I attempted, recently, to compose an essay on enlightenment that tied in neatly with your mindfulness e-mail. It was intended to be a neat little compilation of several thoughts that have been running round my head lately.

Annnnnd….. here they are:

-Enlightenment: ““It is only when a system understands the nature of information that it becomes enlightened. Another way to put that would be: what we see is a product of what we know. “

-The 80/20 principle//Seeking Brandon’s big pocket: Exerting the least amount of effort to obtain a goal. For example: women – be clean, talk to them, smile.

-Creating antifragile systems///black swan tamer: Some systems are harmed by chaos and the stress of random events some are strengthened. Create and participate in systems that grow stronger and better with stress.

-How to escape negative promise cycles, for example:

Alcohol

* + Promise: The relationship you want.
  + Action: Drink heavily with others to increase your odd of connecting intimately with someone.
  + Reinforcement: The backbone of popular dating and of many friend groups. It is almost impossible to not include some kind of alcohol use with your social interactions. Especially dating. Furthermore, none-use excludes you from the inner circle of possibilities and isolates you further from the Promise.
  + This is an infrequent reward system and highly addictive.
  + Staying within the cycle for too long drains you of time, money, energy and happiness.. Further distancing you from the desired outcome necessitating the cycle’s restart.

Or

Work:

Promise: house, family, retirement, security

Action: work every day for a set schedule and make what someone else thinks your work is worth.

Reinforcement: Capital owners determine how they interact with workers, not the other way around. Capital accumulates slowly and there are incredible incentives to spend and not save. Far easier to suck at the tit than to make one.

Is is almost impossible to sustain a family, pleasant standard of living and accumulate wealth faster than inflation negates it on the majority of salaries. A large amount of cash is disproportuantly wo