motivate workers, then this is one of the best options.

SENSORY ISOLATION

By removing all stimulating objects from the environment, a person becomes sensorially isolated. This is a method for adjusting to lowered stimulation. Doing this for extended periods of time is said to be harmful for the health.

CONFRONTATION

Many people who experience cognitive dissonance attempt to escape from the feeling, for example through distractions. Usually, cognitive dissonance is felt for a valid reason, and can easily be dismissed through disconnecting oneself from whatever fiction was invalidated by the cause of the dissonance, or ignoring the feeling through a better way. Identification of the cognitive dissonance is important. When felt, remember how humans operate poorly under stress and attempt to remain focused and rational.

DIRECTED FOCUS

A good method for clearing the mind of emotional arousal, is through focus. Keeping the focus on for example a newly painted wall. This teaches the mind whatever you are feeling is less important to you than watching paint dry.





PRACTICES 2

SELF-OBSERVATION

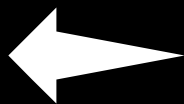
Not focusing allows the mind to bombard the self with distracting thoughts. Many people are unaware of the thoughts they have, mostly because they spend their time being distracted by stimulating activities. This practice helps oneself know oneself better.

DESTRUCTION

Destroying objects when angry is a counter-intuitive practice. It teaches the mind to destroy when angry, with the destruction also telling the mind the reason for anger was valid. This practice is good for displaying unrestricted power though.

VENTING AND EMOTIONAL SUPPORT

Asking people for emotional support when emotionally discomforted also tends to be counter-intuitive. This practice is nearly always done with the intent of confirming one's existing beliefs, meaning nothing changes. The practice only feeds one's dependency on others for emotional regulation.



SLEEP

Here is a list of compiled statements regarding sleep from various internet sources. Whether these all are true, the practitioner will have to confirm themselves.

1. Sleep is when the body repairs itself.
2. Sleeping longer than needed does nothing.
3. Always sleeping on different times gives the body jetlag. This is because the circadian rhythm is disrupted.
4. The body goes through different stages during sleep. Light -> deep -> light -> deep -> light, is the usual pattern.
5. Waking up during deep sleep is unpleasant and gives a feeling of tiredness.
6. Different ages require different amounts of sleep to function well.
7. Some people need less or more sleep than others.
8. Cold temperatures make sleep easier.
9. Blue-light hinders sleep.
10. Focusing on exciting stimuli hinders sleep.
11. Cold feet hinders sleep.
12. Most people sleep better on the side.
13. Sleeping in uncomfortable positions gives nightmares.
14. Sleeping in darker light increases sleep-quality.
15. Rain makes sleeping easier.





METABOLISM

Eating is to give the body building blocks. These blocks are then used to build the body, obviously. Some of these blocks, are burnt to create energy for the body. If the energy is not used, it then is stored as fat. If the body has no energy, it shuts down and dies.

ENERGY-BURNING

When sleeping for multiple hours, the body will eventually have finished digesting all the food in the body. This means it will have to use another source of energy, namely bodyfat. Some people have also been doing this while awake, for example in ketogenic diets or Islamic fasts.

Once the digestive system understands it no longer needs to constantly be working, it begins assuming a permanent more shut-down status. Thus, it saves energy.

MODERN CONSUMER-PRACTICES

If bodyfat can be used instead of constantly fueling the body with new energy, then why do people eat three, or even more meals a day? People say it is because they like food, while the people above those people say it is because they make money from creating consumerist lifestyles.

HANGRINESS

Other people though, say it is because they dislike being hungry. This is avoided through shutting down the digestive system, for example through not thinking about eating, not eating, having the body direct energy elsewhere (exercise), or filling it with useless stuff like water. The digestive systems generates the feeling anyways.



DIETS



COOKED FOOD

When cooking the food, the food becomes easier to digest, thereby resulting in less energy being spent digesting it. Use this however it might suit whatever purposes.

MICROWAVES

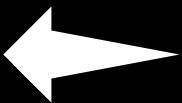
Are part of the light-spectrum. They vibrate water to heat up food, meaning they only are dangerous to humans if the human is being microwaved inside a microwave-machine. Eating food from microwave-machines is not much different from eating it from elsewhere.

SALINATION

Not getting enough salt and water results in death. Getting too much and too little could have other effects, like headaches, nausea, lowered functioning, dizziness, and fatigue. This is especially the case after sweating, due to the sweat carrying with it a lot of salt and water.

BLADDER

This is unrelated to diets, but whatever. Usually, the bladder can be stretched. Doing so requires fluid contained inside it for extended periods of time. It is a common practice to have a small bladder, due to the availability of toilets today.





ENVIRONMENT

Associations not only associating say, people and holy artifacts, since they also associate environments to a large extent.

RECALLING

People commonly use their environment to help them recall memories. This is for example done when studying in a smell similar to the one a test will be in, meaning when the test happens, the smell will help recall what was studied.

EMOTIONS

If an environment for example is ugly, emotional disgust will obviously happen. If an environment has been associated with disgust, even though not necessarily being disgusting, emotional disgust might still happen.

CONTRAST

When constantly in beautiful environments, the body will adjust to that, seeing the normal environments as ugly, and ugly environments as uglier. This is for example useful when contrasting a place useful for one's agenda, like a nice and clean church for an orthodox Christian, compared to a useless area, like a dirty school teaching how evolution works. Using beauty in the environment is one way of teaching the brain where to it should be.

STIMULATION

An environment with for example a lot of sound, will cause tiredness for most, due to most not having the focusing abilities to ignore it. Even worse, is when the sound is not pattern-like, for example like "Chinese" water-torture. When the latter is the case, focusing on other things becomes extremely difficult.



STIMULATION

Stimulation is emotional arousal. Without any stimulation, people become bored and tired, meaning at least some is important. With sufficient training, this stimulation could be only the breath, as seen in monks.

RECREATION

Many people today practice what they call recreation, which they say is a human need. The reason for questioning this claim, is due to it seemingly coincidentally benefiting the same people who have a record of spreading lies for money, namely the capitalists.

BOREDOM

They say stimulation is good, because boredom is bad. Boredom is the suffering felt from no stimulation, lower stimulation than the norm, and unable to focus. This feeling was created to keep our ancestors busy and productive, with the latter being through making sure humans only proceeded when they understood and were challenged sufficiently, as that would help with learning. Concluding this, would be seeing how boredom and its want to be avoided both are feelings supposed to aid in survival.

SELF-STIMULATION

Instead of being dependent on for example consumer-goods to avoid boredom, doing so independently would be best long-term. This can be done through for example getting used to lowered amounts of stimulation, or finding ways of stimulating oneself in activities helpful for the person's agenda.

Stimulation also works as a contrast.



INFLAMMATION

During sickness, the body begins the inflammation process, causing a multitude of suffering-inducing effects. These include: Fatigue, social withdrawal, lowered motivation, more negativity, and lowered self-esteem.

SICKNESS

When fighting sickness, this obviously is useful. It first of all reduces social interactions, thereby preventing transmission. While secondly, it helps conserve energy for the immune-system, while also increasing the body's focus on immune-system production, thereby defeating the sickness faster. Having high degrees of inflammation is not necessarily a sign of imminent death, but always is a sign of the immune-system working hard. Suffering is not necessarily a bad sign.

DEPRESSION

People with the depressed condition seem to experience very similar symptoms to sick people. An explanation could be how social withdrawal, a ramped up immune-system, and suffering in general could be useful, rather than this simply being a mistake, especially since the depressed condition is very common.

The body does little to distinguish psychological pain and physical pain, due to both pains going through the same nerves in the body. These nerves could be a signaling to the body of a wound having been created, thereby meaning an infection is imminent, telling the immune-system to begin the inflammation process. For our ancestors, not having this signaling could have been the difference between life and death, due to a preemptive buildup of the immune-system becoming more prepared to fight the infection.





DEPRESSION

SEMI-MISTAKE

Since the body fails at distinguishing physical and psychological pain, psychological pain could therefore theoretically cause inflammation too, leading to a depressed condition. After becoming depressed, one usually withdraws from social situations, also becoming very dissatisfied, something which would be very useful as an indication from the body of change being needed. This makes sense, since heavy psychological pain nearly always being caused by a failure to fit in to a group, loneliness and disappointment.

MODERNITY

If depressed people are dissatisfied, and dissatisfied people change, then why do depressed people remain depressed? You're probably tired of me blaming the capitalists, but yes, it's their fault again. Due to all the stimulating distractions people have, they easily can temporarily forget their problems, for example through video-games and alcoholism.

Another idea to blame, would be the idea of people being "good as they are". That quote can be interpreted as a stagnant person being the key to happiness. A stagnant person though, could still be a person for example valuing too many things at once, leading to them feeling despair due to not having pursued all of them to the extent they want to.

THE CURE FOR DEPRESSION

Some think drugs are a good method for treating depression. Drugs are a distraction though, distracting the person from changing. Change is not always needed though, evaluate critically.





FATIGUE

Dealing with emotions can be done through rationality and focus. Dealing with fatigue on the other hand, is not so easy, since it tends to be an objective happening, rather than a subjective experience or fiction. That is not always the case though.

FALSE TIREDNESS

During periods of long inactivity, tiredness when exercising increases. That tiredness though, is false tiredness, due to the body having adjusted to being inactive. The energy and the possible metabolism for returning to an average level of tiredness feeling is still in the body, meaning the suffering felt during the process is not very useful.

SECOND WIND

When people stay up late, they might get a second wind. Such a phenomenon hinders sleep and makes the subject more energetic. Second winds also reduce fatigue, allowing those experiencing it to stay up late. How exactly this works, is as of now unknown.

DEALING WITH FATIGUE

There are recommendations telling people to take naps and to exercise more regularly. Taking naps seems counter-productive, due to it seemingly telling the body how it can rest more regularly, while increased exercise might not work, judging by how people often report fatigue and dissatisfaction when working tiresome jobs. It can be noted though, how the majority of the population takes breaks, like having days off during some periods, and taking breaks every day. This is unlike our ancestors, who some say rarely ever had breaks with inactivity. Perhaps fewer breaks and more gratefulness might lead to reduced fatigue? This of course, would suit the agenda of many. Be mindful.



BIAS

Biases make decision-making faster and more convenient, but reduces the overall rationality. Here is a list of the most impactful.

EMOTIONALIST BIASES

These stem from humans using emotions as decision-making authorities. A famous one is the Dunning-Kruger effect, where confidence makes decisions. When one is unable to criticize oneself, little doubt is felt, resulting in increased confidence. When flaws become apparent, one might instead over-doubt oneself, resulting in lowered confidence.

Another famous one is the trust bias, where trusted people are looked at more favorably, while distrusted one are disfavored. This might seem like an obvious and logical way of reasoning, which it is, but still is mentioned, due to the exact definition of bias being fuzzy.

CONFIRMATION

This bias related to fictions and the emotional attachments to them. When for example presented with something favoring one's existing belief, one will feel an emotional incentive to favor that something, for example a conclusion. Another way this might work, is if something unexplained happens, with the subject then using their pre-existing beliefs to make a conclusion. If is given vague words, the mind might interpret the words, as always, but also adding more meaning to them, like interpreting an ill-perceived person badly.

JUST WORLD

Believing in there being sorts of chance or divine retribution also is a sort of bias. There, a person might for example think they are less likely to be struck by lightning if they already have, which is wrong.