

60 DoD Week 5: Internal Game - Part I: Instinctual Self Interest... and Zeppelin.

April 22, 2019 | 41 upvotes | by [JDRoedell](#)

Having Frame.

Putting your own interests first.

Mental point of origin.

No matter how we like to describe it, it's vital for a truly masculine man to understand and embody these ideals.

Putting yourself as your mental point of origin is instinctual. It's ingrained in our genetic programming. In today's culture though, it has been conditioned out of men. Think about it; it's no different than a hypergamous woman. Both drives seek to ensure the survival of the man or the woman. Self interest and hypergamy are logical, evolutionary survival behaviors. So take back your sense of mental point of origin.

When was the last time you made a decision that was truly self-serving? Something that unapologetically put you and your interests first? I find that if I think back to my high school and elementary school days I realize that my frame was better than it was when I was in college, in my 20s and most of my 30s. Why? Because I was a little more selfish. A little more "what's in it for me?" It was instinctive. It was natural. Kids are born selfish. It's natural.

I am a Led Zeppelin fan. I have been since I was in high school. This probably isn't a coincidence that it coincides with a time in my life that I was a little more "out for numero uno."

Let's examine some lyrics from the first song off their first album, "Good Times Bad Times."

"In the days of my youth

I was told what it was to be a man

Now I've reached the age

I've tried to do all those things the best I can

No matter how I try

I find my way to do the same old jam."

These lyrics describe, to me anyway, the path our culture is trying to put men on. The conditioning to act in a way that ultimately doesn't benefit the man. Even in the 60s this was an undercurrent in society.

I've always found Zeppelin's tunes to be energizing. Unapologetic, masculine, driving, powerful music. Then in college and thereafter I listened to more and more "puss rock." It makes sense. After all, we're told women like emotional men and vulnerability. Insert eye roll emoji. I still like some of that puss rock stuff but I can't listen to it without hearing the bad advice it gives men.

Lets examine a song title...

Another great Zeppelin tune, "Nobody's Fault But Mine," to me is an OYS (own your shit) declarative. The title says enough about that one. Just listen to it.

Robert Plant understood women and sexual interaction. Maybe it was only subconsciously, but isn't that really how it's supposed to be? It's only been thrust into the overt through the manosphere because men have been lead astray.

More from "Good Times."

"Good times, bad times

You know I had my share

When my woman left home

With a brown eyed man

Well, I still don't seem to care."

This reminds men to have abundance. Be the one with less to lose. There are other women out there. Even if you're married, divorce is an option if the dynamics are unhealthy.

Continued...

"Sixteen I fell in love

With a girl as sweet as could be

Only took a couple of days

Till she was rid of me

She swore that she would be all mine

And love me till the end

When I whispered in her ear I lost another friend."

Oooh man... these lyrics should sting for a lot of men. They do for me. Reminds me of how my "first love" ended. I was a needy bitch and it drove her away from me. Four years, over, just like that. It should Sting, and be a reminder why you have to make yourself your mental point of origin. This verse describes an awareness of hypergamy and the need for masculine frame like no other lyrical prose I know. But again, don't be bitter about it. It's just the nature of women. They aren't to blame. Just know how to navigate it. Don't drown your woman with your negative emotions. They aren't built to care.

Let's take a look at some lyrics from "Black Country Woman." Rumor has it that Zeppelin recorded this in Mick Jagger's backyard. In the beginning you can hear an airplane flying over and (i think) Plant telling the sound tech to "leave it" in the recording. Anyway, this song preaches about having options as a man.

"Hey, hey, mama, why'd you treat me mean

You didn't have to say you'd always be by my side

You didn't have to tell me you'd be my blushing bride

Hey, hey, mama, why you treat me mean

But that's alright, I know your sisters, too."

This reminds us to never over invest or get Oneitis. Have options. This includes your wife. Your marriage doesn't define you. Have women who are social acquaintances. Socialize. Go out without your wife sometime. Make mental notes of women who give you IOIs. This is outside the scope of this post but you get the idea.

The "Lemon Song" - a song modeled after an old revived American blues tune called the "Killing Floor" By Howlin' Wolf. It's about not seeing what a woman can do to you if aren't wary and discerning. The inspiration for the song came after Wolf's wife actually peppered him in the back with buckshot from a second story window after she suspected him of cheating. Some women are lemons, pretty on the outside but can be sour when you get to the middle. There is also some phenomenal drumming in this tune but I digress.

To me, the best way to have frame is to have your internal game on point by making sure you've got what makes you happy in order first.

Critics of this idea will conflate this kind of mental point of origin with being unilaterally selfish, without awareness of others' needs and feelings. They'd be wrong. That's not what it's about. I have a wife and two kids. Of course I want them to be happy. Of course I want them to have fulfilling, successful lives. When dad is happy, their happiness will more easily follow. The opposite of "happy wife, happy life." I adopt this frame because I'm a better father, husband and member of society when I ensure that I'm happy, that I'm taken care of and that I'm able to be a masculine man. It's the airplane oxygen mask theory in play.

My wife still accuses me of being selfish sometimes. It's a metric that lets me know I'm not falling into the plow horse roll. Just a month ago, my wife was ranting about something my daughter did. Something she wasn't supposed to. She says, "she's just like you, she doesn't care... she only cares about what she wants." It was all emotion. Addressing that is the scope of another post.

Look back to your childhood. What drove you? What inspired you? What did you gravitate towards? Think about hobbies. Think leisure activities. Think about your social activities.

Think about the girls you found attractive. What did the girls like about you? More importantly, Why did they? Did you tease them? I bet you did. Did you not give a fuck if they ignored you? Probably not, because you were on your way to play flag football or ride bikes with your elementary school buddies. What did you and your friends do together? Men bond over activities. Women bond over talking about feelings and things. Know the difference.

Bring some of these behaviors back into your life and you'll find yourself being more grounded in your frame, developing your internal game and being less reactive to the forces around you.

(Edited for formatting)

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Comments

ImNotSlash • 7 points • 22 April, 2019 03:01 PM

My HS sophomore year I was in a new school. This cute girl caught my attention but she was a bucket of bad shit I'd rather avoid. Sitting in the hallways reading the latest Details, walking home from school, no matter what, that girl found me. For the entire school year I ignored her. Not once did she give up.

At the end of the year I decided I was tired of being a virgin and wanted to fuck. I knew she'd give it to me so I invited her over one day and fucked her while my parents were upstairs.

Then I developed oneitis. Three months later she was fucking someone else and got pregnant.

JDRoedell[S] • 8 points • 22 April, 2019 04:16 PM

Sounds like you dodged a bullet.

ImNotSlash • 2 points • 22 April, 2019 05:48 PM*

Well, full disclosure, we don't know whose it was. She had an abortion. Who the father was became a moot point.

Butt_Man_69 • 4 points • 22 April, 2019 05:33 PM

Fuck yeah! Zeppelin!

freshona • 3 points • 22 April, 2019 06:11 PM

Black Dog.

JDRoedell[S] • 3 points • 22 April, 2019 06:26 PM

Phenomenal song

SorcererKing • 2 points • 23 April, 2019 03:35 AM

When the Levee Breaks, all day, every day.

JDRoedell[S] • 1 point • 23 April, 2019 10:45 AM

Yes! Great blues inspired tune. Only played it live twice because it was too hard to reproduce the drum sound live.

weakandsensitive • 4 points • 23 April, 2019 06:17 AM

I love inner game. It's the reason I can go around saying "fuck you you don't matter." It means I know the value I bring - and maybe it's deluded, and maybe it's not, but do you really want me to go find out?

JDRoedell[S] • 1 point • 23 April, 2019 10:48 AM

Right. Even if your assessment of your own value is deluded... that's where "fuck you you don't matter," comes into play.

Praxis00 • 7 points • 22 April, 2019 02:10 PM

Guys weren't kidding about the sidebar. This topic is over >>>>>

<https://bluepillprofessor.wordpress.com/2015/05/22/hello-world/>

Hes videos start with the Led Zeppelin song "Dazed and Confused."

So no OP is not reading too much into it.

JDRoedell[S] • 2 points • 22 April, 2019 04:17 PM

She has no idea what she wandered into. I won't hold it against her.

BluepillProfessor • 3 points • 26 April, 2019 08:26 PM

I love this post. Thanks for bringing it to life again. I started out and ended those videos with Zep for a reason and the words set the stage for everything I said afterwards. The first several minutes of most was a discussion about different pieces of evidence from the Titanic to the major religions that Robert Plant was right and the "soul of a woman was indeed created below").

Been Dazed and Confused for so long its not true

Wanted a woman never bargained for you

lots of people talking and few of them know

The soul of a woman was created below

They knew.

JDRoedell[S] • 1 point • 26 April, 2019 08:55 PM

Oh they absolutely knew. I'm sure they, like many rock stars, saw the true nature of women all the time.

Thanks, I purposefully left Dazed and Confused out because you aptly covered it in your videos.

Tombert_Williams 1 points 29 April, 2019 06:53 AM **[recovered]**

"Hey Hey What Can I Do" and "Since I've Been Loving You" are extremely blue pill. Although, to be fair, maybe they were trying to show a red pill truth by showing extreme cases of blue pill.

JDRoedell[S] • 1 point • 29 April, 2019 02:47 PM*

I love this topic. Those are good examples you threw out. You are correct. From a redpill perspective, these songs both show how a man will not be happy when he pedestalizes a woman and when he's the one with more to lose. Again, it's as if Plant and Page knew this instinctively and are warning men about being over invested. At least that's what I hear. Lyrics below:

Hey Hey What Can I do: <https://www.azlyrics.com/lyrics/ledzeppelin/heyheywhatcanido.html>

Since I've Been Lovin' You: <https://www.azlyrics.com/lyrics/ledzeppelin/sinceivebeenlovingyou.html>

JDRoedell[S] • 1 point • 29 April, 2019 02:52 PM

In other words, instead of just making "pussy worshipping" songs like you hear today, they are singing about the pitfalls of such a frame. One could argue that all Blues music is a warning about this. Zeppelin was heavily influenced by American blues music.

MrsBlailen • 0 points • 22 April, 2019 12:40 PM

Lol. I've heard a lot of weird shit about Zep lyrics, but this is a new take.

I think you might be reading too much into it but hey, whatever works for you.

Zeppelin Rulez!