

# MARTIN SELIGMAN'S PRINCIPLES OUR RELATIONSHIPS TO OUR PAST ARE DETERMINED BY THOUGHTS ABOUT PAST

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My Life Satisfaction Level is 26 which is quite good. I want to focus right now on the following of Martin Seligman.

"Emotions (about the past) are *completely determined* by your thoughts about the past. The relation of thinking to emotion is one of the oldest and most controversial aspects of psychology." [1] p. 64.

Yesterday I was looking at a thick tome of autobiography of William Jefferson Clinton, the ex-President, and had a brief moment of envy, or at least proto-envy, because I am not all that dissatisfied with my life. I am quite amazed at the details that he recorded of his life. I had by many accounts a 'trainwreck of a life' in terms of failures of marriage and other issues. I bloomed late in a sense, as the moment when I became serious about my fundamental purpose I ended up being homeless and struggled alone without social or institutional support living without serious income for decades to produce Four-Sphere Theory in Allen Texas. And I succeeded, and repeatedly emailed all the top physics departments and no one even responded telling me that I had succeeded. There were no Nobel Prizes waiting for me either. Now I know that I had succeeded quite strongly because I can judge myself whether my theory is good or not. It's a stranger life than Bill Clinton's, because on my greatest successful moments, I did not gain the adulation of the crowds but instead the destructive attention of Bill Gates. Not exactly what I had expected.

I don't know the exact roots of Bill Gates' obsession with me but I am far more educated and cultivated than him, so this is not good for him.

Now the entire episodes with Bill Gates is relatively new. What had sustained me for many years is really extremely strong memories of Elizabeth Waltien who had been my mentor in high school and who believed in me, memories of my father and stronger sense of my aristocratic lineage from my father's side, a finer understanding of Finance and great achievements in alpha strategies in multiple markets that ended with D. E. Shaw trading them all without much money.

At the moment I am attempting to get \$0.5 billion allocated to Global Life Satisfaction which I will expect will be worth many billions in revenue per year once it goes through some iterations.

## REFERENCES

- [1] Martin E. P. Seligman, *Authentic Happiness*, Atria Press, 2002.