

Is there something like "lifting weights" for your soul?

January 30, 2019 | 84 upvotes | by [Gruss_p](#)

I just love simplicity of lifting weights. It helps with everything physical - strength, endurance, fat loss, balance, frame... It's indescribable excellent and I love it so so much. But I wonder, is there any similar concept I can do for my mental health? First I thought it could be meditation but I don't think that's it... Because when you meditate you don't progress, there are no obstacles, you can do it whole day... It must be something else...

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Comments

SKRedPill • 43 points • 30 January, 2019 02:01 PM*

For your mind, you must do something that pushes it beyond it's limits.

So here's a starting point. Do something that will help you, that your mind doesn't really like to do - like getting up early. At some point you must face hardship as it is, otherwise your mind doesn't grow.

Keep a mental diet of thoughts that aren't so negative and reactive to everything that happens. Practice awareness of presence to strengthen your intuition. If you could watch all the thoughts in one day, you'll see that 80% of them are repetitive noise - hardly 1 of them even translates into real action or results. No really, tens of thousands of thoughts - maybe a few actually result in something moving.

Develop observation and situational awareness.

Study as hard as you can. If the subject ain't "fun", you have to generate your own energy.

Keep your smartphone, internet, netflix, youtube, TV, alcohol, drugs, and all anesthesia aside for a few days. Notice that restlessness feeling - that might threaten to drive you crazy without mental stimulation? That's the voice of the devil. Boredom, restlessness, neediness -- this is where most of your mind's energy is going. Face it.

Learn how to stay present especially when your day's full of bullshit.

Tried running an ultramarathon? Do you know how mental that is? It'll dissolve your limiting beliefs.

Do a mental ultramarathon. Read something with zero distractions (ZERO), taking only a break for mental rest and silence. Do it for a week and see what you're capable of. This is much harder than you can imagine.

Try to read an entire subject in 2 weeks (I'm not kidding, but the numbers would tell you that no one spends longer than that on any one subject).

Improve your memory. Try to make sure you never forget anyone you see, even if you see them only once. I've seen people in their 90s recall stuff that happened as a child.

Do brain training games. But make sure to apply the principles in real life also, otherwise they won't work. That's the part everyone forgets.

Do stuff you have no damn idea about - deal with the unknown as often as you can. You'll thank me later when challenges come left and right.

Get exposed to fresh air, natural ground, lots of sunlight (as long as your skin can take it, we tropical guys can stay out all day, all year) - reduce artificial light . Feel the sky and space, and it's vast presence. Drink water out of glass or metal (no plastic, that's one thing killing your T).

AloofusMaximus • 3 points • 30 January, 2019 03:40 PM

I think a lot of what you have to say here is great advice. I'm certainly going to try what you talked about with keeping track of your thoughts.

Strangely enough, I almost feel like my "inner dialogue" with myself is much much less than it used to be.

misterpoopycaca • 1 point • 30 January, 2019 04:50 PM

That's a good thing, at least you're not identifying with your thoughts as much. It's that identification that kills our soul, and stifles it.

QuickFlex 1 points 30 January, 2019 07:11 PM [recovered]

I'm confused. By inner dialogue you mean speaking to yourself in your mind? And it's not good to

identify with those thoughts? How come?

SKRedPill • 1 point • 31 January, 2019 05:35 AM

Inspired, intuitive and creative genius works only when you've gone beyond that inner monologue. You don't get brain dead, but think about what happens to athletes in the zone - sometimes it's like in God mode. The moment you interrupt that flow with your own thoughts, the inspiration's gone.

You might not know, but your brain's so fast that in the split second gap between a question and an answer, it's already understood and framed the answer before the first sound emerges from your vocal cords. If you could make yourself aware of the silent language of intuitive knowing, you can actually get such stuff to work for you.

Depression and stuff like that becomes common the stronger your monologue becomes. Most of that thought is just pure noise and BS and conditional stuff - it's not based anywhere in reality. Your mind only really works for you when you're in an inspired state and you start getting ideas and insights. Otherwise it's all noise and emotion and agitation.

-Mosbius-Designs • 1 point • 30 January, 2019 04:38 PM

Thanks for this

Pycal • 1 point • 30 January, 2019 05:37 PM

Thank you so much

BurnieSlander • 1 point • 31 January, 2019 05:44 AM

Or just do psychedelics.

Rp997 • 122 points • 30 January, 2019 10:07 AM

There is progression in mediation. Meditation is the lifting equivalent for the mind.

kogsworth • 31 points • 30 January, 2019 01:26 PM

Agreed. I've been using the Headspace app daily for the past 6 months, and it has really helped my ability to concentrate and be more in control of my emotions. Would highly recommend picking up a meditation app and finding a way to fit it into your routine. I like doing a meditation during my commute, or before a gym session/Martial Arts class.

Edit: if you can do meditation the whole day without finding it hard or feeling like there are obstacles, you're probably doing it wrong.

DamiensLust • 14 points • 30 January, 2019 03:17 PM

Edit: if you can do meditation the whole day without finding it hard or feeling like there are obstacles, you're probably doing it wrong.

This 100%. Meditation isn't easy, OP. People say stupid shit like "looking after my fish is my meditation", "walking in the park is my meditation" as if meditation is some catch-all for not doing anything in particular and not a specific and very challenging activity.

User-31f64a4e • 6 points • 30 January, 2019 06:27 PM

This is because they are mistaking meditation for being lost in thought, or lost in sense contact, or lost

in the feeling tone. In actuality, these are almost the complete opposite of meditation.

[deleted] • 3 points • 30 January, 2019 03:48 PM

during your'e commute omg im anxious as a mf during my commute. props

kogsworth • 2 points • 30 January, 2019 03:55 PM

I generally have a 45 minute bus ride in which I can do a meditation session (15 or 20 minutes). After a few months, I started being able to do it on the days where I'm driving instead of busing. It's definitely not as easy, mostly because I can't close my eyes, but it's super helpful to not get irate when stuck in traffic, and to help stay longer in that mode when I'm done and the world assaults my senses again.

[deleted] • 3 points • 30 January, 2019 05:21 PM

wow. mediation is something i just cant pull the trigger

everyday, you should mediate blah blah blah dont end up doing and then i feel depressed the next day becassue i didnt :(

fuck

kogsworth • 2 points • 30 January, 2019 05:26 PM

When I started I couldn't do more than 5 minutes a day. It took a while to be able to do 15-20 minutes. Just showing up is half the battle. One bit that helped me was remembering that there's rarely such a thing as an unsuccessful session, just showing up and flexing that mind muscle is helpful, no matter how much of a bad monkey my mind is being.

[deleted] • 3 points • 30 January, 2019 05:30 PM

good to hear thx :)

User-31f64a4e • 4 points • 30 January, 2019 06:25 PM

and it has really helped my ability to concentrate and be more in control of my emotions.

Which is well and good, and in some ways beside the point.

The purpose of meditation, at least according to Buddhist teachings, is to become familiar with your mind.

When you meditate, thoughts will arise. This is not to be regarded as a problem; rather, you notice them and let them go. You neither focus on them, nor try to repress them.

You will have funky and pleasurable states or experiences (nyams in Tibetan) - again, not the point, and to be neither pursued or avoided.

Over time, you begin to notice how your mind works - the nature of those thoughts, how they arise and fall away, etc. You will have little flashes of insight, although again, these are not to be pursued. You will notice the "feeling tone" accompanying thoughts, the rising of attraction or aversion, the reification of concepts, all sorts of other things.

You can read about all of them in the teachings, and while that is not necessarily bad, it is a lot like trying to understand what sex is like from reading a book. Experience is really the only teacher.

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Your edit is an excellent point! If you don't find it difficult, and encounter no obstacles, then what you

are probably doing is daydreaming or some other form of thinking.

When thoughts arise, let them go and return to the breath (or to just being, if you are attempting formless meditation).

This is all quite easy to say, and quite difficult to do.

kogsworth • 2 points • 30 January, 2019 08:25 PM

Agreed that it's not the 'main pursuit' of meditation. But it's a bit like saying "The point of lifting weights is not to gain the ability to lift heavy things, be physically attractive, alleviate medical conditions brought on by a sedentary lifestyle, etc. The main pursuit is to be fit". Being physically fit would be useless if it weren't for the 'collateral' advantages that it brings you, right? What would be the point of knowing your mind if you couldn't use that knowledge to create distance between your feelings and your responses, to raise the acuity of your bodily sensations, etc. Even if you're not a cloistered monk spending all your energy into the pursuit of enlightenment, there are pragmatic reasons to pursue meditation, even if they're not as beautiful and esoteric as simply knowing yourself fully.

User-31f64a4e • 2 points • 2 February, 2019 02:46 AM

You're not wrong.

It is a paradox.

If you meditate with expectation of benefits, they will be difficult to obtain. If you simply follow the instructions and let go of expectations, possibly benefits will accrue. Possibly not; you might wind up shaving your head and moving to Burma, or get a horribly inflated ego (look up rudra some time), or some other unpleasant consequence.

Final note is that it is said the path of awareness is difficult, but that if you undertake it, it is best to follow to completion rather than getting off. I use the phrase "it is said" because, well, not so far along myself.

Melanoma_man • 2 points • 30 January, 2019 08:47 PM

I need to try that app. I find it hard to meditate in public tho. Easily distracted

BluePig77 1 points 31 January, 2019 07:11 PM **[recovered]**

Do you use the paid version of the app?

kogsworth • 1 point • 31 January, 2019 08:14 PM

Yeah. If you do the trial pack every day, you get a nice discount on the yearly fee.

BusterVadge • 5 points • 30 January, 2019 01:41 PM

The Mind Illuminated is a great book that helps with progression. It lays out a plan and gives you actionable steps with feedback along the way to measure your progress. Highly recommended.

SpiderAlpha33 • 3 points • 30 January, 2019 04:07 PM

Agreed, and if you practise mindfulness throughout the day, it greatly enhances everything you do. For me, my meditation progress boosts every other activity I do.

BrodinsOats • 3 points • 30 January, 2019 10:29 PM

This. Check out *The Mind Illuminated* for a detailed guide with progressions and goals that you can apply to

your meditation practice.

If you want to go really deep, try doing some neurofeedback therapy. It'll cost ya, but it will rapidly accelerate your progression in meditation.

INNASKILLZ2K18 • 52 points • 30 January, 2019 10:17 AM

Yeah...go and experience really tough shit. Adversity, challenge and pain. Come out the other side.

Otherwise meditation. Look up 'Core Transformation Therapy' if you can do it, it will raise your level of consciousness. It is phenomenal

Gruss_p[S] • 6 points • 30 January, 2019 10:27 AM

That was actually first thing that came up to my mind: intentionally putting yourself in conflict situations and every day (or week) raising the bar. But you would probably end up with doing bad things to other people which is not in the spirit of stoicism.

INNASKILLZ2K18 • 10 points • 30 January, 2019 10:53 AM

Nah, I don't mean direct conflict. I mean just life challenges. 'Back Against the Wall' stuff. Like, you can read about stoicism, but to actually go through events where you either become stoic, or give up.

It's tough, but do things that challenge you. Set lofty goals, and focus on the processes. Stuff that builds dedication, determination and persistence.

Herculius • 1 point • 30 January, 2019 01:51 PM

Set yourself difficult challenges and goals that appear that they could be worth it in the end.

Voluntarily confronting suffering and responsibility to the best of your ability is good for the soul.

Having a meaningful goal and working towards it is good for the soul. Work is good for the soul. Being dependable and a person of respect is good for the soul.

m4t31 • 1 point • 30 January, 2019 02:43 PM

Do you have a pdf or ebook for CT therapy, please?

chowntaco • 1 point • 30 January, 2019 02:49 PM

Interested pm if you got one

wiffofass 1 points 30 January, 2019 11:30 AM* **[recovered]**

DMT

KobayashiDragonSlave • 9 points • 30 January, 2019 04:26 PM

Those chimps will rip your dick off

gudboisahir • 7 points • 30 January, 2019 04:12 PM

Hey Joe! when is the Kanye podcast coming?

sleepykient 1 points 30 January, 2019 12:32 PM **[recovered]**

or even LSD

I_Dont_Type • 10 points • 30 January, 2019 02:33 PM

Don't do too much LSD though

sleepykient • 7 points • 30 January, 2019 02:40 PM

Everything in moderation

Xkirbyx • 7 points • 30 January, 2019 03:13 PM

I second this speaking from experience

icecruzader • -2 points • 30 January, 2019 02:45 PM

You can produce dmt with meditation

LeonardoDiDraperBond 1 points 30 January, 2019 10:06 AM* [recovered]

Reading self help books. The dark, raw truth ones. Read up on emotion control, social dynamics and stoicism for example.

snappyTurtle • 7 points • 30 January, 2019 11:17 AM

Any recommendations?

LeonardoDiDraperBond 1 points 30 January, 2019 11:27 AM* [recovered]

Which subject?

snappyTurtle • 5 points • 30 January, 2019 11:49 AM

Social dynamics

Domic462 • 4 points • 30 January, 2019 12:11 PM

I disagree... Reading is great, but it has its limits... What I think would be better is a combo of reading AND Journaling, plus meditation.... Also what could be useful is new experiences and journaling...

Experience>>>>>Knowledge

Clarity>>>>> Understanding

Direction >>>>>Speed

Gruss_p[S] • -2 points • 30 January, 2019 10:08 AM

But these are informations and data. It's like reading about proteins and muscle structure instead of simple lifting weights.

LeonardoDiDraperBond 1 points 30 January, 2019 10:11 AM* [recovered]

Thats a terrible analogy.

You want to train your mind. The only way by doing that is by working it out. How do you work out your brain? By digesting information and actively thinking about it. Which is what you do while reading.

Gruss_p[S] • 1 point • 30 January, 2019 10:14 AM

I don't think soul or mental health = brain or racional thinking

TheStumblingWolf • 4 points • 30 January, 2019 10:22 AM

That's your first hurdle.

Educate yourself, learn new tools, think about how it applies to your past, what you could've done different in past situations (but not tormenting yourself over it), consider how you could use this

information in the future.

Basically - get to know yourself really well.

There is no shortcut. It requires work.

LeonardoDiDraperBond 1 points 30 January, 2019 10:19 AM* **[recovered]**

If you're talking mental health as in happiness and emotional stability, then stoicism is your answer.

For example, something stoicists do is keeping a journal to reflect on your life day by day.

Gruss_p[S] • 1 point • 30 January, 2019 10:23 AM

I agree that theory of stoicism is great. But I'm looking for some practical tool. Journal seems like an interesting idea, I will be thinking about that..

pleaseprayforkanye • 1 point • 30 January, 2019 01:57 PM

The soul is a purely psychological phenomenon and mental health is literally mental. I don't know what you're expecting to achieve with such a repulsive attitude.

horuspill • 12 points • 30 January, 2019 12:46 PM

Bullshit. You can't do it the whole day. I bet you can't do it for 1 hour.

Practice free will. To me, the concept of mind is like many different drives that battle inside for dominance over your behavior. We like to think we have free will, but 90% of the times we only do things when they are convenient for us. Even the phrase "I think" is partially untrue. Do you really think? Or you have feelings and drives that lead you toward a rationalization, where you tell yourself "I thought this". In reality, you are completely passive in this process. Meditation is one of the various forms of actually having your free will: Negating your drives, and doing nothing. It is boring, not stimulating, and you will learn to have more control over your drives. You also learn this by simply doing things that you know are good for your long term success, even when you don't feel like it.

By the way, have you ever considered that perhaps the reason you feel so strongly against meditation, might be the reason you need to do it? There is an old saying, I don't remember exactly the words used, but something like this: "Feelings of repulsion and hate towards others tell more about yourself than the objects of them."

Every reply you gave in this thread was putting down whatever people suggested. Your brain, like every other, wants to do nothing. That is your problem. Next time you feel strongly against something, ask yourself: why? And be honest, and consider that maybe the first conclusion you came to isn't indicative of the objective truth, but indicative of your tendency to avoid work.

linkster396 • 4 points • 30 January, 2019 11:20 AM

Have you actually tried meditation?

Gruss_p[S] • -9 points • 30 January, 2019 11:22 AM

Yes, it just doesn't work for me. I see it as waste of time and placebo.

linkster396 • 7 points • 30 January, 2019 12:15 PM

How long have you tried it for? And what type of meditation did you do?

ChemicalGiraffe • 8 points • 30 January, 2019 12:04 PM

For me lifting weights is the best for mental health

User-31f64a4e • 1 point • 30 January, 2019 06:32 PM

This is actually true, from a medical perspective.

Physical activity affects your body in a huge number of ways - hormone balance, energy metabolism, neurotransmitter levels, etc.

Humans evolved in an active environment marked by physical labor; even the rich were extremely active, as they spent their time developing martial prowess and dueling skills.

Sitting at a desk is something for which a tortoise would probably be much better suited (if it weren't for the whole IQ thing, and for the language barriers ...)

Gruss_p[S] • 1 point • 30 January, 2019 12:11 PM

I agree, it really helps me too. But it's more like a "side effect". It's similar to feeling physically relaxed when you have done some challenging focused mental work on your project or something.

plenty_of_eesh • 1 point • 30 January, 2019 02:30 PM

Volunteer to be an after school math tutor to underserved or troubled kids.

It will exercise your compassion, your patience, your authoritativeness, your understanding of math, improve your social standing and expand your knowledge on how others live.

MeglodonBass • 8 points • 30 January, 2019 12:33 PM

Jesus ☐ ☐ ☐

Vikingcel • -2 points • 30 January, 2019 01:54 PM

Jesus is the equivalent of crossfit

BrodinsOats • 2 points • 30 January, 2019 10:44 PM

Haha. There's plenty to criticize, but it works for some.

someonesopinion6969 • -5 points • 30 January, 2019 02:02 PM

religion is an invention to keep men in line

Vouch33r • 7 points • 30 January, 2019 10:52 AM

What about Buddhism and Zen Philosophy? Somewhat connected to Stoicism

MR3790 • 3 points • 30 January, 2019 01:04 PM

Sometimes the weights lift you

downvotesanimals • 3 points • 30 January, 2019 01:30 PM

Reading books, playing music and crossword puzzles are what float my boat.

Bilskeel • 2 points • 30 January, 2019 01:36 PM

Stoicism. Marcus Aurelius meditations is where I started. Read a few pages every morning or pick up the daily stoic.

someonesopinion6969 • 2 points • 30 January, 2019 02:01 PM

yeah, read some books. mental tasks

someonesopinion6969 • -1 points • 30 January, 2019 02:01 PM

that's called education moron-

aanarchist • 2 points • 30 January, 2019 02:42 PM

philosophy. an amoral soul is a sick one.

supersonic-turtle • 2 points • 30 January, 2019 03:11 PM

Volunteer. Do some service work and don't tell anyone. See how that feels.

LeDolceVita • 2 points • 30 January, 2019 03:50 PM

deep breathing

SalporinRP • 2 points • 30 January, 2019 04:04 PM

This might not be the answer you're looking for but my mind/soul has become so much more healthy since I took up boxing a few years back.

If you're actually training to fight, boxing or any combat sport builds up immense discipline and mental fortitude.

Oh you don't like getting up in the morning and running 4 miles 5-6 days a week? Too bad.

Oh you don't like getting punched in the face? Too bad get better.

Oh you don't feel like getting up after taking a hook right to the liver? Too bad.

I know this is a very specific example but it has worked for me. I do meditate as well but boxing and the connections I've made from it have honestly made me the man who I am today.

In an individual sport once you're out there, all you have to rely on is yourself. No one can come in and bail you out.

maljo24 • 2 points • 30 January, 2019 04:33 PM

Turn off the computer and go outside.

dtyler86 • 2 points • 30 January, 2019 05:59 PM

Start a business. Really. The fear, the hard work, the confidence, the pride, the freedom. Nothing compares once you've learned you CAN kill it.

finally_a_free_man • 2 points • 30 January, 2019 06:01 PM

Creativity. You can lift weights, study your engineering courses all you want, but it is truly the arts such as dance, music, or painting that tickles the mind in that feel good way.

RedKepler • 2 points • 30 January, 2019 06:28 PM

Well it's a meditation sort of. You can plunge you mind back into your memories, so for example something which upset you or frightened you.

Basically keep replaying what triggers you the most, and hopefully it'll trigger a response in you in some way. It seems very counter intuitive and possibly blue pill'd, but they do this in therapy, that when someone has suffered a traumatic experience (PTSD, rape) that they heal an incredibly lot faster, but facing what they're trying to hide from and letting it wash over them until they're shaking with anxiety.

It's horrible but it's like dreaming, and how that works through your emotions, experiences and thoughts. Mind you it is very extreme, but taking yourself far away from any possible interruption and having a good cry once in a while can really break sometimes that weight we carry around.

It's worked for me and other people I've talked to, so I'd give it a go. I know emotions, feelings, etc is incredibly blue pill, but red pill is also about freeing yourself up and being generally more happier and open, if you can get in touch with them I believe it helps open you up to experiences and leave behind burdens.

Not exactly something I'd encourage to do everyday, but perhaps every month.

Axon444 • 2 points • 30 January, 2019 07:18 PM

Reading the bible

Majestic-firebombing • 2 points • 31 January, 2019 12:35 AM

It's called doing shit that you don't necessarily like but your future self will thank you for. Get really good at that and you can start reaping benefits as you keep pushing more success forward.

xx-Rain_Maker-xx • 4 points • 30 January, 2019 11:37 AM

Learning does that for me. Learn from the books.

luccisanolean • 4 points • 30 January, 2019 12:49 PM

Semen retention and writing

[deleted] • 2 points • 30 January, 2019 02:26 PM

Yeah it's called reading the Bible.

TheRedPillRipper • 1 point • 30 January, 2019 11:41 AM

For me it's Altruism. You choose what form it takes and there's a myriad of avenues to explore.

Personally I grew up volunteering so it's ingrained but it's your call. Boys scouts, Youth Centres, PCYC's... Even here.

If you've got value to give; share it.

OfficerWade • 1 point • 30 January, 2019 11:56 AM

This is going to be a discussion about Form vs Content. Where are we going and who is going with us. Think back to when you were lifting weights, doesn't it feel good? If that's the case you must be following the right path or whatever it is you subscribe to as NOT insane. So if you're feeling bad, unworthy, judging yourself then you know it's your ego and you're listening to the wrong teacher.

I think this is why we are so aware of EGO lifting in the gym. Assuming you haven't been working out the last few years you might try and lift weights your body isn't accustomed to and fail. So you begin to take the little steps using little weights until you are prepared for a bigger lift, the key here is that along the way you are kind to yourself and others.

Indeed, everyone is fighting a hard battle.

OilyB • 1 point • 30 January, 2019 12:53 PM

Try 'Non-violent Communication' by Rosenberg. It's a different way of speaking, you remove any manipulation or blackmail out of your own and other people's speech. Above all, it cleanses your emotional processes of

negativity because you can see them coming from a mile away. You start approaching life from a much more positive and productive starting point.

m4t31 • 1 point • 30 January, 2019 02:41 PM

Do you have a pdf or epub please?

OilyB • 0 points • 30 January, 2019 03:36 PM

No sorry, but if you Google it, there's books about it and workshops where you train certain conversation structures.

alt41510 • 1 point • 30 January, 2019 01:27 PM

Psychadelics. But beware they can be just as dangerous as they are enlightening.

Iceklimber • 1 point • 30 January, 2019 01:39 PM

Doctor Kawashima's Brain Jogging

CookieAdmiral • 1 point • 30 January, 2019 01:43 PM

Pot

livear • 1 point • 30 January, 2019 01:49 PM

Striving towards mastery of an art.

For me it was music.

Eirineftis • 1 point • 30 January, 2019 01:59 PM

If you truly think there are no obstacles in meditation then you are certainly doing it incorrectly. Mindfulness meditation, in my humble opinion, is certainly the weight lifting for the soul. Trying to overcome your mind, get to know your self, and overcome wasteful thoughts is a very difficult task and takes years to master. Would highly recommend revisiting that.

Gruss_p[S] • 1 point • 31 January, 2019 12:04 AM

My problem is that meditation is basically definiton of passivity. And where is passivity there can't be any progress. I think meditation can work for someone who needs to relax and calm his mind. What makes sense more for me is "being present" just like Eckhart Tolle is teaching. Walking in nature and not thinking about anything, just perceiving trees, sky, rocks etc. That is great and right now I don't really know why I stopped doing it... But sitting in a dark corner with your eyes closed... I actually felt asleep couple of times when I was trying that

Eirineftis • 1 point • 31 January, 2019 12:16 AM

That's the wrong idea of meditation. The type I've practiced is far more aligned with Eckhart Tolle. The meditation I'm referring to has nothing to do with passivism, rather its core focus is self-control, discipline, awareness and mindfulness. Check out some of Thich Nhat Hanh's stuff, that's what introduced me to mindfulness.

pleaseprayforkanye • 1 point • 30 January, 2019 02:03 PM

Meditate. End of story.

There is an art to learning how to control your thoughts, silence your mind, and invoke different emotional

states. And you get better at that by minimizing the time it takes you to change your state, which you get from practice, which you get from meditating regularly.

MeglodonBass • 1 point • 30 January, 2019 02:05 PM

Not talking about religion. You've made an assumption!

ForeverNandrolone • 1 point • 30 January, 2019 02:16 PM

Divorce and overcoming a really bad bout of oneitis really helped toughen me up emotionally.

treehauz • 1 point • 30 January, 2019 02:25 PM

-Act(how long it takes to feel the benefits)

-Semen retention (2 weeks)

-Vegan diet(1 week)

-Cold shower(instant)

These three changed my life along with lifting.

Do your own research! Much love!

Benny757 • 1 point • 30 January, 2019 02:28 PM

Yes, there is. Try stoicism. Give Seneca a read. But, like lifting, there is no substitute for raw experience. To get tougher, you do need to experience hardship. Trust yourself. Face the hardship. Suffer. Endure. Prevail. Yea, it can hurt you, can kill you even. But that is the true experience of life. It's a bitter reality check. But if you persevere, and not let yourself become a victim (like most of society seems to be these days), then you will have built your soul.

Extraltodeus • 1 point • 30 January, 2019 03:16 PM

Practice perseverance. Learn new things. Train your mind. Like for real.

I disagree with meditation. Sitting and closing your eyes is not teaching you what learning code can teach you for example. Going through frustration, long hours of being stuck and yet keeping going.

goodsandwichh • 1 point • 30 January, 2019 04:26 PM

read

EnhancedNatural • 1 point • 30 January, 2019 04:31 PM

There is no progress in meditation you say? You've got it all wrong bro. See if you can attain the first Jhana, there are eight of them.

BitingInsects • 1 point • 30 January, 2019 05:14 PM

Be nice progressively starting small and watch it lead to bigger things. First thing I put into practice was to stop driving aggressively/offensively and start giving people passes and avoiding or ignoring shitty drivers.

_Benny_Lava • 1 point • 30 January, 2019 05:15 PM

Meditation.

[deleted] • 1 point • 30 January, 2019 05:21 PM

PLAY AN INSTRUMENT

Terminal-Psychosis • 1 point • 30 January, 2019 05:37 PM

LSD. No, seriously, try mushrooms first.

As others have said, meditation is good.

Also, don't watch corporate television. Pure, brain-melting propaganda. Choose what you expose yourself to.

Getting away by yourself in total seclusion (as far as possible) for as long as possible is extremely good for your sanity.

Even walks somewhere in nature can bring you back to yourself. A week with zero conversation is a killer reset. Not hearing a word, not saying a word. No media. 3 months even better.

Hike-in camping. or a cabin in the woods somewhere. is nature's therapist.

SwoleyMoleyFrijoley • 1 point • 30 January, 2019 05:38 PM

Meditation

Red-Curious • 1 point • 30 January, 2019 05:47 PM

For Christians the RPChristians sub has content for developing spiritual disciplines much like you're talking about. Check out the 300 series.

Moldy_Gecko • 1 point • 30 January, 2019 06:11 PM

Meditation has goals and obstacles, that's what you're meditating about. If you have a conflict, you can work through it in Meditation.

Recently for me, vegetarianism. It's a goal-oriented thing and a cleansed body will help cleanse your mind. But I'm also Buddhist, so results will likely vary,

UEMcGill • 1 point • 30 January, 2019 06:37 PM

Go get a hobby that involves your hands. Small engine repair. Woodworking. Leather craft. Fly tying.

I was at a tough point in my life a few years ago and I added flytying to my skill set. It takes mastery. You progress and become good. Then you can use the fruits of your labor.

A good book to read on this is shop craft for the soul. As men we need to accomplish. Nothing better in this day and age of white collar work than making something with your hands. It's meditation.

Sylvester_Sterone • 1 point • 30 January, 2019 09:59 PM

Jigsaw puzzles while listening to EDM... especially while leaning out. Makes time fly by.

marksiwelforever • 1 point • 31 January, 2019 02:20 AM

DMT. Therapy. Yoga. Pot. Forgiving your mom and getting off the Red Pill

chazthundergut • 1 point • 31 January, 2019 06:01 AM

"Soul" is a somewhat abstract term but I will do my best.

So the world is violent and evil and full of darkness.

We have one foot firmly planted in this brutal world. We are violent, petty, egotistical creatures that want to fuck or kill everything that moves. We are upstanding apes.

But we are also more than that.

We have our other foot firmly planted in heaven. Or the spirit world, or hyperdimensional timespace, or

whatever you want to call it.

So this is how you "lift weights" for your soul:

1. Speak truth in a world of lies
2. Shine light in a world of darkness
3. Pull order from a world of chaos
4. Do good when its easier to do evil
5. Choose life and love despite living in a world of hatred and death

"Lifting weights for your soul" is about the unrelenting pursuit of your highest purpose

marcus8crassus • 1 point • 30 January, 2019 12:09 PM

I always found that taking myself out of my comfort zone forced me to grow leaps and bounds. For instance, say you've always wanted to be a better cook. Take cooking lessons, learn to cook recipes from the internet or YouTube. The process of learning a new skill is not just growth for your mind and body but also for your soul.

lordofury0 • 1 point • 30 January, 2019 12:15 PM

If you want to increase your mental capacity, you want to try to put yourself in uncomfortable positions. This is the equivalent to new PR in lifting. Examples could be creating new music, website, writing, applications, etc.

Gruss_p[S] • -1 points • 30 January, 2019 12:29 PM

But what if I enjoy creating things? Then that is not uncomfortable, is it?

lordofury0 • 1 point • 30 January, 2019 03:45 PM

That's the beauty in it, similar to lifting weights, you will only be uncomfortable in the beginning. Once you build the habit of creating content and value, you will learn to love it.

SKRedPill • 1 point • 30 January, 2019 02:12 PM

Fun and games is fine, but there are huge problems with this down the road. You become dependent on a need for maintaining a "positive feel" the whole time without which you don't get enough motivation.

I think this whole theory of "romancing your work" is utterly BP and it has ruined a whole generation. You may like music you say, but if I make you practice all day, it'll evaporate like water. That's not the love that comes from a lifetime of investment and devotion.

Get out of that. Do something that's necessary but not fun or pleasurable - and do it every god damn day. Without strength, pleasure's just a drug. Strength is what gives you a stable foundation. When the feel bad stuff doesn't feel so big in your mind anymore, you've already found something more important than a dopamine drip.

Accept discomfort as discomfort that's needed for growth. Face it directly, instead of depending on enjoyment to keep you going. You'll learn the difference between pleasure and devotion. Your fear of discomfort is the single biggest thing that's stopping your growth. Stop seeking comfort in the uncomfortable and your comfort zone will start growing.

Resistance to this moment is the biggest source of discomfort. Acceptance of this moment starts to open you up.

You might not know, in Navy Seal BUDS camp, there's something called hell week. If you think in terms of enjoyment, it'll shatter the whole idea.

thrwy75479 • 1 point • 30 January, 2019 12:29 PM

Helping others.

our_winter • 1 point • 30 January, 2019 12:38 PM

Yoga = science of the mind. Yoga is meditation. There are many ways to do but developing a practice can help you master all situations.

[deleted] • 1 point • 30 January, 2019 12:53 PM

Read!

Honestly, read books. Not just ones about TRP, but any book you like. It opens your mind to just how diverse and varied life is. When you read suddenly little things don't mean anything to you and you see the 'bigger picture' of everything.

East of Eden is a great book, one of my favourites, maybe start with that? White Fang by Jack London too

luccisanolean • 0 points • 30 January, 2019 12:50 PM

Listening to music

JarHeadJoseph 1 points 30 January, 2019 02:03 PM **[recovered]**

Fall in love with a girl then watch her get ducked by Chad over and over and over again

Gruss_p[S] • 1 point • 31 January, 2019 12:05 AM

More like how you can become a cuckold.

mrp_awakening • -2 points • 30 January, 2019 11:24 AM

Caring about your "soul" is shit chicks do man... OP are you sure you're not gay?

Gruss_p[S] • 2 points • 30 January, 2019 11:27 AM

Soul is just another term for "mental health" for me

mrp_awakening • 2 points • 30 January, 2019 11:33 AM

Lol... I'm just playing man. I'd double what a lot of people have said... introspection, and reading. Hobbies and lifting are great for mental health, as is a social life. Basically everything you should be doing anyways. Meditation for those who get something out of it.

cluelessguitarist • 2 points • 30 January, 2019 01:06 PM

For mental health brazilian jiu jitsu is the only thing that helps me be in the moment, cant be thinking about distractions when someone is trying to choke you out.

Difficult_Sentence 1 points 30 January, 2019 09:57 AM **[recovered]**

Why is it always people look to introspective stuff you're not going to sit in a room and build soul.

Gruss_p[S] • 1 point • 30 January, 2019 10:05 AM

Toughening my mental health, that's what I would like to do. I'm reading Seneca but so far I haven't find any exercise for hardening my soul. I understand it sounds absurd but anyway... just looking for something.

sebastian_ramirez05 • 2 points • 30 January, 2019 11:25 AM

Have you tried going without eating for 3 days and only drink water. As well as sleep on the floor. Builds character and appreciation for what you have

Gruss_p[S] • 1 point • 30 January, 2019 11:27 AM

sleeping on the floor + cold showers, yes.

good-look • 1 point • 30 January, 2019 12:08 PM

second this. learn to fast, its like a super power. try going 3 days without water too if you wanna really test ur mind.

Whisper • -1 points • 30 January, 2019 11:37 AM

What's a soul?

Gruss_p[S] • 6 points • 30 January, 2019 11:44 AM

music genre