

thegolddawg ARCHIVE

compiled by /u/dream-hunter

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Marcus Aurelius Said "You have power over your mind - not outside events. Realize this, and you will find strength."

143 upvotes | March 15, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Hey guys I understand that this is a long post so I have made a short video that highlights all the points made here: ► [Watch This](#)

The Variables

We live on a small blue planet in a insignificant corner of a sublime universe. What hope do we as humans have of controlling outside events? You can not predict the future no matter how certain it may seem, just like how you can not always predict the weather. The nature of the universe is chaos, there are too many variables at play at any given time.

There are variables that science is still unaware of that influence outside events in the background. If you want to maintain your sanity let go of the need to control or understand everything.

POWER OVER YOUR MIND

You still have power however, you have power over your mind. Humans have been given the gift of consciousness (The awareness or interface between subject and object). This gift allows us to choose our response to the hand life deals us.

Everything is perception, there is no objective reality. To someone without ears there is no such thing as sound, to someone who is blind there is no such thing as light. Our minds form our reality.

In your life many things will happen. You will have your ups: making friends, finding love, feeling fulfilled, being happy, and having peace. You will also have your downs; losing friends, depression, being broke, and dealing with the death of loved ones. In the grand scheme of things the only thing that will help you through the vicissitudes of life is your perception of the events.

Story Time: A dark night of the soul

Ben loses his mother to cancer, and is devastated. Ben has always thought of himself as a victim in life, everything bad seems to happen to him. His mothers death was the tipping point which lead him into a deep depression. Ben's friends and family try to help him out of his rut, but he insists on living in solitude. Deep melancholy becomes Ben's default state in life. For the rest of Ben's life he feeds his depression by finding the negatives in every event that happens, in the end he take his own life in order to escape.

Tash loses her mother to cancer, and is devastated. Although Tash mourns her mother she understands that death is natural part of life. Tash chooses to celebrate her mothers life, and be grateful for the time she was able to spend with her. Tash decides that she wants to study medicine, and hopefully be able to help find a cure for cancer one day. She is able to pass all her classes with distinctions because of her passion for medicine. She goes on to help treat many other patients with cancer.

Ben and Tash were both exposed to the same situation, the difference in their outcomes came through their perception of events. **You Always Have A Choice** Victor Frankl a holocaust survivor in his book 'A man's search for meaning' famously said,

"between stimulus and response there is a space. in that space is our power to choose our response. in our response lies our growth and freedom". There are no right or wrong responses in life, there are

only responses that will empower you and those who that will dis-empower you. Always choose that path that will lead you to your growth.

Once again you can check out the video here ► **Watch This** Thanks for the support.

[Method] I have trying out this NLP method called the 'greatest hits' to raise self-esteem and confidence for the past 23 days , and it fucking works. This is how you do it.

471 upvotes | June 24, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

NLP: GREATEST HITS COLLECTION

Animated Video Summary

Ok if you are suffering from low self-esteem there is an NLP technique that can help you. The technique is called the 'Greatest hits collection', it's basically a collection of your best moments. In order to use this method, you are going to need something to write on or a word document. In the document write down moments in your life in which you felt good about yourself. Write down moments in which you had a healthy self-esteem. The context of the moments does not matter, what matters is how you felt during those moments.

Here are some examples:

- Mowing your neighbour's lawn
- Coming first in your Biology class
- Helping a relative with money issues
- Being complimented on your dancing
- Getting your first kiss from the guy/girl you really liked
- Getting praise from your boss

Make sure you add to the list whenever something of value happens in your life that makes you feel good. For the method to work, you must review this list periodically (perhaps once a day, or once a week, or once a month). Each time you review the items on the list, go back to the memory in the FIRST PERSON and relive the experience remembering what it felt like. It is important that you review it in the first person because you will associate with the memory easier, it will become more real to you. Make sure you try to remember as much detail as possible as well. Go over the list until you are feeling happy about yourself.

WHY IT WORKS

The reason we have the list is so that we can train our mind to remember that we are valuable, eventually, you will not even need a list as your mind will go over the events automatically. If you work on this method, you will never have moments of low self-esteem for too long. Your mind will be saturated with many reference examples to remind you about your self-worth. People who have high self-esteem and high confidence often have these references at the back of their minds supporting their view of the world, and their view of themselves.

[Method] No Bullshit guide to meditation | If you keep getting stuck in your head all the fkn time, it's time you start taking control. Meditation is easily the best way to regain control of your mind and stay grounded brothers

738 upvotes | July 8, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

So I have been meditating for a couple of years now and figured that I should make a straight forward post explaining how to meditate. For those who hate reading I also made a video [Watch This](#)

METHOD ONE: Watch The Breath

This first method is the most common way people are taught because it is fairly straight forward. What you are going to do is find somewhere to meditate (preferably not in your bed so that you don't fall asleep). Find somewhere to sit that's comfortable (no you don't have to be the lotus position this is real life, not a kung-fu movie). Set the timer on your mobile phone for 20 minutes and put the phone out of reach to avoid constantly checking it! During meditation you can leave your eyes open but it might be better if you close them to avoid distractions. What you are going to do is breath normally as you usually would; only difference is that you are going to pay attention to your breath. That's it! Just pay attention to the sensations of your inhale and exhale. Seems easy right? WRONG! If you have never meditated before you are going to observe an interesting phenomena. Enter 'The Monkey Mind'. You will eventually get distracted and start thinking about a plethora of random shit. These thoughts can range from the calculus equations you learned in high school all the way to internal debates about the authenticity of Donald Trump's hair. The key here is to notice when you have lost focus, and not beat yourself down for it. Regain your focus and go back to the breath, the more you do this practice the more you will learn about your mind. Over time you will not get distracted as easily.

METHOD TWO: Transcendental Meditation

A bunch of funny folks will try to get you to pay thousands of dollars to learn some 'Transcendental Meditation Secrets'. Luckily due to the internet there is no need for such daylight robbery. The basic gist of Transcendental meditation is very similar to the breathing method. The only difference is that instead of focusing on your breath you are going to focus on an internal mantra. A mantra is a word that you repeat over and over again in an effort to focus the mind. The mantra you will say in your mind and not out loud. It should be a word that does not have any meaning to you such as: ruh, rum, mar, hmm, mow etc etc. If you want to spice things up a little you can try envision the word as it repeats in your mind. Once again if you get distracted (which you will) regain focus and go

back to the mantra. This is the method of meditation I personally use.

METHOD THREE: Body Meditation

In this method you are going to pay attention to the sensations of your body. You can start at the top of your head and pay attention to the sensations at the top of your scalp. You slowly go down to your forehead area and feel that section, then your mouth, neck, traps and so on. Imagine that there is a laser scanning down your body slowly wherever the laser is, pay attention to that region. Do a full scan all the way down to your feet then come back again. If you find yourself thinking about Donald Trump's hair you know what to do!

METHOD FOUR: FEET MEDITATION? WALKING? I DUNNO

The last method is different from the other three. In this method you will not be sitting down, instead you will be walking. What you are going to do is just pay attention to the sensations in your feet as you walk. Pay attention to the pressure you exert on the ground, every little possible detail. Do this as you walk to the bus stop, or maybe as you walk to the kitchen before grabbing some cake. Do this as often as possible and with time start incorporating other parts of your body. This is called being 'mindful' you are now bringing more awareness into your life! There is no right way to meditate! Find something to focus on and avoid getting distracted in order to train yourself to control your mind.

Anyway guys I hoped this post helped at least one person out! Once again you can check this video out where I explain all these methods if you don't like reading. [Shameless self-plug: How to meditate video](#)

How Conor McGregor uses the 48 laws of Power for leverage and influence | A practical analysis

226 upvotes | July 15, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

How Conor McGregor Uses the 48 Laws Of Power

I have been intrigued by this Conor McGregor phenomenon. Personally, I haven't seen an athlete explode in popularity the way that he has. The fact that he somehow managed to secure himself a one hundred million dollar boxing match also interested me. Conor is talented; however, many other fighters are talented. They, however, have not managed to even get anywhere close to his position. My conclusion is that a great deal of strategy must have been used by him in order to get to the position that he is in right now.

I have created this list of the 'Laws Of Power', that he frequently uses. [VideoPost](#)

Law 6: Court Attention At All Cost

Unlike many other fighters who choose to blend in with the roster, Conor likes to stand out. He stands out intentionally in order to draw attention to himself. He understands the game of power. In the UFC it isn't just about your athletic/fighting ability, it's about how much money you can draw in for the company.

Many fighters choose to ignore this fact and complain about not being given the proper credit (Tyron Woodley comes to mind). Conor embraces it and attempts to court attention at all cost. He does this in the following ways:

- Flamboyant clothing (*he often wears high-end clothes, bright colours, and anything that stands out*)
- Loud Mouth (*he tries to be the loudest person in the room in order to draw the attention*)
- Antics (*Throwing bottles at the Diaz brothers, to grabbing Aldo's Belt during the press conference*)

The game isn't about being liked by other fighters, or even by the fans, the game is about having people constantly interested in you.

Law 16: Use Absence To Increase Respect And Honour

At the highlight of his MMA career after securing a belt in two divisions, Conor decided to fuck off for a while. His reasoning being that he was anticipating the birth of his first son. This might be true, but I don't think this was his only reason. His decision was a calculated one. He left in order to increase respect and honour. When you leave something, especially when you have established yourself, you leave people talking about you.

People love things that are scarce or limited edition; this is due to the 'scarcity' cognitive bias. Leaving at the time that he did also effectively held two weight classes under siege. The fans would never truly accept whoever was given the belt if they did not beat Conor for it. This increased his price, allowing him to leverage his power to help secure the Floyd fight.

Law 31: Control the options get other people to play with the card you deal

Watch the video for a funny example of him using this law: [Example](#)

Law 29: Plan all the way to the end

It is not uncommon for Conor to predict the outcome of his fights. Many times he has predicted accurately the round, and method by which a fight would end. People have started calling him

‘Mystic Mac’ due to his accuracy. He has not done this due to mysticism; he has been able to do this because of careful planning. It is no secret that he studies his opponents extensively. He has mentioned how he pays attention to body language and many other subliminal cues that people reveal. Having collected all the data he can then plan his training accordingly.

This planning does not stay within the ring. When the heat of the Floyd fight started rising, he swiftly attained his boxing license before the fight was confirmed. Proper planning is something many fighters lack, to be successful in any venture you need to become a strategist who is well versed in this law of power.

Law 28: Enter action with boldness

Robert Greene (author of the 48 laws of power) explains this law wonderfully.

“If you are unsure of a course of action, do not attempt it. Your doubts and hesitations will infect your execution. Timidity is dangerous: Better to enter with boldness. Any mistakes you commit through audacity are easily corrected with more audacity. Everyone admires the bold; no one honours the timid.”

This is the law of power that Conor embodies, entering action with boldness. It is easily one of the reasons that he has helped him gain immense popularity. People admire the bold, you might hate him, but a part of you respects him for having this characteristic. This law works well in regards to intimidating your opponents. There is something on a primal level that is unsettling about people who do not show signs of fear.

Imagine someone who was physically smaller than you, trying to start a fight with you. If they were bold enough, chances are you would feel intimidated. You would ask yourself questions such as, ‘Why are they so sure of themselves?’ ‘What are they hiding up their sleeves?’

Those are my top 5 laws of power that Conor uses. If you have more, post them below.

Marcus Aurelius said "I have often wondered how it is that every man loves himself more than all the rest of men, but yet sets less value on his own opinions of himself than on the opinions of others." (truest shit I have ever heard)

650 upvotes | July 20, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

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Boyhood to Manhood, why you need to 'live as if your father were dead' | Embracing your own masculinity

433 upvotes | July 23, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

“Live as if your father were dead” –David Deida

Let me explain

Now before anyone gets this all fucked up let me explain the quote. If you were lucky growing up, you would have had a father in the house, one that you could count on. Many of us looked at our fathers like superheroes as kids.

- If you were getting bullied at school, you could come home and ask your father for advice.
- If you liked a girl but didn't know what to say, your dad would tell you the lines he used back in his day.
- If you needed help getting ready for your first job, your dad would give you some advice.

Boyhood to Manhood

However, there comes a time when boys must become men. It is during these times when they must gain complete independence and live as if their fathers were dead. This does not mean to ignore your father and never call him. Instead, you must learn to live a life on your terms and cultivate a degree of independence. Men solve problems, and you must learn to solve your own.

Becoming a man means fully embracing this reality. Gone are the days where you looked to other people for the solutions to your problems.

- If your car breaks down on the side of the road, you are either going to fix it or call the mechanic or someone else trained to fix it. You are not going to call your dad for advice.
- If you want to change jobs, you are going to weigh out the pros and cons. You are not going to cry or ask your dad for his opinion.
- If you find a girl that you want to live with, you are not going to ask your dad for permission.

It's your life

You learned your lessons from your father, but as a man, you must make your own choices. Create your own values and live life by your own merits. As a man, you are on your own in this world. Turn on the TV; if women or children die it's a tragedy. If men die, no one really gives a shit, it's expected. So grab your balls and live life as if your father was dead.

Video Post

Do you care too much about the opinions of others? Do you give too many fucks? There is a simple exercise to get over this, it's called 'shaving your head bald' | Let me explain, there is a method behind the madness

217 upvotes | July 26, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Bald Mode = Beast Mode

Many guys have hit me up in the past, trying to learn the subtle art of not giving a fuck. They value the opinions of others too much to the point of being stifled. To these men, I always propose the same advice. I tell them to shave their hair and embrace the bald.

As expected, after giving this advice I get bombarded with excuses. Many guys ask if I have lost my fucking mind. However, there is a method to this madness. Shaving your head bald draws attention. People will notice your lack of hair, and of course make comments. The usual comments you would expect to receive are;

“I liked your hair before, why did you shave it!”

“Brah you look like a fucking egghead”

“why would you do that to yourself, you look ugly”

The comments and stares will be relentless, but this is what we want. You are jumping into the deep end and learning to not give a single fuck about anyone’s opinion. At first, it will be hard, but with time you will be hardened.

Personally, I have gone bald numerous times (as shown in the video), and I love it. I love it when people comment on my hair and expect me to give a shit. At this stage of my life, people’s opinions don’t faze me. Watching them attempt to provoke a reaction from me, is the greatest humour.

The Ego Benefit

Shaving your head bald also helps you understand ego. So many of us create ego identifications with various things that are extrinsic of us;

- our cars
- our houses
- our shoes
- our jobs
- our education

And of course our hair... Being able to remove your hair, and not give a shit, is a step outside this lower level paradigm.

If you can’t part with your own hair, what’s going to happen to you when you lose something else that you have created a stronger identification with? What will happen when you lose your health or your wealth? I am not the first person to suggest this type of measure.

The Roman Stoic philosopher Seneca (the big homie), would often partake in ‘voluntary

discomfort'. Seneca was said to be one of the wealthiest men in Rome at the time. He would periodically live life as the poor and sleep on the streets. Why would he do this? Because he didn't give a fuck!

Now you can try this out if you want, or not. I have done it in the past, and will most likely do it again in the future to strengthen the 'givenofuckceps'.

Video Post

[Advice] Successful people aren't Demi-Gods with insane willpower and incredible productivity skills. They are normal people who understood the importance of the small seemingly insignificant daily disciplines. They understood how these disciplines leveraged with time could make them unstoppable.

5 upvotes | August 2, 2017 | /r/MGTOW | [Link](#) | [Reddit Link](#)

This post was inspired after I read the book 'The slight Edge'. 10/10 btw

Wtf is time? The human mind has a bad perception of time. Sure we understand 'clock time' and deadlines, but we really are myopic when it comes to understanding the fundamental power of time. It is hard for us to grasp how the small actions we make on a daily basis can have dramatic consequences when leveraged with the power of time. How many times have you told yourself you would “do it tomorrow”, only to realise that a couple of weeks flew by and you still hadn’t done the thing? Bad perception of time 101.

Instant gratification Society To make things worse we live in a society where instant gratification is the normal. We assume that we should get results quick in everything we do. We watch training montages in movies like Rocky and expect to get similar results in the real world. We go online and want ‘instant’ access, ‘instant downloads’ everything needs to be quick. We read 'Think and Grow Rich' and expect to make millions of dollars within a year.

The truth The truth of success is not sexy, it's nothing like those rocky montages with the good music in the background. Success stems from the mundane. Success comes from making the right choices, keeping your daily disciplines consistently and allowing time to use its leveraging power to work its magic. People have a skewed perception in which they believe that successful people are Demi-Gods of willpower and discipline. That these people are cut from a different cloth.

In reality most successful people have just understood the power of daily disciplines, they have learned about the leveraging power of time. The power of the small easy things:

- Meditating for 20 minutes a day is easy
- Reading a non-fiction book for 20 minutes a day is easy
- Exercising for 30 -40 minutes a day is easy
- Getting 0.1% better at your craft a day is easy
- Saving a little bit of money/ putting some in investments is easy

All these things are easy, but they are also easy to not do. Unfortunately for us we have a mind that has adapted to take the path of least resistance when making choices. This tendency along with the bad perception of how time leverages the small daily disciplines is why most people fail. Time and persistence is king! Remember that the Grand Canyon was formed by water. Water flows over millions of years (time is the great leverage, you won’t need that long though). Working on success isn’t a sprint it’s a marathon, the answer is not sexy, but however is the truth. Hey guys make sure you checkout the video and support the channel!

► [WATCH THIS](#) Thanks

I have been practicing Stoicism for 3 years now and the quality of my life has increased dramatically because of these 3 exercises. One from each of the greats: Epictetus, Seneca, And Marcus Aurelius. Try them and tell me what you think in two weeks.

3938 upvotes | August 7, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

Practical Stoicism Tools

Stoicism philosophy is on the rise. I have been practising it for a couple of years now and would like to share 3 of the most effective and practical mental exercise/meditations that I have used.

Method One: A view from above

'You can rid yourself of many useless things among those that disturb you, for they lie entirely in your imagination; and you will then gain for yourself ample space by comprehending the whole universe in your mind, and by contemplating the eternity of time, and observing the rapid change of every part of everything, how short is the time from birth to dissolution, and the illimitable time before birth as well as the equally boundless time after dissolution'

– **Marcus Aurelius**

Marcus Aurelius advises us to perform an exercise called 'view from above'. This exercise involves us envisioning ourselves from the third person. In this vision, we zoom out while keeping ourselves in the centre. We continue zooming out and contemplating the scale of the universe. For instance, your first zoom might encompass a view of you from above the roof of your house. Increase the magnitude and you might see a view of your street, increase the magnitude and you might see a view of your country. Keep going until you can picture a view of Earth from the stars.

With this scale, we can gain a better perspective on the insignificance of our problems. When compared to the universe whatever problems we might appear incredibly trivial. For instance, if you were feeling down because a girl flaked on you or someone insulted you, try this exercise. It is far easier to overcome the emotional hurdles we experience when we put things into perspective.

Method Two: Negative visualization

'Remember that all we have is "on loan" from Fortune, which can reclaim it without our permission—indeed, without even advance notice. Thus, we should love all our dear ones, but always with the thought that we have no promise that we may keep them forever—nay, no promise even that we may keep them for long.'

- **Seneca**

Negative visualization despite the name is an exercise that will increase your default level of happiness if practised consistently. The exercise consists of you envisioning what it would feel like if you lost certain things from your life. Some of the things that you could consider during the exercise are:

- How it would feel to not have a roof over your head.
- How it would feel to lose social status.
- How it would feel to live in a third world country.
- How it would feel to have a physical disability.
- How it would feel to lose a loved one.

This exercise is not meant to be dark or morbid, it's meant to put things into perspective. Allowing you to see how lucky you truly are. It also prepares you for the worst case scenarios in which one of these things does happen. **You are not meant to fixate on these thoughts, but consider them from time to time.**

This is a very practical way for you to practice gratitude, naturally, when you consider things being removed from your life, you start to gain a sense of gratitude. Now gratitude is important because of a thing called 'hedonic adaptation', basically, it's a term that defines the tendency for humans to always go back to their default level of happiness.

If you won the lotto and became a millionaire, your base level of happiness will increase for a while. However, when you become accustomed to the lifestyle, despite all the new toys, you will return to your base level. Gratitude breaks this pattern, allowing you to enjoy each step on the ladder. You can be grateful when you own a box, and you can be grateful when you own a Lamborghini Aventador.

Method Three: Voluntary Discomfort

'But neither a bull nor a noble-spirited man comes to be what he is all at once; he must undertake hard winter training, and prepare himself, and not propel himself rashly into what is not appropriate to him'

- Epictetus

The last exercise has been advised to us by Epictetus. It is called 'voluntary discomfort'. In this exercise, we are going to deliberately put ourselves through uncomfortable situations. We will do this in order to train ourselves to not hold onto comfort with such high regard. We can perform voluntary discomfort in a number of ways. Some suggestions are:

- Cold Showers
- NoFap
- Exercising in the morning
- Walking in the cold without a jumper
- Fasting for a day
- Sleeping on the floor

All these things will change your relationship with comfort. Once you overcome the need for comfort, life will become much easier. Setting your goals and sticking to them will be far easier. When most people complain about being 'uncomfortable', you won't be able to relate. You are literally training yourself to be like a Navy Seal. This method will harden you up for life.

Eventually shit will hit the fan at some stage during your life. You want to have to mental and physical fortitude to weather the storm.

So those are the three stoic exercises. Stoicism is a practical philosophy that has survived the test of

time due to its universal applications. If you practice these stoic meditations, you will be well on your way to the good life.

VIDEO POST, Thank You

3 Practical Stoic Exercises that have changed my life for the better. One by each of the greats: Marcus Aurelius, Seneca, and Epictetus | Every man should know about Stoicism

308 upvotes | August 7, 2017 | /r/MGTOW | [Link](#) | [Reddit Link](#)

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'But neither a bull nor a noble-spirited man comes to be what he is all at once; he must undertake hard winter training, and prepare himself, and not propel himself rashly into what is not appropriate to him'

- Epictetus

The last exercise has been advised to us by Epictetus. It is called 'voluntary discomfort'. In this exercise, we are going to deliberately put ourselves through uncomfortable situations. We will do this in order to train ourselves to not hold onto comfort with such high regard. We can perform voluntary discomfort in a number of ways. Some suggestions are:

- Cold Showers
- NoFap
- Exercising in the morning
- Walking in the cold without a jumper
- Fasting for a day
- Sleeping on the floor

All these things will change your relationship with comfort. Once you overcome the need for comfort, life will become much easier. Setting your goals and sticking to them will be far easier. When most people complain about being 'uncomfortable', you won't be able to relate. You are literally training yourself to be like a Navy Seal. This method will harden you up for life.

Eventually shit will hit the fan at some stage during your life. You want to have to mental and physical fortitude to weather the storm.

So those are the three stoic exercises. Stoicism is a practical philosophy that has survived the test of time due to its universal applications. If you practice these stoic meditations, you will be well on your way to the good life.

VIDEO POST, Thank You