

Red Pill Galaxy

Alexander Grace

Red Pill Galaxy
Copyright © Alexander Grace

All Rights Reserved

The Right of Alexander Grace to be identified as the
author of this work has been asserted by him in
accordance with the Copyright, Designs and
Patents Act 1988

Contents

[Introduction - What is the Red Pill Galaxy](#)

[Chapter 1 – Reality vs Illusion](#)

[Chapter 2 – Self Esteem](#)

[Chapter 3 – Ethics](#)

[Chapter 4 – Politics](#)

[Chapter 5 – Economics](#)

[Chapter 6 – Employment](#)

[Chapter 7 – Childhood](#)

[Chapter 8 – Abusive Relationships](#)

[Chapter 9 – Co Dependence](#)

[Chapter 10 – Monogamy and Polyamory](#)

[Chapter 11 – Pornography](#)

[Chapter 12 – Sexual Fantasies](#)

[Chapter 13 – Sexual Preferences](#)

[Chapter 14 – Paedophilia](#)

[Chapter 15 – Ejaculation](#)

[Chapter 16 – Sex Robots](#)

[Chapter 17 – Parenting](#)

[Chapter 18 – Education](#)

[Chapter 19 – Self Sufficiency](#)

[Chapter 20 – Drugs](#)

[Chapter 21 – Enlightenment](#)

[Epilogue](#)

Morpheus: I imagine that right now you're feeling a bit like Alice, tumbling down the rabbit hole?

Neo: You could say that.

Morpheus: I can see it in your eyes. You have the look of a man who accepts what he sees because he is expecting to wake up. Ironically, this is not far from the truth. Do you believe in fate, Neo?

Neo: No.

Morpheus: Why not?

Neo: Because I don't like the idea that I'm not in control of my life.

Morpheus: I know exactly what you mean. Let me tell you why you're here. You're here because you know something. What you know you can't explain. But you feel it. You've felt it your entire life. That there's something wrong with the world. You don't know what it is but it's there, like a splinter in your mind driving you mad. It is this feeling that has brought you to me. Do you know what I'm talking about?

Neo: The Matrix?

Morpheus: Do you want to know what IT is? The Matrix is everywhere. It is all around us, even now in this very room. You can see it when you look out your window or when you turn on your television. You can feel it when you go to work, when you go to church, when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth.

Neo: What truth?

Morpheus: That you are a slave, Neo. Like everyone else you were born into bondage, born into a prison that you cannot smell or taste or touch. A prison for your mind.... Unfortunately, no one can be told what the Matrix is. You have to see it for yourself. This is your last chance. After this there is no turning back. You take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill, you stay in Wonderland, and I show you how deep the rabbit hole goes.... Remember, all I'm offering is the truth, nothing more....

Note:

At the end of each chapter will be a short reading list in italics. The content of this book is not a comprehensive guide on any of the subjects. They are intended to provoke interest and curiosity. If you want to find out more, check out the resources recommended at the end of the chapter.

Introduction - What is the Red Pill Galaxy

I don't know you. I don't know your name, I don't know your age. I don't know what your hopes and dreams are, your goals or your beliefs. We have never met and we probably never will. Yet here we both are, me typing words onto a screen and you reading these words I type. How have we ended up here? What connection do we share?

In truth we are deeply bonded because we share a passion. We aspire to the truth. We aspire to reality. We are committed to swallowing the Red Pill. However, what the Red Pill metaphor means to you might be completely different to what it means to me.

Perhaps you are interested in having multiple sexual relationships and want to have a thorough understanding of female psychology so you can better navigate the world of dating. Perhaps you are a Men's Rights Activist who wants to see society acknowledge some of the injustices faced by men in the modern age. Perhaps you are MGTOW and have withdrawn from society in a silent protest against the current state of the world. Perhaps you are something else entirely? Perhaps you don't really know what you are.

It does not matter where you are on your journey, how far down the rabbit hole you have tumbled. What matters is that you have begun. The first step is the most important. In order to take this first step requires two virtues, arguably the most important virtues one can possess. Sincerity and courage.

Sincerity is vital because it keeps you looking in the right direction. No matter where you are or how lost you get, sincerity will always be your compass. However, sincerity by itself is impotent. Simply facing the right direction will not move you along a path. To do that requires courage. The courage to face your fears and walk into the unknown. With these two virtues, your awakening is inevitable.

Much of this book is going to function as a sort of intellectual map. A guide to help you on your journey of understanding, giving you directions and travel tips. However, that is not the most important function. Much more than any specific destination, the main function of this book is to impress upon you the correct way to travel. To speak plainly, this book will instruct you how to think. If you employ the method outlined in this book, your learning will be efficient, thorough and highly enjoyable.

Every person encounters information through their lives. Some of it is sensory information, basic feedback from the brain relating to sight, sound, smell etc. Other pieces of information are more complex and relate to emotions, social cues and abstract thought.

Some people absorb this information like a sponge and never take the time to reflect upon it. All of the data they have accumulated just sits there in the mind, massive and unfathomable. The world is too complicated to understand and they feel too inadequate to make any attempt. This kind of thinking, that makes no effort to assimilate and apply the information absorbed, leads to anxiety and depression. In some cases it will even lead to anger and hostility.

For other people, each new piece of information is like a piece in a jigsaw puzzle, adding a new piece that helps make a whole picture. Imagine yourself as an engineer on the edge of a river. On the other side lies reality and your job is to get across by building a bridge. The bridge is to be constructed using data and information. Now you could just toss each new piece of information and hope that at some point there is enough debris floating in the water that you can skip your way across. This is unlikely.

The engineer takes each piece of information and places it with scientific precision. He knows how to apply the data he finds and use it to suit his purpose. He understands that each piece of information is interrelated to all the other data. Some parts function as piers, others as support beams and others as barriers and railing. The point is that the data is not assimilated randomly but sorted and applied with precision to a particular purpose. This is the most efficient method of thinking and is the quickest way to build that bridge to reality.

If you're reading this now, I assume that you probably have a thorough understanding of Red Pill concepts. You have a basic grasp of female psychology and can now comfortably navigate the realms of dating and relationships. But do you have a solid grasp of the other spheres of reality? Do you feel as comfortable in your understanding of economics, psychology or politics? Do you know how to comfortably navigate the realms of sexuality or ethics?

If you are familiar with the Red Pill then you already know the basic method of how this works. There are illusions all around us and taking the Red Pill means looking for the reality. You can find it. It is there. All you need is sincerity and courage.

This book will make it easier because it will demonstrate how you can take the truth in one sphere of life and apply it to others, finding the universal principles that unify them. The truth is that relationships, politics and psychology are not separate. They are all governed by the same principles of reality and once you understand how this works, you can understand the world. Knowledge is power. The power to shape your own destiny and play with the world, rather than be played by it.

Everything is interconnected. This is the Red Pill Galaxy. The moon orbits the Earth. The earth orbits the sun. The sun is one of 200 billion stars in the Milky Way Galaxy and they all orbit the black hole at the center. Everything moves in relation to everything else. They are all governed by the same universal principles of reality. To speak of a planet without mentioning the sun is absurd, much like mentioning our sun without speaking of the Galaxy. Likewise to speak of the Red Pill without mentioning the greater context surrounding it gives an incomplete picture of reality.

This book will cover many aspects of reality but it is not intended to be a complete guide. My aim is not to rewrite the insights of other people but to connect dots that perhaps you haven't considered before. If you want to go into more detail (and I highly encourage you to do so) I will point you where to go. You could think of this book as the outline of a curriculum.

The course?

Reality.

Chapter 1 - Reality vs Illusion

The first important thing to understand is that people can be sorted into two different categories. Those oriented towards reality and those oriented towards illusion. I cannot stress how important this distinction is.

If you are oriented towards reality, then you will constantly be revising your mental map of the world based on logic and fact based analysis. You will be proven wrong many times and you will be happy about it. You will be a scientist, whose greatest happiness doesn't come from always being right but in moving closer to the truth. In any argument or disagreement you have, reality is the final arbiter. It does not matter if the whole world disagrees with you (and they often will) because fact is fact. The Church may punish Gallileo for saying the Earth revolves around the Sun but that does not make it any less true.

People who are oriented towards illusion are dangerous. Facts, logic and truth have no meaning to them. They are at war with reality. If you ever hear someone say something along the lines of 'I don't want to believe that' when confronted with facts or evidence, be extremely wary. Without reality as an arbiter to settle disputes, it becomes a simple case of might=right. Illusion oriented people will exercise power over each other in an attempt to force others to believe in their illusion.

It is important to understand that these people are not evil. They are scared. They are terrified of reality because their identity comes from their own illusions. They do not feel adequate to cope with or understand reality and so they close their eyes and block their ears. The fear and anxiety of these people is intense. What's worse is that they make up the majority of the population.

Always remember that, while they may not be evil they are very dangerous. If you threaten their illusions, which if you are a reality oriented person you will do by your very nature, they will feel threatened by you. There is nothing more dangerous than a cornered animal. If you have people like this in your life, I suggest quietly extricating yourself.

This division between reality oriented people and illusion oriented people also shows why certain people are considered of value while others are not. The value you place on someone depends entirely on your orientation.

Lets look at one of the most archetypal occupations in a society that exemplifies the illusion oriented person. The Politician. Though there are exceptions, most politicians are complete illusionists. They make insincere speeches about fake problems and encourage people to chant slogans and believe in myths. The sphere of politics is hardly a scientific study of reality. Its a battle over whose illusion is strongest.

And yet to many people, a high ranking politician is someone of great value. Look how much power they have to enforce their illusions onto other people. A lot of people aspire to that kind of power. Stalin, Hitler and Mao used violence to bend entire nations to their will. To some, that kind of power is highly attractive. To illusion oriented people, they would see very little value in a scientist or a monk.

Monks and scientists share a lot in common. They are both highly dedicated to reality. The Monk studies reality through introspection while the scientist studies it through extrospection.

If you are a reality oriented person, most politicians would be repulsive to you. All their nonsense would literally repel you. You would be much more attracted to a monk or a scientist, someone who is dedicated to reality and from whom you can learn.

Now here is where I need to make a very important point. Science is the study of objective reality. We know that certain chemicals transform when heated to a certain temperature. It is scientific fact. The laws of physics are not illusions but demonstrable facts. We can use this information to create skyscrapers, cars and space rockets. People trust their lives over to these creations because they know that facts were used in their construction, not illusion. Their lives are safe because these things were created based on the laws of REALITY.

However, even today, few people understand that the scientific method is equally applicable to other realms. Sure, the physical matter of the universe can be studied scientifically, that much is obvious. So too can the realms of psychology, sociology and politics.

People get too hung up on the exceptions. Let's take a simple statement most of us would consider to be common sense. A man who has an abundant sex life will be happier than another man who is involuntarily celibate. While water always boils at a certain degree, the same cannot be said for my statement. There are exceptions. However, in over 95% of cases, my statement will prove to be accurate.

The point is that while statements about the non material realm (thoughts, emotions and ideas) are not FACT per se, when something is statistically significant enough you can basically treat it as a fact. In life we are often faced with choices for which we don't know that one choice will be 100% the correct one. We need to make our decisions based on the outcome that is most likely. If you have a choice of two different girls to sleep with but you're concerned about catching an STD, then you are best off choosing the one with less previous sexual partners. It's not a guarantee of course but if that is all you have to go on, you have to make your choice.

This is what this book is. It is a scientific guide to the realms of thoughts, emotions and ideas. My hope is that by the time you have finished this curriculum, you will navigate the world as confidently as an engineer can build a bridge, with complete trust in the objective facts of reality that guide you.

Chapter 2 - Self Esteem

It was Nathaniel Branden who popularised the term Biocentric Psychology. When biologists study the behaviour of animals, their eating and mating habits, they don't present their findings as opinions but as facts. Lions live in prides. Swans mate for life. Peacocks display their feathers to attract a mate. These are facts.

What Biocentric Psychology means is that the study of human behaviour and thought is as much biology as it is psychology. Its findings should be considered fact.

For a lot of people, happiness is an elusive concept. They have only a vague idea of what brings them happiness and too often, their ideas do not line up with reality. Others are so short term in their thinking that they do not even attempt to find any happiness. They instead settle for pleasure, the sort of short term hedonism that is typically characterised by physical stimulation and drug/alcohol use.

For human beings, the reality is that happiness is intimately linked with self esteem, how you feel about yourself. In Nathaniel Branden's work he outlines very clearly the necessary requirements for self esteem and happiness.

Here are some statements that are statistically significant enough to be considered fact:

In order to have positive self esteem you need:

- To take responsibility for your actions
- To be talented at the activities you do
- To be a positive influence on those around you
- To value reality above illusion
- To have worked through any past trauma/emotional wounds that are impacting on the present
- Freedom and independence
- To feel competent at understanding reality
- To feel confident in your ability to successfully navigate the world
- To feel confident that the universe is not malicious
- To feel sexually desirable

This list is not exhaustive but you get the idea. There are fundamental laws of reality that only dole out happiness and self esteem when certain criteria are met. What's important to note is that each person sets their own limits for measuring their own efficacy.

For example, one person might work six days a week in a high powered position with lots of responsibilities. However, even though their job is an impressive attainment, if they are not completely on top of it their self esteem will suffer. Ironically, the person working a low status position only two days a week may have better self esteem than the person with the higher status job because they do that job extremely well.

The point is, to maintain self esteem you have to know your limits. Scale back your responsibilities in life until they are at a level that you can comfortably navigate them

with complete confidence. Forget whatever society has told you is necessary to be a 'success'. Define success for yourself.

Can't handle owning a four bedroom house because there is too much maintenance, responsibility and cleaning? Get a two bedroom apartment. It's easier to maintain and your self esteem will not suffer. Can't handle the stress of maintaining multiple romantic relationships? Don't let your self esteem suffer. Scale back your number of relationships to a point where you feel comfortable and confident.

Of all the relationships you have in your life, by far the most important is the one you have with yourself. You should constantly be checking in with this, asking how you feel about yourself. If you feel good, keep doing what you're doing. If you feel bad, find out why and make some changes.

Self esteem is not something you can ignore. It will affect every area in your life and should be a top priority. The psychology of self esteem is fascinating and complex. If you haven't looked into it yet, below is a homework list for you.

[The Psychology of Self Esteem: Nathaniel Branden](#)

[Honouring the Self: Nathaniel Branden](#)

[Taking Responsibility: Nathaniel Branden](#)

[The Art of Living Consciously: Nathaniel Branden](#)

Note: Though each book has a unique focus, just start with the one that speaks most to you. Only after that, decide if more study is required and you need to check out the others.

Chapter 3 - Ethics

A common misconception in the world of ethics and morality is that it is completely arbitrary. For thousands of years, the ethics of humanity was monopolised by religion. In the modern age, far fewer people believe in religion and as Richard Dawkins points out in his book [*The God Delusion*](#), even those who claim to believe don't really. They think they ought to believe but there is a strong incongruency between their actions and their professed beliefs.

However, the shift away from religion has resulted in an over correction. We used to believe that the source of morality was God. Now that fewer and fewer people believe in the Abrahamic God, they also believe that the ethics we hold is completely arbitrary. This is a dangerous view to hold.

It is true that the concepts of good and evil have no objective existence. They are ideas that exist only inside the human skull, labels we put on something. However, the conclusion that in a world without an objective good or evil means that anything goes, live a hedonistic and selfish lifestyle, is the wrong one. Every action has a consequence. It is from these consequences that we must derive a system of ethics.

The pioneer in this kind of thinking is Ayn Rand and her philosophy of Objectivism. We cannot judge whether an action is good/ethical or not until we know the ends we are trying to achieve. This is the standard by which we can judge how moral an action is. So what is a worthy goal to shoot for?

How about maximising your freedom, happiness and health? How about independence and growth? How about creative fulfilment and intellectual satisfaction? You yourself will have to define your own goals but if you're like 99% of the human population, these simple goals should have you covered. Therefore actions that lead you closer to them are considered 'good/ethical' and those that inhibit them are 'bad/evil'.

We can see now how self esteem starts to come together with ethics, like two celestial bodies orbiting each other in the Red Pill Galaxy. The path that leads to these goals can only be walked by someone of high self esteem. Let us consider the two different paths a man could walk, that of the independent businessman and that of the criminal.

The criminal steals things created by other people. He takes advantage of them when they put their trust in him. He lies to get what he wants. He resorts to violence as a means of achieving his goals. His mental space is filled with paranoia and depression. He fears other people can't be trusted and will try and steal from him. He is always anxious, worrying that he will be caught. In short, he is miserable.

This is not some strange coincidence. It is 100% predictable. Let's look at what his behaviour reveals about his self esteem.

He steals from other people. The message he sends to his subconscious is that he is not capable of generating his own wealth, that he is so incompetent that he cannot succeed in supporting himself unless he takes what other people have earned.

He lies to people. The message he sends to his subconscious is that if he was honest, people would not trust him. He is such an unworthy person that the only way he can interact with others is through lies and dishonesty.

He is constantly anxious and paranoid because he thinks other people will take advantage of him. Of course he thinks other people are like this because that's how he is. He lives in a dog-eat-dog world where everyone is out for as much as they can get.

The point is that someone of healthy self esteem would never choose a life where they need to lie, cheat and steal. Why would they? They can succeed on their own merits and save themselves the hassle of dealing with all that stress and paranoia.

One of the most important contributions that Ayn Rand made to the world was showing us that what is ethical is also what is practical. She completely rejects any notion of self-sacrifice, the Christian ideal, as being moral. How can sacrificing oneself lead to anything good? Who says that we need to live in a world where one person can only benefit at the expense of another? In the Red Pill Galaxy this is where ethics starts to orbit economics, as we see that mutually beneficial trade is the ideal to strive for. Let's examine the ideal ethical man, the businessman.

This man creates products that his customers are happy to pay for, employs a number of people in his business and uses the profits to buy products from other businessmen. He is a shining example of morality. He does not gain anything at the expense of anyone else and does not use force to coerce people into trading with him. All who come into contact with him benefit. He is also 100% selfish.

Perhaps not selfish in the way you typically understand the word, meaning happy to gain at the expense of other people. Selfish in the way Ayn Rand used the word, meaning rational self interest. To live at the expense of others is not practical and therefore not ethical. It does not take a philosopher to realise this but any sensible person observing the consequences of their actions.

The field of Objectivist ethics is beautiful in its simplicity while also being fascinating in its complexity. The works of Ayn Rand and her philosophy of Objectivism have their fair share of critics but in almost every case, it is clear that the critic doesn't actually understand what she was saying. Intellectually she was a giant among men and it seems, even to this day, that those who criticise her work lack the intellectual capacity to actually understand her work.

That's not to say her system of thought was perfect. This is not because there are gaps in her thinking but because she did not apply her methodology to all fields. The biographies by [Nathaniel Branden](#) and [Barbara Branden](#) are absolutely fascinating in exploring the psychology of Ayn Rand and her imperfections. Still, she was undoubtedly a genius and becoming familiar with her work will enrich your life beyond measure.

[The Fountainhead – Ayn Rand](#)

[Atlas Shrugged – Ayn Rand](#)

[The Virtue of Selfishness – Ayn Rand](#)

[Objectivism: The Philosophy of Ayn Rand – Leonard Peikoff](#)

The Vision of Ayn Rand: The Basic Principles of Objectivism: Nathaniel Branden

I would start with one of her fiction works, Atlas Shrugged or The Fountainhead. Then read Nathaniel Branden's work, it is very comprehensive. Only look at the other works if you still feel the need to go deeper.

Chapter 4 - Politics

In his fantastic book [*Sapiens*](#), author Yuval Noah Harari describes the seemingly eternal struggle in politics between whether or not to try and maximise freedom or equality. These two principles wrestle with each other, each one dominating at the expense of the other.

If you believe that equality is the most important, then you are likely to sit on the socialist side of the political spectrum. You believe that it's important that people live lives of equal quality. If a few freedoms have to be sacrificed to achieve this end, so be it. Equality is more important than freedom.

If you believe that freedom is more important, then you are likely to sit on the conservative or even libertarian side of the political spectrum. You don't believe in equality of outcome but you do believe in equality of opportunity, that everyone should be free to choose their own path with as little interference as possible.

Let me state this as clearly as I possibly can. If you believe that equality is more important than freedom, you are wrong. This path will lead to disastrous consequences and numerous atrocities are inevitable. The principle that should guide your political beliefs, if you want human beings to be happy, healthy and prosper, is freedom.

As with many of these topics, this one is long, complex and if you are new to examining this sphere of life, will require many long hours of study. What is most important to keep in mind is this question. Under what circumstances is it moral to initiate the use of force and violence against other human beings?

One man earns money and wants to spend it on a new car. Another man says he should give that money to the government so that they can distribute it to the less privileged. The first man disagrees. How the second man handles this situation is of vital importance. He could acknowledge the other man's freedom to do with his money whatever he wants. He could try and persuade in friendly conversation or even use shame or guilt to try and get him to part with his money. However, so long as he ultimately respects the man's freedom to be selfish if he chooses, he is an ally of freedom.

This kind of response is regrettably rare. The far more likely outcome is that this man will try and pass a law FORCING the man to part with his money in the form of taxes. At this point he has initiated violence, simply because he disagreed with how the first man chose to spend his own money. In case you don't think there has been any violence, simply by passing a law, let's look at it closer.

The law is passed but the first man refuses to give up his money. He wants to buy his car and so he doesn't pay the tax. At this point, he is given warnings to pay up immediately. If he refuses to play along, he will be summoned to court. If he refuses to go, the police will turn up. If he runs away, they will chase him down and physically force him to appear at the court. If he resists the arrest and tries to defend himself from this aggression, the policemen will respond with violence of their own.

If the man still refuses to comply, he will be locked away in prison. Any attempt to escape will be crushed with further violence. All this because the 2nd man (society) could not tolerate his different point of view and felt justified in initiating violence against him. This is madness. This is completely immoral.

To attack another person's physical body is among the greatest violations someone can commit. It should only be used in the direst of circumstances, like the United States constitution says – only to protect life, liberty and property. Force is only to be used defensively.

From this perspective you can see how dangerous our current government system is. Every law passed is an act of violence. Those who look at this system and approve are those who believe that the muscle of government will never be flexed in their direction. They are wrong. History has shown repeatedly that once the precedent for government violence has been set, its target can change quickly and with little warning.

One day you might feel justified using violence to force people to be more charitable or to pay for government education or healthcare. But once you have accepted that government violence is an acceptable way to enforce your views, what happens when you disagree? Too late. There will be no protection for you then.

This is the basic question of all politics. When is it appropriate to use violence? The answer should always be, rarely and with great scrutiny and caution. The exact place you draw your line may differ from person to person. You may think its appropriate for the government to do background checks when people buy guns or you may think even this is too big an infringement on your rights.

I cannot tell you where to draw that line. You may be a classical liberal, a paleoconservative, a libertarian, an anarchist, a minarchist or an anarcho-capitalist. Ron Paul disagrees with Ben Shaprio who disagrees with Milo Yianoppolous who disagrees with Adam Kokesh. However, their disagreements are superficial compared to their agreements. Liberty is the guiding principle behind it all.

The distinctions between the different schools of thought are fascinating and if you really like an intellectual challenge, worth exploring. If this is only of passing interest to you though, just explore enough to come to a proper understanding of just how evil socialism is.

Read this [article](#):

Start at page 9, under the heading THE CHASM: TWO ETHICS THAT DIVIDE THE WESTERN WORLD. This is the simplest, concise and yet most comprehensive explanation available.

Back in 2007/2008 during the first Ron Paul Presidential campaign I made a youtube channel that demonstrated these various concepts using simple stick figure animations. They are simple, straightforward and a good introduction to the topic. They can still be viewed today. The name of the channel is [STOPandLOOK](#).

Beyond that, the best Youtube Channel to look at on this topic is [Dave Rubins](#).

Chapter 5 - Economics

When it comes to economics, on a personal level you need to be aware that there are two types of people. Thieves and traders.

Someone who steals from other people is a thief. This could be a criminal who walks into people's houses and takes their possessions. It could also be a businessman who lies about the quality of his product and steals by committing fraud. It could also be someone exploiting the welfare system, who is happy to take the money of other people while giving nothing back in return.

What all of these people have in common is that they lack the self esteem to believe in their own capacity to take care of themselves. They cannot support their own existence and so need to exploit the labour and effort of other people. Though we are talking about economics, whether or not you are a thief is actually a psychological issue and yet again we see how the Red Pill Galaxy works, with all of these concepts orbiting each other.

A trader, on the other hand, has positive self esteem. He believes in his own inherent value and knows he does not need to steal from other people to support himself. He has something that other people want. It does not matter whether or not he is offering a product or service, he is confident of his own value and that people will trade with him to supply him with what he needs.

You can be a lawyer and be a trader. You can be a therapist and be a trader. You can be a vegetable farmer and be a trader. The important thing is that you don't need to force other people to trade with you. The only thing you need is a free market, where goods and services can be exchanged on a voluntary basis free from coercion.

This is where economics starts to intertwine with politics. In a Constitutional Republic, like the United States, it is the proper role of government to make sure people's economic rights are enforced, to recover debts, enforce contract and prevent fraud.

If you have read the chapter on Ethics, you will see the overlap. You will also see that the only ethically justifiable system of economics is free market capitalism. The forced redistribution of wealth under a socialist system is theft enforced by violence. If you believe in freedom and that people have the right to engage with each other, free from violent coercion, then you believe in capitalism.

Before I end this chapter, I must make an important note about Monetary policy – what is used as money in a society. If you force people to use only one type of currency, this is a type of violence. This is why it is so important that people invest in Gold and Silver and more importantly, Crypto-currencies like Bitcoin. The Governments of the world hate Crypto-currencies because they are decentralised and trade on the open market, unlike national currencies which are manipulated by Central Banks. Ethically speaking, institutions like the Federal Reserve Bank are criminal enterprises, defrauding people every time they artificially tinker with the value of money.

The only morally defensible monetary policy is the one outlined by the Austrian School of Economics.

For further reading on these issues check out these books.

[End the Fed - Ron Paul](#)

[The Creature from Jekyll Island - G Edward Griffin](#)

[Capitalism: The Unknown Ideal - Ayn Rand](#)

Also check out the [Mises Institute](#) for some great resources.

Chapter 6 - Employment

If you want to support yourself economically, you will have to get a job, some means of making money. Making the wrong choices in this area of life can lead to a huge amount of suffering and misery, so make your choice wisely.

It should go without saying that you want to avoid any work in the public sector. Government bureaucracies are a frightening place where incompetency reigns supreme. People can screw up their jobs, make little to no effort or even be outright corrupt and get away with it. The problem is that government jobs aren't answerable to the free market. Usually a business who makes a terrible product will go broke. Not the government. They are funded by the taxpayer, not by profits.

This is why the laziest people in our society end up working for the government. It is the safest job for the incompetent. The red tape and regulations make it almost impossible to fire anyone. If you have a keen and enquiring mind and are enthusiastic about living life to the fullest, avoid these jobs like the plague. They will kill all that is good within you.

At a certain point, large companies have the same problems. With a large multi-national corporation, there is such a huge gap between one employee's actions and the financial consequences, that it is easy to mask your incompetence or laziness. In very large companies, there are a certain percentage of people who are just floating on the achievements of other people. You do not want to be someone supporting the laziness of others.

If you do want to work for someone else, follow these guidelines. Make sure it is someone you respect, someone you can learn from. That way, the more time you spend working for them, the more you will increase your understanding and knowledge. Ideally, the smaller the company, the better. That way, when you do a good job, there will be clear evidence of how it has benefited the business and you will be rewarded appropriately.

Lastly, make sure the business is run in the style of a meritocracy. Even in business, where money and clear-hard evidence should ensure that merit is rewarded and incompetence punished, some people's psychology is so dysfunctional that you can actually be punished for your merit. Some people are jealous of those who are talented and will feel it to be a personal mission to bring them down, even if they are financially benefiting from your work.

If you cannot find any business that runs on genuine principles of meritocracy, then your last resort is to work for yourself and create your own business. In truth, this is always the safest option and the most satisfying.

However, don't be fooled into thinking that this is the only way to make money. There is a danger in our society of romanticising the entrepreneur and glossing over the numerous difficulties this sort of lifestyle entails. It is a lot of responsibility and the stress levels can be high. You operate without any sort of safety net and while the satisfaction levels can be high, the crashes can come hard and fast. If you work for

someone else, you get the benefit of all their infrastructure and experience. It can be hard to start something from the ground up.

You might also have the personality type that just isn't that interested in money. With the modern advances in technology, even someone on a mediocre income can still enjoy the luxuries of modern life. Many things in life can't be bought with money but only with time. Nature, friends, sex etc. In terms of priorities, each person must decide where on the money-time spectrum they sit.

The ambitious entrepreneur may work 12 hours a day, 7 days a week because he is motivated by money. The hippie may work a few days a month just to meet his basic needs because he is motivated by time. Either one of these might be a bit extreme for you but you will need to figure out where your motivations lie.

Though this is a generalisation, but on the whole working 5 days out of 7 is too much work. However interesting your work may be, life is rich and complex and you want time to explore other interests as well. You don't want to spend your weekends just recovering from the week so you have the strength to do it all over again.

It is very difficult to find well paid employment that only offers part time work but it is worth searching for. If you can't find a job, consider making one for yourself. Start your own business but have time as your main goal, not money. Work and earn just enough to support your lifestyle.

There is another option. This is to go on Strike. This is the central theme of Ayn Rand's book *Atlas Shrugged*. The most brilliant men, the creators and innovators, go on strike and refuse to support the corrupt socialist system under which they live. If you can't stand the regulations, the incompetence and the high taxation under which we live, then you are well within your right to go on strike.

What this means will differ for each person. For some, it will mean working the bare minimum to survive so as to not contribute much taxes to the greater society. For others, it may mean buying a small farm and being self sufficient. For the heroes of *Atlas Shrugged*, it meant taking casual labour work and denying the world the benefits of their mind, their genius.

Everyone has their breaking point. You can only watch incompetence and idiocy be rewarded for so long before you have to reconsider if you want to continue to take part in the system. You may try and change the system, fight for merit and reality. You may want to just drop out. It depends what's in your soul but the choice is up to you.

Essential reading on this topic is [Atlas Shrugged by Ayn Rand](#).

If you interested in the concept of a lifestyle business, check out the phenomenon of [Digital Nomads](#) who live in cheaper, developing nations and make money online.

[Jumpcut Academy](#) is a good starting place for people who want to make a living off YouTube.

Chapter 7 - Childhood

It is extremely humbling to realise just how much of our adult life we spend trying to resolve the wounds of our childhoods. If you don't think that how you were raised has had a significant impact on the person you are now, you're wrong. What's more, your denial is likely to cause you a lot of problems.

Why do so many people dislike talking about the hard parts of their childhood? Because it brings up painful memories of when we were helpless, life was often chaotic and out of our control. Why do so many people pretend to themselves and others that their childhoods were idyllic, that their parents did a wonderful job? Because we were instilled with feelings of guilt and it makes us hugely uncomfortable to criticise the people who programmed us.

Why do so many people heap blame upon themselves instead of the adults who brought us up? Because, as a child it is safer to assume that we are the problem. The thought that the all knowing god-like being we call parents could be wrong, dysfunctional or abusive is terrifying. After all, we are completely dependent upon them for survival.

Too often, people are raised by parents who encouraged emotional repression. Parents don't want to see their children upset, especially if they were the ones to upset us. We can get yelled at or even struck for displaying such emotions. Even in more functional households, we get rewarded for being happy and not causing issues for our parents. In our efforts to please them, we lose track of our real emotions and start the pointless journey to become the person our parents want us to be. For many people, they will remain on that journey for the rest of their lives.

The cost of losing who you are and pretending to be someone else is devastating. Every unfelt emotion, every touch of sadness or anger you pushed to the back of your mind remains there, festering. If you have feelings of depression or anxiety that have plagued you with no discernible cause, this is it. The childhood version of yourself is still waiting there in your psyche. Waiting for its feelings to be acknowledged. Waiting for someone to care, someone to listen.

This is a generalisation, of course, but if you haven't cried a lot about your childhood, you haven't looked hard enough. The feelings of sadness and fear have been too overwhelming and you haven't wanted to go there. But go there you must, for if you don't look, you will forever remain a child.

Every person should be born twice. As a child, you are a product of your parents. Your brain works unconsciously and you absorb the messages of the greater world around you. If the adults in your life constantly praise your athletic abilities, then this will be your priority in life.

After puberty, the brain changes again. It is a chance for a rebirth. This is why so many teenagers act in such a different way. They are being reborn. Too often, this process is a crude imitation of what could occur. Teenagers mindlessly rebel against the adults in their life, sensing a hypocrisy but not yet having the intellectual faculties developed to

identify exactly what it is they are rebelling against. Too often, the rage wears off with age and they go back to sleep, having squandered the opportunity to become the person they were meant to be.

For those rare few individuals, they spend their teenage years and twenties examining themselves, looking deeply into the beliefs and values they unconsciously adopted in their childhoods. They feel the unexpressed pain of all their traumatic experiences until the child inside them finally dies in peace. At this point, they can use their rational mind to discern reality for themselves and consciously choose their own path. This person can legitimately call themselves an adult. Everyone else is emotionally just a child, dressed up like an adult.

People like the idea of consciously choosing their new beliefs and using their rational minds to explore reality. What they don't like is looking back through their childhoods and examining all of the unexpressed pain that lies there. There is nothing brave about pretending to have no feelings. True courage is sitting in a therapists office and looking sincerely at your deepest fears. True courage is rigorous self examination. True courage is being able to cry, to nurture yourself and be kind to yourself.

I want to express this again, because it is so important. This is a step that CANNOT be skipped. If you want to be an adult, you need to look at the child within you. For this process I highly recommend a trained professional, a counsellor or a therapist. It is extremely important to choose the right one but these people have trained for years to help you in this process.

If you can't afford therapy, which is understandable, then do a lot of reading. Approach the issue intellectually first, until you feel comfortable looking at the emotions. The authority on this issue is the Psychotherapist Alice Miller. She is a must read. His style is a bit erratic but John Bradshaw is also good.

[*The Drama of the Gifted Child – Alice Miller*](#)

[*Free From Lies – Alice Miller*](#)

[*The Truth Will Set You Free – Alice Miller*](#)

[*From Rage to Courage – Alice Miller*](#)

[*Healing the Shame that Binds You – John Bradshaw*](#)

[*The Family – John Bradshaw*](#)

[*Family Secrets – John Bradshaw*](#)

Chapter 8 - Abusive Relationships

How you interact with people is a major component of your life. You need to pay close attention to how you communicate with others and how they communicate with you. There are healthy ways to interact with people based on mutual respect, empathy and rationality and then there are abusive ways to interact, based on fear and delusion.

People can be abused in a multitude of ways. There is physical abuse, sexual abuse and verbal abuse. Naturally if you are in a relationship with someone who is physically or sexually abusive, leave immediately. Contrary to popular understanding though, as outraged as we get about physical and sexual abuse, the research shows that it is the verbal abuse that is often the most psychologically damaging and has the greatest long term impact.

This is because it is a direct assault on our perception of reality. It is often subtle and difficult to identify, which just makes it all the more important to stay aware. This is an area of life that you cannot ignore. You need to become extremely well educated about what constitutes verbal abuse. You need clear boundaries so that you never find yourself being taken advantage of.

This does not just refer to romantic relationships, though regrettably this is where abusive relationships most often occur. Relationships with parents, bosses, friends, co workers can all be abusive. The chances that you have never had an abusive relationship or at least an abusive interaction are very low, basically impossible.

So what is abuse? While the topic is complex and it is essential that you do the homework readings below, I will include a short list of behaviours that are abusive and should never be tolerated.

No one should never claim to know your thoughts or your motives. It is ok for people to ask questions of you but if they are assuming things about you that have not been clarified, this is abusive. A common example would be someone accusing you of certain behaviours being motivated by a desire to hurt them when no such thought ever entered your head. If these assumptions become a pattern of behaviour, they are abusive.

No one should never attempt to make you doubt reality. This is called gas lighting and is attempting to undermine your sanity. A common example of this would be someone who brings up the past during an argument in an attempt to prove a point but their description does not match reality. If someone continuously attempt to make you doubt your own memory, it is abusive.

No one should never project their own feelings onto you. If someone does not recognise that their emotions originate from within themselves then they are dangerous to be around. In all likelihood, the anger and frustration they are feeling is because of their own self esteem or unresolved childhood issues. If they don't recognise this and repeatedly blame you for everything they are feeling, finding ridiculous explanations for why you are at fault, this is abusive.

It is so important to understand how these abusive behaviours come into being and specifically why they cross psychological boundaries that should always be respected. With this knowledge, you will never find yourself in unpleasant interactions because you will be able to recognise the early red flags and distance yourself quickly.

It is important to know that abusive behaviours don't just originate from people with personality disorders. While narcissists are frequently abusive, even regular people can be guilty of transgressing psychological boundaries from time to time. You may even do it yourself. If you have never read significant literature on the subject, chances are you do. The real challenge is to remain conscious at all times so that you never give into irrationality.

The Verbally Abusive Relationship – Patricia Evans
Controlling People – Patricia Evans

Patricia Evans is the authority on this subject. She writes clearly and with great insight. Check out these two books.

Chapter 9 - Co Dependence

Originally, the term co dependent referred to the partner or spouse of an alcoholic, someone who was enabling the addiction. In modern terms, co dependent refers more to a mutually dysfunctional relationship based on an unspoken agreement to cease personal growth and hold each other responsible for their own emotions.

Sometimes these relationships crash and burn in a fiery blaze of misplaced hatred and anger. More often, these relationships linger on for years and years, each person unhappy and unwilling to rock the boat or make a change. Unlike an abusive relationship, where the abuse is one sided and there is a clear victim and perpetrator, a co dependent relationship is one where both people share responsibility for the dynamic between them. What distinguishes abuse from co-dependence is how one reacts to the situation.

Imagine one partner is constantly raging and casting blame. If their partner objects, explains why the behaviour is irrational and does all they can to change the dynamic, then they are a victim of abuse. Sooner or later, the abusive relationship will end because they will no longer tolerate it.

If, however, the person accepts the blame and apologises, even though they have done nothing wrong, then the relationship is co dependent. They are enabling the abusers behaviour and taking responsibility, even though they shouldn't. Though it isn't as obvious as the one who rages, someone who falsely apologises is also being abusive because they are signing off on a perspective that does not match with reality, giving it false credibility. If this is the dynamic of the relationship, it can be very hard to break the pattern.

The specific reasons why someone would stay in a co-dependent relationship are varied and complex, though they are all motivated by a single emotion. Fear. Fear of change, fear of loss, fear of growth. Better to stick with the Devil you know. It's as if both partners have made an unspoken agreement 'I won't expect you to look at reality, if you don't expect me to look at reality.'

Naturally the consequences are disastrous. Every relationship should have three elements. Partner one, partner two and reality. Without reality being an active part of their relationship, each person will just go deeper and deeper into illusion. Whenever there is a disagreement, reality should be the final arbiter. Without reality serving as the judge, then the relationship devolves into a contest of who can enforce their delusions the strongest. What's worse is that the result is completely arbitrary. Each person vies for control over the other person, keeping score and plotting their next move.

If you become informed about the technical details of co dependency, you will be shocked to discover how almost all of the relationships you know are co dependent. A genuinely healthy dynamic is hard to come by.

[*Conquering Shame and Co-Dependency – Darlene Lancer*](#)
[*The Dance of Wounded Souls – Robert Burney*](#)

Chapter 10 - Monogamy and Polyamory

Nowhere is the pattern of co-dependency more apparent than the culturally accepted notion of monogamy. Each person feels jealous at the thought that their partner is attracted to other people and so their partner takes responsibility for that emotion and agrees to restrict their actions so that their partner does not feel uncomfortable. Textbook co dependence.

The cultural institution of monogamy is based on a number of flawed assumptions, the first being that monogamy is natural. It isn't. The animal kingdom is filled with monogamous creatures that mate for life. They never cheat on their partners. Humans do it constantly. We aren't hard wired biologically to only mate with one person. If we were, infidelity would never occur. It's obvious.

It's a cultural convention that, for some reason, we feel obligated to repress our biology for. It isn't natural and it isn't healthy. How many people have wasted countless hours of their precious lives feeling guilty over something that they have no reason to feel guilty. You're attracted to more than one person? Of course you are!

You can love more than one parent, more than one friend, more than one of your children. Why on earth do we think that when it comes to romantic love, after one partner your instinct for love just dies out? This belief has caused so much unnecessary suffering. If your partner believes in monogamy, ask them to justify it. Ask them why it is ok for them to expect you to repress what is natural to your biology.

The truth is that your sexuality belongs to you, not to your partner. Sexuality is something you can share with other people but never gift it to them. It pains me to read posts in the DeadBedrooms subreddit where people ask advice about marriages where their partner will not have sex with them. This situation can go on for years and their partner not only won't sleep with them but will get angry if they use pornography or masturbate. By what right can they make these conditions?

Your sexuality belongs to you and you have every right to express it however you want. If you want to watch pornography, go ahead. If you want to hire a hooker, that's your right. If you want sexual relationships with multiple different people, that's your prerogative. Of course your partner has every right to say that if you do those things, they will leave you. That's their freedom of choice but make no mistake about who is at fault in this situation.

You are expressing yourself and exercising your freedom to follow your natural instincts. They are asking to control you and demand that you repress your biology. Your wish is a legitimate one. Theirs is not.

Of course, many other factors do come into play that might legitimately restrict your sexual freedom. You might only have so many GB of data on your internet plan so it is unreasonably selfish to download too much pornography. You might be saving for a holiday so it is unreasonably selfish to spend money on prostitutes. You might have cheated and lied in the past and your partner has legitimate reasons to not trust you with other partners. Here, the issue is not the sex but the dishonesty.

Of course, there are too many people using polyamory as an excuse to avoid issues in their relationships and never get too emotionally close to any one partner. Though you have the freedom to do that, using relationships as a distraction from self growth and healing emotional trauma is not healthy. The best growth happens in a mutual relationship, one that is healthy and honest with a strong commitment to reality. If there is one benefit to monogamous relationships it's that people can focus on one issue at a time. Perhaps it has its place as a temporary measure while people work through their most intense trauma together.

Long term relationships can get stale though and the dynamic changes from fiery passion to the kind of comfort and safety you feel with a close friend. This is fine, let the relationship become this. It's actually a very nice dynamic, so long as its not the only one. Everyone likes to feel young and desirable, with the excitement of a new romance. So keep dating if you like, enjoy that. So long as you're honest about it with other partners, it will only enhance your own self esteem and therefore the relationship.

If you're one of those people who gets stuck on the jealousy part, let me break it down simply. Feeling jealous is not a legitimate reason to control the behaviour of another person. It doesn't matter if it makes you uncomfortable or triggers issues of low self esteem, those are your feelings and it's your duty to sort them out. Insecure people like Hitler and Stalin felt the need to control everything in their environment. People of high self esteem are comfortable letting things unfold naturally.

Most importantly, jealousy can be an important tool in self growth. It can show you exactly where your insecurities lie. This becomes a fantastic opportunity to work on them and become a better person. The basic rule is, when you feel an emotion, look inwards don't act outwards.

I created a [stick figure video](#) that demonstrates exactly how the jealousy dynamic plays out.

[The Ethical Slut – Janet Hardy and Dossie Easton](#)
[More than Two – Franklin Veaux](#)

For an entertaining tv show about polyamory, check out the Showtime Series: [Married and Dating](#).

Chapter 11 - Pornography

There is a strong backlash against pornography at the moment, not from fundamentalist Christians, but from men who want to be motivated and feel that pornography and masturbation prevent them from achievement. While the NoFap movement has its merits, it places the blame in the wrong place. Everything can be bad if used in the wrong way.

You could argue that television does the same thing. It makes people unmotivated. But television isn't to blame, it's the people who use it to avoid their lives. When used properly, many people find television a wonderful way to relax, expand their minds and be entertained through drama and comedy.

People are naturally uncomfortable about their own sexuality so it doesn't take much to convince people that pornography is bad. They simply capitalise on people's inherent feelings of shame and guilt. The truth is that Pornography is a wonderful tool when used properly.

In the olden days, if you wanted to see a naked women performing sexual acts, you usually had to marry her. You might have a few good years, indulging your fantasies but eventually it would wear off. Your wife grows old and unattractive and doesn't want to sexually experiment any more. If she senses that you are extremely keen for sex, she might even exploit your desire and demand things of you.

Pornography is extremely empowering to men. No longer are their sexual desires held hostage by the women in their lives. There are thousands of women on the internet performing all kinds of crazy sexual acts. The modern man has been exposed, through pornography, to such a range of sexuality that only the richest of kings would have had back in medieval days.

You are a sexual being and it is important to explore your sexuality. Finding a partner who you can explore this with can be extremely difficult and often impossible, particularly if you discover your sexual preferences involve multiple people or far out situations. However, with pornography, your sexuality cannot be held hostage by another person. You are in control. You are in charge. How marvellous!

It is possible to misuse pornography. Like any addiction, you can use it to avoid your problems. When watching pornography and getting aroused, there is the promise of impending satisfaction. You get more and more excited, feeling inside your body that some release is coming that will fill you with peace. Then, after you ejaculate, there is no peace. The promise was not fulfilled. You feel more miserable than ever. If this describes you, maybe lay off the porn for a while.

The problem isn't the porn. It's you. You're unhappy so you're seeking an escape. Find out what you're seeking an escape from. See a counsellor, read some books on self esteem. Do the hard work. Don't abuse your sexuality and ride the highs of ejaculation. It's a downward spiral.

However, if you are someone who is fundamentally a happy guy, with lots of self esteem and a rock solid commitment to growth and self work, then pornography is nothing to be afraid of. It is another tool for self discovery.

Some people might argue that pornography isn't real, that it's a fantasy. Of course it is. What's real are the feelings it generates inside of you. Your arousal is real. This is what pornography is useful for. To this end, don't always watch pornography with the intention of ejaculating. While sometimes a quick release can be useful if you want to relax or just have some fun, you can learn a lot more about your sexuality by watching pornography and not touching yourself.

Feel how the sexual energy moves through your body. Feel the intensity of your desire. See how long you can stand it. As you know, people who are needy and lack self control aren't enjoyable to be around. To be a master of your own sexuality doesn't mean following and indulging every desire that washes through you. It also doesn't mean repressing your sexuality and never exposing yourself to sexual stimuli.

It means feeling your sexual arousal and not acting on it. See how long you can stand being at the height of your arousal and not seeking release. Use it to explore and discover what you find sexually appealing and why. Learn to understand and control your sexuality, don't be controlled by it.

Check out these great articles about Pornography from Michael Bader.

[Is Pornography really Harmful?](#)

[The Great Porn Misunderstanding.](#)

Chapter 12 - Sexual Fantasy

On the whole, people don't understand their own sexuality. Perhaps they think a detailed analysis will compromise their enjoyment. More often, they don't want to look too deep in case they find proof that they are perverted, that their sexuality is strange and bizarre and indicative of an unhealthy psychology.

The result is that people walk around carrying a huge amount of shame, feeling that their sexuality is some kind of sickness. Despite the fact that they feel sexual all of the time, to varying degrees, it is never anything to be spoken about. Instead it is furtively hidden, never to be publicly acknowledged, tucked away like a guilty little secret. Perhaps we have sex every now and then and maybe even enjoy it. It is unlikely that we ever share our deepest fantasies with our partner though. We are too embarrassed to share that we want anal sex, foot fetish things, to tie them up and call them a dirty whore.

There is so much unnecessary suffering surrounding the misunderstanding of sexual fantasy. Whatever your sexual fantasies are, it does not mean that you are a creep or a pervert, no matter how bizarre they are. Our sexual fantasies have only one purpose. To make us feel safe.

Sexual arousal is not possible when we feel unsafe or in danger. Sex is a celebration, something to indulge in when conditions are perfect and everything is going well. You could even go so far as to say sexual arousal is the natural consequence of feeling completely safe. I don't mean in safe the conventional, physical sense, like being locked away in a bomb proof bunker with armed guards protecting you. I mean safe in the psychological sense.

Let's look at some of the most common pathogenic beliefs men have surrounding their sexuality.

My sexuality is wrong and sinful
I am sexually undesirable
Being sexual is selfish
My sexual fantasies are perverse
Getting too close to a woman will threaten my masculinity
My sexuality is too strong for my partner to handle
Women don't like sex
It is wrong to view women as sex objects

All of these beliefs have the effect of making the believer feel psychologically unsafe. How can you let go and surrender to your basic sexual instincts if you believe that doing so is perverse, selfish and misogynistic? This is where fantasy comes in. Your fantasy will be a scenario that perfectly disproves your pathogenic beliefs, making you feel safe and allowing you to become aroused? This is why we have sexual fantasies. To make us feel safe.

For example, you might carry a deep fear that it is wrong to objectify women and view them as sexual objects. In your fantasies, the women will love to be used as sex objects.

They beg for anal sex, face fucking and other objectifying acts. What's more, they absolutely love it. Your fantasy girls prove to you that your deepest sexual desire, to reduce women to a sexual plaything, is exactly what they want too! Their enjoyment makes you feel safe and therefore aroused.

Perhaps you fear that your masculinity is too strong and your sexuality too selfish. In this case, you might have fantasies of completely submissive women who beg to be tied up, spanked and otherwise completely in your control. You are free to completely indulge your selfish, masculine sexuality because your fantasy girls love it! It might also work the other way. You are so frightened of overwhelming women with your masculinity that you beg to be tied up and made submissive. When you have no power in the situation, you are completely assured that you cannot hurt your sexual partner. You now feel safe and can become aroused.

Perhaps you feel so sexually undesirable that you enjoy a cuckold fantasy where the presence of another stronger, more virile man reassures you that your partner is being satisfied. Then you are safe to be aroused. Or perhaps you fantasise about completely anonymous sex where your partner is blindfolded and cannot see you. If she cannot see how physically unattractive you are, she won't flee from your touch and you will feel safe to become aroused. Or it could be something completely different. Perhaps you enjoy blindfolding your partner because you fear that women resent male power but seeing a woman willingly surrender her sight to your control is a powerful symbol of her consent to your dominance.

The specifics are unimportant. What you need to know is that every sexual fantasy, every kink, every fetish works exactly the same way. They are designed to make you feel safe. Exactly what makes you feel safe depends on what pathogenic beliefs you have adopted and what traumas you have experienced in your life. Nowhere is this more prevalent than in the area of sexual trauma.

For someone who has been raped or sexually abused as a child, their fantasy life can be extremely confusing. Why is it that something that was so traumatic features so heavily in their fantasy life? It is precisely because it is within the safe world of fantasy that these events continue to come up. Imagine being overpowered and taken advantage of sexually without your consent. You would feel extremely frightened and unsafe.

However, in the safety of your imagination, you can imagine the same situation occurring again. The difference is that, because the event is only existing in your fantasy, you are in control and can stop it at any time. This is how the mind tries to heal, to create safety. It recreates the same situation so you re experience the event from a more empowered place.

This topic is complex and if you want to go deeper, I highly recommend the books by Michael Bader. Reading them will give you complete insight into the psychology of sexual fantasies and remove any shame you may be feeling surrounding your sexuality.

[Arousal: The Secret Logic of Sexual Fantasies – Michael Bader](#)
[Male Sexuality: Why Women don't Understand it and Men don't either – Michael Bader](#)

Chapter 13 - Sexual Preferences

Just as many people are scared that the content of their sexual fantasies makes them creeps or perverts simply because of a lack of understanding, there is a similar amount of unnecessary suffering when it comes to people's sexual preferences. You might like short girls, fat girls, Asian girls, pretty girls etc. Most people have some kind of preference that is purely physical, that has nothing to do with a girl's personality. From this, most people conclude that they are shallow and superficial.

After all, aren't we taught in this culture that you should value a woman beyond her appearance? If you judge a woman to be desirable simply because of her appearance, isn't that incontrovertible proof of your superficiality? The answer is no. The truth is that we interpret someone's looks symbolically and attach psychological significance to their appearance.

It is no secret that not many men are attracted to overweight women. This lack of attraction goes far deeper than the physical. On a psychological level, we symbolically interpret excess weight to signify laziness, bad health, low self esteem and depression. These are hardly the traits that men look for in a partner.

What is psychologically attractive to men is health, kindness, intelligence, high self esteem, friendliness. What kind of appearance best symbolises these traits? Young beautiful women. Men see a gorgeous 21 year old girl, smiling radiantly and imagine her soul to be just as bright. Men love young women because they imagine them to be open minded, non-judgemental, adventurous and fun. So different from the bitterness of older ladies who are worn down by the harsh experiences of life.

Of course, it is rare that our expectations of what someone's personality will be like actually matches reality. Perhaps you have had the experience of interacting with a beautiful girl who in your imagination was warm, friendly and cheerful only to find her antagonistic and bitchy. At this discovery, your attraction fades, proving that it was psychology that was guiding your attraction.

Alternatively, you might have pre judged a homely looking girl, only to discover upon talking with her that she was bubbly and fun, psychological characteristics that you value highly. Despite not thinking she was physically attractive initially, you begin to become aroused in her presence and start finding things about her looks that you appreciate. Never forget, the brain is the biggest sexual organ in the body.

Some men exclusively date particular ethnicities because of the symbolic significance they have attached to that ethnicity. One man might prefer to date Asian women because they symbolise kindness, submission and intelligence. Another man might prefer to date African girls because his mind symbolically interprets that ethnicity to have wild and free attitude towards sex. Another man might only date Caucasian women because to him they symbolise wealth, success and popularity.

These are the minds most basic assumptions. They are not always rational but having preferences about appearance does not mean that you are shallow, only interested in looks. It is fascinating to explore and discover why you like a certain type of

appearance, what it reveals about you psychologically. Forget all this nonsense about men being superficial. It's a lie that has the effect of shaming men's sexuality so that it can be exploited.

Michael Bader's work also covers this area.

I have created a video that demonstrates the psychology of sexual preferences using [stick figure animations](#).

Chapter 14 - Paedophilia

Arguably the most controversial topic to discuss in today's society is paedophilia. The prevailing narrative is that paedophiles are monsters, not really human and they deserve massive condemnation. Any attempt to explore or understand this phenomenon is being a paedophile apologist and makes you equally deserving of condemnation.

Let's start off this discussion by making a clear and unequivocal statement. Sex without consent is morally heinous and never appropriate. It deserves moral and legal condemnation. Children are too young to give consent and therefore any kind of sexual interaction with a child is wrong.

I have heard rumours that there are some paedophiles who claim that sex with a child can be beneficial for the child. This claim is absolutely appalling. They are simply projecting their own desires onto children. The damage caused to victims of paedophiles is massive and has a huge and negative impact on the rest of their life. However, this makes the need to understand the phenomenon of paedophilia that much more important.

The first thing to understand is that most paedophiles were themselves victims of childhood sexual abuse. Though many children can have feelings that are vaguely sexual, it is not until puberty that these feelings mature and can accurately be identified as sexual. For someone who was forced into sexual situations before puberty, their sexuality was prematurely awakened. For many paedophiles, their attraction to children is the mind's way of trying to recreate what occurred to them in a way that is safe. Many paedophiles were themselves victims.

The second thing to understand is that having thoughts of sexual attraction to children does not mean that you will act upon them. A large percentage of people who have sexual attraction to children understand that acting upon their desires is morally wrong and have no intention to do so. These are called non-offending paedophiles.

The third thing to understand is the difference between exclusive and non exclusive paedophiles. An exclusive paedophile is someone who is only attracted to children. A non exclusive paedophile is someone who is attracted to children and adults. Just because someone does have an attraction to children, does not mean that they are void of the regular sexual preferences and feelings that most adults have.

The fourth thing to understand is that a lot of cases of child sexual abuse were not committed by a paedophile. Often the abuser is a member of the family, someone related to the child. They might not have an attraction to children but the child is vulnerable to their sexual advances because of the power imbalance and authority the adult has. This could be termed opportunistic paedophilia but it does not necessarily indicate that the person has a genuine sexual attraction to children.

The fifth thing to understand is that having sexual fantasies about children is not a crime, yet. In the same way that we don't arrest someone for fantasising about murdering someone or stealing millions of dollars, without an identifiable victim, our

system does not arrest people for the thoughts they have. Thought crime is a hallmark of the totalitarian society like that of George Orwell's 1984. As uncomfortable as we are with people around us having these kinds of thoughts, the right to privately engage in fantasy so long as no one is harmed, is an important right to uphold.

Society is too emotional to look at the issue objectively and rationally. The jail sentences for the possession of child pornography can be in the decades, equivalent to murder convictions. Though instances of child sexual abuse can have a horrific impact on the development of a child, many psychologists will tell you that physical and psychological abuse can be just as damaging, sometimes even more so. Yet, many parents routinely abuse their children with cruel psychological manipulation without any fear of repercussions.

There is something suspicious about society's hysteria about paedophiles. Why does society revolt so violently against this phenomena and allow other injustices to essentially go unnoticed. One explanation is that society overly idealises the purity of childhood. We project all of our own goodness and innocence onto children so when they are taken advantage of, it is as if someone has abused the innocence inside ourselves. We forget that as beautiful as children can be, they can also be selfish, mean spirited and lazy.

The point is that collectively, society has an idealised image of childhood that each person forms from a projection of their own virtues. Very few people actually go through the difficulty and emotional pain of confronting their internal demons and looking at the pain they experienced in childhood. All of that unexpressed pain gets thrown at paedophiles who symbolise the corrupter of youth and innocence within themselves.

Another possible explanation is that the phenomenon of paedophilia is far more common than we are willing to admit and societies extreme condemnation of paedophiles is a projection of their own unexpressed desires. Just as the most fervent condemnation of homosexuality came from those repressing their own homosexual desires, perhaps we are witnessing the same thing today with paedophilia?

Could it be that those who scream loudest condemning paedophilia are struggling to repress their own paedophilic desires? Lastly, it could all just be virtue signalling, demonstrating how moral you are by the strength of your condemnation of an agreed upon evil.

It is essential to understand exactly what we mean by paedophilia here. Though in the common vernacular, the term paedophilia means an attraction to someone under the age of 18, the technical definitions are more detailed. In fact, it can be broken into these categories.

Paedophilia – Attraction to pre pubescent children

Hebephilia – Attraction to age 11-14

Ephebephilia – Attraction to age 15-19

As we already stated, those who are genuine paedophiles and attracted to very young children have often had their sexuality awakened prematurely through being the victim

of child sexual abuse. Sexual maturation occurs naturally at puberty, typically around the age of 11-12.

As a 12 year old boy going through puberty, it is natural to start having sexual feelings for the 12 year old girls around you. Even though your sexual tastes mature and you start desiring older women, your brain never forgets that period in your life when you associated your sexuality with girls of that age. What typically happens is that your feelings of sexuality are replaced with another instinct, one to protect and nurture.

When an older man sees a young teenage girl, his first thought isn't to sexualise her, but to use his masculinity to protect and nurture her. That isn't to say his mind isn't capable of viewing young teenage girls as sexual beings. After all, he viewed them sexually at one point in his life and it was completely normal and natural then. The brain never really forgets, it's tastes just mature and develop. It doesn't mean that he is a monster or that he was the victim of child sexual abuse.

Historically speaking, societies have always viewed Hebephilia as normal. Young teenage girls were considered in their prime for marriage and motherhood and biologically speaking, this is correct. Culturally speaking though, in modern times we recognise that a certain level of maturity is necessary for these things and young teenage girls are not ready. There is also such a power imbalance with a young teenager and an adult that the question of consent becomes difficult.

Few people would argue that the cultural developments in this area are a bad thing. Age of consent laws are an important protection against adults taking advantage of teenagers who lack the wisdom and experience to navigate these areas with confidence and independence. Though some industries, like the fashion industry, have no issue with sexualising teenagers for profit, mostly our society frowns upon the sexualisation of teenagers and this too is a positive thing. The potential for exploitation is too great.

That said, if you find yourself anxious and scared that you might be a paedophile simply because you find yourself attracted to teenagers, relax. It's not something you want to fixate upon because it's not something you should ever act upon but generally speaking, it's normal. It's in your biology.

There is also the larger issues of how paedophile hysteria is translating into a greater war against men. Measures that don't allow single men to be in parks or work with young children in schools are part of slow advance to condemning all men as guilty until proven innocent. This issue still has a long way to play out but many signs indicate that the issue of paedophilia will be used as a justification to restrict the rights of men.

The film is a little strange but is is very hard to find information on this topic because of people's highly emotional response but if you want to find out more, check out the documentary: [Are all Men Paedophiles](#).

This article is also very good: [You're 16 and you're a Paedophile. You don't want to hurt anyone. What do you do?](#)

Chapter 15 - Ejaculation

This is a tough issue to find good information on. Like all things to do with sexuality, you have to navigate through layers of shame and guilt and also struggle with outrageous claims made by people out to exploit sexuality to make money.

The NoFap movement makes valid points, saying that excessive masturbation makes you lazy and complacent. They say that your sexual energy is your life force and that if you want to get in to the world and achieve things then cease masturbation and you'll find you have more energy and motivation. This is essentially true.

The real question is, how important is achievement to you? You could never ejaculate, ever, and just run around all day achieving things and making improvements to your life. If that's what you want, to work for maximum efficiency, then it's worth giving it a try. If you've never tested it out before, it is definitely worth giving it a shot. Try not masturbating for a month and see how it effects you. Perhaps you'll like it.

Perhaps though, achievement is not as important as simply enjoying your life and being peaceful. In that case, ejaculating and letting out some of your energy a few times a week works best for you. It keeps you calm and relaxed. Both are fine, it depends on where your priorities lie.

If this is something you've explored before, you may have come across books about tantra or holding your semen. You may have even been told that it is possible for men to have multiple orgasms. There is literature that even says the height of male pleasure is not found through stimulation of the penis but inside your anus. It is very difficult to find reliable information on this topic. The most valuable data you'll find is your own experience.

The basic method is that there is a muscle that you can squeeze during your orgasm that will prevent any semen from coming out. You should spend time during each day exercising this muscle and building its strength. If you do this, your orgasm will not be as intense but it will last longer and not be confined to your genitals. It will spread throughout your body.

The most important thing is that you won't experience the post orgasm crash, that feeling of depression and low energy that comes after ejaculation. You can use that saved energy to complete regular tasks or have another orgasm quite soon. It does take practice though so don't expect results straight away.

When it comes to having multiple orgasms and utilising tantric energy, it is worthwhile being sceptical. A lot of people are dissatisfied with their sex lives and people making outrageous claims are often just interested in selling you something because you're desperate.

That said, the techniques around controlling your orgasm and saving your seed go back to ancient spiritual practices and undoubtedly can have some profound effect on your sexual experience. If it's something you want to find out more about, then do some experimentation. Trust your own experience and what works well for you.

I haven't included any homework or reading list for this chapter because I have not found any source I feel I can completely endorse on this subject. You will have to do your own research, sorry.

Chapter 16 - Sex robots

Though it isn't acknowledged often, most people are completely preoccupied with sex. For men especially, it's on their mind constantly and there is a constant drive to seek sexual satisfaction. It is no surprise that with each new technological advance, there is a clamour to see its application to the realm of sexual desire.

Though it may be years before it becomes mainstream, pornography will increasingly become the domain of virtual reality. More dating apps will appear that focus on casual hookups and no strings attached sex. Arguably though, the technology that will change the sexual landscape more than anything will be the arrival of sophisticated sex robots.

Artificial intelligence and robotics are improving every year. Though the initial prototypes available on the market now may seem cumbersome compared to the high tech sci fi we have seen in hollywood movies, it is only a matter of time before the distinction between a real human partner and a sex robot becomes negligible.

Imagine a lover who is a perfect 10, with exactly the features you desire. They long to please you sexually and beg to fulfil your every fantasy. They never complain, never say no and never shame you for your desires. They are the perfect companion except for one thing. They're not real.

This is what we are set to find out. What would people prefer? A life of reality with imperfect partners or a life of fantasy with an ideal. No doubt about it, this will become a controversial topic. Flocks of men who don't want to bother with the complications of a real women will buy sex robots who look 18 and meet all of their needs. Others will see it as an opportunity to demonstrate their white knight capabilities and actively condemn these robots, hoping women will appreciate their moral stance and reward them with sex.

Women too could become outraged. There will be claims that such robots objectify women and that using them is patriarchal misogyny. Debates will be heard, campaigns to ban them, the whole works. There will even be ethical questions raised about rights an artificial intelligence should have. It is impossible to know where society will fall on this issue. Whether they become mainstream or kept as a dirty little secret is hard to say.

What's most exciting though, is that it will force us to examine what exact value there is in having a real life romantic partner. Many within the Red Pill community claim that the only thing women have to offer men is sex, that women use the male desire for sexual gratification to exploit resources from them. What will happen if real women were no longer needed to gratify male sexual desire?

Some people will question whether the topic of sex robots really warrants an entire chapter by itself. They fail to appreciate just how important the male desire for sex is in contributing to our current social paradigm. In the realms of dating and relationships, women are in control because they are the gatekeepers of sex. It's simple supply and demand. Women are more valuable because there is so much demand from men and they are in charge of the supply.

Perhaps now it is clearer why sex robots are going to be so important in the future. It removes the supply from women, essentially taking away their power. The value of sex from a woman will go down significantly and this will decrease their bargaining power. This is a positive thing because the focus will shift away from sex and the other things men and women can offer each other will be highlighted. Companionship, support, kindness and mutual growth. With the issue of sexual gratification essentially dealt with, we can move on to other things.

What's more, we will likely see a huge decrease in male initiated sexual crimes. Rape, paedophilia and even violence motivated by sexual frustration will all drop significantly. Men will perpetrate far fewer crimes and will essentially 'bother' women far less. For the feminists, this should be a huge victory, something to be celebrated. Finally a practical solution that will meet men's needs in such a way that doesn't negatively impact on women. Strangely enough, I doubt that sex robots will be seen as a positive by 3rd wave feminism.

Check out this [great documentary](#) to see where the technology for sex robots is currently.

Chapter 17 - Parenting

The first and most important question to ask with regards to parenting is, why do you want to become a parent? As with most choices in life, it is your motivation that reveals whether it is a good decision or not.

One of the worst reasons to have children is because you think it will enhance your relationship. If you aren't getting on well with your partner, having a child will not help things, it will make things a lot worse. A child brings extra responsibilities, extra stress and a greater financial burden. Having children is only something you should consider if you and your partner are emotionally well adjusted individuals who have a long history of getting on well with each other.

Another terrible reason is so that you can fulfil an agenda by bringing up a child in a very specific way. One of the worst ways people attempt to deal with the unexpressed trauma of their own childhoods is to have children. They have a very specific idea of how their child should be raised and what kind of a person that child should be. It doesn't take a genius to realise that someone with this motivation for being a parent can quickly become abusive.

One of the most important realisations you have after reading the works of child psychologist Alice Miller is that any emotional wounds you have not dealt with will likely be passed on to your children. If you were routinely subject to verbal abuse as a child and you have never had the courage to acknowledge this fact and work through the emotional pain, there is a high chance that you will repeat this pattern and visit this same abuse upon your child. It all happens unconsciously without your realisation. How could you realise? You never took the time to examine your own childhood. The sins of the father are visited upon the son. Until someone has the courage to break this cycle, it will continue on through the generations.

Becoming a parent can also just be a cop-out, the choice of someone who feels pressured to make something of themselves but doesn't feel capable of doing so. Perhaps they would like to be an inventor, an artist or an entrepreneur but they lack the self esteem to go after their dreams. How do they avoid feeling like a failure in the eyes of society? Have children.

Becoming a parent is one of the easiest ways to gain societies' acceptance. It is a socially approved of role that everyone understands and appreciates. What's more, it is accessible to everyone. While some positions in society may require years of hard work and effort, as well as a developed talent and intelligence, the only thing required to have children is working genitals. Girls who become pregnant at a very early age often have this motivation, to escape the pressures of societal expectations and retreat into the safety of this socially accepted role.

Having children is also a solid method of diverting attention away from yourself. You've probably noticed that people often enquire about the health and activities of children, much more so than the adult. If you dislike having the attention because of low self esteem or just general shyness, having children is a great way of removing attention from yourself. Your identity is now tied to your children. In fact, for new

mothers, asking questions about them is so unexpected, they aren't sure how to respond. In every conversation now, it is expected that people will speak exclusively about the baby.

It is also a great distraction. The increased responsibility that comes from parenthood means there is little time to focus on yourself. If you were already uncomfortable about how much free time you had for all those unpleasant thoughts and emotions to plague you, a newborn baby is a godsend. Who has time to work through emotional issues and old traumas when there is a young child to be taken care of.

In fact, your new responsibilities prove that you are someone of importance. There is a human life dependent upon you. In conventional morality, nothing gives more justification for your existence than your need to protect another human life. It is a powerful antidote to existential angst. You are real. You are important because someone depends upon you. It is the same motivation that causes a businessman to go over the top. The false reasoning says, the more responsibilities I have, the more I am convinced that I am someone important.

The correct time to have children is when you are feeling whole and comfortable inside yourself, when you have no major problems plaguing your life. Your self esteem is solid, you trust your partner and you are financially well off. Having a child in these circumstances will be a joy. Watching a new life unfold in front of you, facilitating all these beautiful experiences will bring you incredible happiness. Because you have no personal agenda to project onto the child, you will give them space and freedom to become the person they want to be. Lucky you!

Just be sure not to have children if doing so will prevent you from seeking your dreams and achieving your own personal goals. If you do have children in these circumstances, you will likely resent the child for taking up your time and killing your chance to follow your dreams. This is not a fair emotional burden to lay upon a child. Clean your slate before having children or make sure that the two can realistically coexist. That's what's fair to both of you.

If you decide to have children, my recommendation is to not read too many parenting books. You don't want a system of parenting but an anti system, something that can change and evolve to meet the needs of your child at that moment.

If you want to find out more about the dangers of having children before you are emotionally ready, read the books of [Alice Miller](#).

Chapter 18 - Education

If you do have children or are planning on having children, there is an important truth you need to swallow. The education system sucks. Much like everything the government does, the education system puts out a bad product and because of their monopoly, there is very little you can do about it.

If you care about your children's learning, the best thing you can do is be a good parent and take an active role in instructing your child. Don't leave it up to some badly paid stranger to educate your child. In the public system, they aren't even answerable to you, only to some faceless bureaucracy. Only if your economic situation is truly desperate should you consider sending your child to a public school. It is worth waiting a few years and saving the money for private education before you have children.

If money is really tight, then consider home schooling. It's not illegal, yet, and is a much more efficient way of teaching your child. It will require a large commitment on your behalf and is a lot of responsibility, but so is parenting. The best thing about home schooling is that you can really teach to your child's strengths and move at a pace that is individual to them.

In the classroom, the teacher may spend months slowly going through a concept so that the slower children can learn it. The intelligent child may have grasped it within minutes but has to suffer through endless hours of boredom. With home schooling, you can move onto the next concept or just enjoy some leisure or artistic time.

The biggest hurdle facing parents who choose to home school is finding social engagements for their children. Being isolated at home is not good for a developing mind. They need to interact with other children. You will have to be proactive in taking your child to sports and artistic activities. Ideally, meet up multiple times a week with other home schooling families.

It sounds good in theory but in practice, it requires a huge amount of dedication to do home schooling correctly. When it is done badly, the consequences are disastrous. Be honest with yourself. Do you have the patience and skill set necessary to meet all of your child's intellectual curiosities? Very few parents do and that's ok. Let's look at private education.

There are a large number of independent private schools throughout the western world. They each have their own philosophy and often a unique curriculum too. Go to an open day, ask as many questions as you can. Make sure you are on board with the school ethos. Parents and teachers should ideally be allies in their child's education.

No matter what the school, or the system, the most important aspect is the teacher. Schools will deny this but it's basically common sense. Your child's teacher is an important authority to them, the gate keeper of all knowledge and a role model. If they are unintelligent, lazy and unmotivated then your child's education will suffer. Some people enter into the field of education and become teachers simply because they enjoy exercising authority over people. These power hungry dictators are dangerous and

need to be avoided. If you suspect your child's teacher is one of these individuals, pull your child out immediately.

Ideally you want a teacher who is young, at least in spirit, intelligent and relatable. It is important that your child likes them but even more important that they respect them. When your child has complete trust in the teacher, learning will be fun and effortless. School can be a very positive experience for them. Making sure your child has a good teacher is the most important step in securing a good education for your child.

The only system where this is not so important is in Montessori Education. Maria Montessori was an incredible woman with a fierce commitment to reality and a keen intelligence that she applied to educating children. In Montessori schools, the classrooms are laid out with self learning materials. The children pick what learning they would like to do and choose the appropriate materials. They learn at the own pace and every curriculum is individualised. It is remarkably efficient.

Because the students learn independently, the teacher is not so important. The technical term for a Montessori teacher is a director, one who guides the students to do their own learning. Typically children who attend Montessori schools are intelligent, motivated and highly independent. They have been responsible for their own education and have the necessary self esteem to go out and create the lives they want for themselves. It is a wonderful system.

In case Montessori schools seem too academic, check out Waldorf Education. There, the focus is more on emotional and creative intelligence and helping the children develop a sense of beauty and wonder. It is a very practical system where the children get hands on with art, music, gardening, drama and craft. The teacher stays with the children throughout their entire school lives, guiding them to express themselves creatively.

Typically children who have been through Waldorf Education are creative, kind and independent. Their inner worlds have been carefully nurtured and they see the world as an opportunity to express beauty. Much of the content is taught orally, with the teacher telling stories and recounting historical tales. The students create their own textbooks, writing imaginative stories and illustrating the pages themselves.

The choice of Montessori, Steiner or any other system you come across will really depend on your personal preferences, what makes sense to you. Remember though, how your child turns out has far more to do with what kind of a parent you are than what school system you choose.

[Montessori: The Science Behind the Genius – Angeline Lillard](#)
[School as a Journey: Torin Finser](#)

For a really far out there school with some incredible results, watch this [short documentary](#).

Chapter 19 - Self Sufficiency

I have read that the ultimate form of MGTOW is to go completely off grid, settle on a small plot of land and be self sufficient. Raising animals and growing vegetables, ideally even supplying your own electricity. The idea is not new of course, many hippies from the 60's onwards have been inspired to go back to the land, grow their own food and live in close communion with nature.

There is a lot to be said for this choice. Exposure to nature is wonderful for mental health. It could be as small as an afternoon picnic in the park, or a 3 month hiking trip through the mountains. Any exposure to nature speaks to the deepest part of ourselves and can be inspirational. For some people, the stresses of modern life can be so overwhelming that they dream about a time before sky scrapers, cars and computers. A time when their day to day tasks have a practical and immediate relevance.

Even if this is not your fantasy, if you are engaged in self improvement and surround yourself with others with similar priorities, you are likely to encounter people who claim this sort of lifestyle is the ideal solution. They are not wrong, per se, it's just that it is not a universal solution. In fact, this sort of lifestyle will only be suitable for a small percentage of the population.

Without a doubt, if you are stuck in an office job performing meaningless tasks that seem completely disconnected from the food you eat that evening, then working with your hands and solving practical problems of farming can sound very appealing. Indeed, the science of permaculture is fascinating and for an enquiring mind, can be an incredibly fulfilling experience.

But before you sell your inner city apartment and buy a mud hut with 5 acres attached, ask yourself if that lifestyle really suits your temperament. Are you a keen and enthusiastic gardener? Do you have experience and skill with tools? Are you happy to live more isolated and less social? Are you a practical minded person or do you prefer challenges that are more creative or intellectually focused?

I ask you to put these questions to yourself because there is a very real danger of overly romanticising the self sufficient lifestyle. It might be everything you dreamed it would be. More often, it is far more difficult than you imagine and far less satisfying as well. As we search for answers there is always the danger to swing from extreme to extreme.

It might be safest to experiment with something small in scale. Keep a few chickens for the eggs or grow a small vegetable plot. Expand into self sufficiency in small steps until you find the level that is right for you. It may well be that it's not self sufficiency you are looking for but a greater exposure to nature. In particular, children who grow up with forests and fields to explore have vastly more interesting childhoods. If you have children, you might consider moving to a small town or simply taking more unstructured holidays, camping and hiking etc.

For advice that is practical and entertaining on self sufficiency, check out [Jason Akers](#).

Although it is pretty out there, if you feel a strong/spiritual desire to live close to the land you might want to check out the [Ringling Cedars of Russia](#) series.

I warn you though, they are very different from other books...

Chapter 20 - Drugs

Don't do drugs. What will follow is a list of reasons why drugs are not a good idea.

Health reasons. Some drugs are reasonably benign in their health affects while others are devastating. You have to think long term. You will live in your body for many decades. How much is a short term high really worth if it messes you up in the long term? A brief hit of dopamine or serotonin isn't worth depleting these chemicals in the long term. Some drugs can seriously screw with your brain functionality and your memory.

You are risking addiction. Even with drugs that seem mild, like marijuana or pharmaceuticals, you always run the risk of getting yourself addicted. This is a disaster. The drug will become the most important thing in your life and you will struggle to remember what normal felt like. Getting out of a spiral of addiction is possible. People do it every day. But it is very hard work and will be extremely taxing, on body and soul. As with health, prevention is the best cure. Don't even start. I would argue that this goes for alcohol, cigarettes and coffee too. Just don't even get started with them.

Money. If you are feeding a drug addiction or even just using them recreationally, it will be a significant drain on your wallet. Most drug users would be appalled if they tallied up how much their habit cost them in a year. That money could have been spent on so many other things, or better yet, you could work less and give yourself the precious gift of free time.

What you are really doing with drugs is concentrating the positive feelings into a short time. Not only is the come down really unpleasant but it decreases your ability to enjoy other things. For the man who never touches drugs, fishing in the evening time at a small lake will be a very pleasurable experience. He will notice and appreciate the ripples in the water, the cool breeze, the silent atmosphere. For the man who is frequently on drugs, he won't be able to relax and enjoy any of these things. His brain wants another hit and that's all he can focus on.

If you have done your research, you may have discovered that psychedelics are not the same as other recreational drugs. Many of them were used by Shamanic societies to gain insight into the mysteries of life and death. They were medicine. Currently there is a large tourist trade of westerners who visit South America and take part in Ayahuasca ceremonies so they can understand the nature of reality.

There is undoubtedly value in the insights gained from these ceremonies. Many who embark on the path to spiritual enlightenment first awaken to the possibility from an experience on psychedelic drugs. However, it is still not advisable to use these substances. Some people have amazing experiences. Some people do not. Obviously there can never be a one-size-fits-all policy on this sort of thing, you will have to decide for yourself what is right for you.

Personally though, I would advise caution. Just keep learning about reality and yourself at a pace that's comfortable for you. Be aware of whether you are really

looking for a deeper experience of reality or just an escape? On the whole, an hour long session with a therapist should yield more consistent results than an hour on drugs.

If you are suffering from addiction and want to get off, seek professional help. It will be a lot easier to kick the habit with the support of others. For a great book on addiction, check out:

[*Addiction and Grace – Gerald May*](#)

For more information on the spiritual application of psychedelic substances, check out:

[*Sacred Vine of Spirits: Ralph Metzner*](#)

Chapter 21 - Enlightenment

Right now, as you are reading this, there are hundreds of thousands of monks across the globe training to attain enlightenment. I'm curious, what do you think of these people and what they are attempting to do? Do you think they are crazy? Do you think they are foolish? Do you think they're wasting their time? Do you think they are engaging in a noble pursuit?

What do you think of their teachers? Those instructing them in the disciplines of enlightenment, meditation, yoga, kung fu etc... Are they wise men or are they frauds?

Then ask yourself, how much information do I really have on the subject? Is my opinion well informed? Have I spent sufficient time in independent research to justify my opinion? Have I spoken with these teachers? Have I tried their methods? Whether you believe enlightenment is real, impossible or whatever, do you have enough information to make that call?

Perhaps you think it is unimportant. That even if enlightenment is real, it has no relevance to your life. Perhaps you're right but it will depend on what you want from life. If it is your goal to know reality, is the phenomenon of enlightenment really something you can ignore?

The monks of Buddhism, Hinduism and Taoism train for years to see as deep into reality as they can. They describe experiences where they realise their true identity is the whole universe, the infinite awareness behind all things. The enlightened masters have moved outside of death, outside of time. They describe an inner peace that worldly concerns cannot disturb. They describe a joy, an ecstasy and a complete union with all things. They describe the end of suffering, the end of desire and the end of fear.

These claims have been verified by thousands of individuals throughout the years who have attained enlightenment. So long as you don't rush to premature judgement, you will realise that what they have said is important. For thousands of years they have told us that it is possible to break free from the illusion of separation and permanently end our suffering. That's the sort of thing that should make you take notice.

The wisdom and teachings of Enlightenment are vast and extremely wise. There is far too much information on the subject than I could realistically cover here. My goal is to make you aware and to invite you to consider where the phenomenon of enlightenment exists in your map of reality.

Though I don't know what your thoughts on the subject are, I can practically guarantee that whatever you think enlightenment is, it is something different. Whatever you assume monks do and what happens at a monastery, it is something different.

And now the question, if there is so much bliss and understanding that comes from enlightenment, why do so few people work to attain it? The truth is that the path of enlightenment, when done sincerely, will ask you to completely surrender. In order to reach this stage you will have had to work through all of your fears and attachments. This can take years and according to the Hindus and Buddhists, potentially lifetimes.

You may have already embarked on your first steps towards complete enlightenment. Every fear you overcome brings you closer. While you may start off in the therapist's office, don't be surprised if you end up in a monastery.

Of course enlightenment is not the end, but truly the beginning. The beginning of a life free from illusion, suffering and fear. In truth, it is when you can truly begin to live. A monastery is rarely a permanent resting place. More often it is a temporary training ground, existing to help you attain enlightenment only to release you back into the world.

I will not say too much more on the matter. I will leave it to your own research. One word of caution. Do not project Christian morality onto the path of enlightenment. All paths are accepted. If you are not pursuing enlightenment, there is nothing to feel guilty about. I advise you to investigate enlightenment, not because it is something you SHOULD do but because it is something you might like to do.

For total beginners, check out:

[The Power of Now – Eckhart Tolle](#)
[A New Earth – Eckhart Tolle](#)

For people wanting to go deeper, look at [Osho](#), [Alan Watts](#) and [Ram Dass](#).

I wouldn't endorse all of the content but I have found some of the videos on the YouTube Channel [Actualized.org](#) useful too.

Epilogue

So there you have it, the Red Pill Galaxy. Of course, this short book does not cover every sphere of life. There are many more stars in the galaxy to explore.

Perhaps a lot of this material was already familiar to you and there are only a few areas you need to do more research into. Perhaps everything in this book was completely new to you and you now have a curriculum that will guide your study for months or even years.

Wherever you are on your journey, I wish you luck and hope that this book has served its purpose well. I hope you can use this as a map and guide, helping you move where you want to go. It's a big universe out there and taking the Red Pill means tumbling down the rabbit hole until you have seen the deepest parts of reality.

When you get there, all of your brothers will be waiting to welcome you. I look forward to it.

Alexander Grace

If you are not satisfied with this product and would like to be refunded, please visit my [YouTube Channel](#) and send me a private message with the following information.

Name
Email address (the one connected to your paypal account)
Date of purchase