

thegolddawg

ARCHIVE

www.TheRedArchive.com

ABOUT THIS ARCHIVE

Everything [/u/thegolddawg](#) wrote across the subreddits TheRedArchive holds: 13 posts and 3 comments published between March 2017 and August 2017.

About [/u/thegolddawg](#). Most of the posts here come from [/r/TheRedPill](#) — 10 of 13 — with the rest in [/r/MGTOW](#) and [/r/seduction](#). Between them the posts drew 8,826 upvotes; the most upvoted is “I have been practicing Stoicism for 3 years now and the quali...” (August 2017, 3,938).

About TheRedArchive. TheRedArchive is a free, public archive of the Red Pill community, built so that none of this writing can quietly disappear. It holds **1,686,664 posts** and **38,852,754 comments** from 45 subreddits and 56 blogs. Much of it survives nowhere else — the accounts deleted, the subreddits banned, the websites long offline. All of it is free to read, search and download, and always will be, at www.TheRedArchive.com.

Support the mission. This Red Pill archive is free — no paywall, no account — but keeping it online isn't. I pay for the servers, the storage and the bandwidth myself, so that this valuable knowledge stays online. If you want to support the mission and archive, become one of the people who help keep it online at www.TheRedArchive.com/#help.

Share this file freely, and keep a copy of your own. What sits on one server can be taken down; what sits on a thousand hard drives cannot.

Best regards,

[/u/dream-hunter](#)

Founder of TheRedArchive
August 1, 2026

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UPVOTES

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

15 March 2017 · /r/TheRedPill · Archived copy · Reddit

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.

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UPVOTES

[Method] Victor kiam said "Procrastination is opportunity's assassin."|Understand that procrastination is a cancerous habit that keeps you in mediocrity, habits however can be removed. These 5 methods will ensure you never procrastinate again (If you don't procrastinate on reading this post)

3 April 2017 · /r/TheRedPill · Archived copy · Reddit

How to overcome procrastination

They say "*procrastination is the thief of time*", and we know that our time might just be the most precious resource we have in our life (you can't get that shit back!). So when you procrastinate you are literally wasting your life. Procrastination is a habit however and all habits can be removed given the right tools. So here are 5 tips that you can use to remove procrastination from your life. By the way feel free to checkout this animated video I made that covers these tips here **WATCH THIS**

1. Motivate yourself to start for 5 minutes

Often when we procrastinate it is just because of the initial inertia of starting. Our brain having created negative associations with the task will do anything to stop us from starting. The brain loves to take the path of least resistance, so you need to trick it by convincing yourself to start for 5 minutes. Once started it is much easier to keep going, this tip will fix 50% of peoples issues with procrastination.

2. Chunk it down

We often make the task huge and daunting in our minds. Chunk that shit down, make it small and manageable. The smaller the task is the more manageable it is for the brain. Small tasks are easy for us to comply with. For example:

- If you need to write a report, start by working on just the introduction
- If you need to do your math homework, just focus on doing the first question
- If you are editing a youtube video, just focus on recording the audio first

Small is manageable, and what's manageable gets done.

3. Check your thoughts

Change your thoughts from thinking about the negatives of the task to the positives of the consequences of its completion. We often procrastinate because of the mental dialogue in our heads "I don't wanna", "this shits so boring". Change your thoughts to focusing on the potential results of your success. Focus on the upside which might be

- Getting one step closer to your goals
- Possible job promotion if you do it right
- Youtube video could go viral
- High Distinction for doing all your work

Your thoughts are often what impede action, change them to propel your action.

4. Change your environment

Make everything you need for you to do the work available for you. If you need to do some work get you laptop on the desk and clear the room from distractions. If you need to read a book get it within eye shot. If you need to go for a run, have the running shoes next to your bed. Make it stupidly easy for you to do the work by changing your

environment.

5. Reward yourself

Have a reward for yourself that you will give to yourself only after completing the task. Human beings are influenced by incentives. What are yours? This will keep you motivated whilst doing the work to complete it. Anyway guys if you use these five tips I doubt that you will have procrastination as a habit. Make sure to check out the animated video here: **WATCH THIS**

Thanks for the support! :D

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UPVOTES

[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.

24 June 2017 · /r/TheRedPill · Archived copy · Reddit

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.

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UPVOTES

[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

8 July 2017 · /r/TheRedPill · Archived copy · Reddit

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 jist 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](#)

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UPVOTES

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

15 July 2017 · /r/TheRedPill · Archived copy · Reddit

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.

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UPVOTES

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)

20 July 2017 · /r/TheRedPill · Archived copy · Reddit

[removed]

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UPVOTES

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

23 July 2017 · /r/TheRedPill · Archived copy · Reddit

"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

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UPVOTES

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

26 July 2017 · /r/TheRedPill · Archived copy · Reddit

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

1,464
UPVOTES

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.

1 August 2017 · /r/TheRedPill · Archived copy · Reddit

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:

- \tMeditating for 20 minutes a day is easy
- \tReading a non-fiction book for 20 minutes a day is easy
- \tExercising for 30 -40 minutes a day is easy
- \tGetting 0.1% better at your craft a day is easy
- \tSaving 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

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UPVOTES

[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.

2 August 2017 · /r/MGTOW · Archived copy · Reddit

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► **WATCH THIS** Thanks

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UPVOTES

How to hold a conversation and be able to talk forever with anyone. Develop your million dollar mouthpiece with this one mindset shift.

2 August 2017 · /r/seduction · Archived copy · Reddit

The Million Dollar Mouthpiece

The ability to hold an engaging conversation with a complete stranger might be one of the most important life skills you can develop. It is a skill that not many possess, but many wish they had. Few people understand the subtleties involved with it. I used to struggle with conversations in the past.

I remember the painful awkward silences that would ensue due to my lack of conversational skills. The many missed opportunities... So how can one develop the million dollars mouthpiece? Well, the answer might surprise you.

A good conversationalist understands the importance of listening. Many people falsely assume that in order to have a good conversation, they must constantly talk. People get too stuck in their heads trying to think of the next thing to say. They get stifled looking for the right words.

Change the focus to being mindful during the conversation. Give the other person your full attention when they are speaking. Doing this allows you to pick up the 'threads' of the conversation. What are the threads? Well, when someone talks they usually mention a range of things that you can use in order to navigate the direction of the conversation. I will give you an example:

Case Study: The bus stop

Guy: Wow, is this bus always this late?

Girl: Yeah, I got to the library late last week because of it.

The first part of the dialogue only has one thread which you can expand. The girl mentioned that she was late for the library. The library is your new topic to pursue, once opening a thread you must ask an open ended question (a question that demands more than just a 'yes' or 'no' answer).

Guy: Uhh the library? What are you a student, or writer, or something? **Girl:** Yes I am a student; I'm studying psychology at the University of Amsterdam. The girl's response opened up three threads. The potential topics that you can discuss are:

- Things associated with the student life
- Things associated with psychology
- University of Amsterdam

At this stage, you can give your own experience on the subject matter or ask another open ended question. For example one of the below:

1. Student life is expensive these days, how do you cope?
2. What inspired you to study psychology?
3. What is the vibe like at your university?

Let's go with question 2.

Guy: What inspired you to study psychology?

Girl: I have always been interested in the mind, especially of serial killers. When I was younger I used to watch a lot of crime investigation documentaries. I have always wanted to know, what makes people tick I guess.

Bingo, the open ended question has now lead you to open up many new threads. From here you can talk about:

- The mind and how complicated it is
- Serial killers, what makes someone snap?
- Documentaries you have watched

Remember, you can always navigate the conversation to previous topics uncovered in earlier threads whenever you want. You can always say:

'Previously you mentioned – enter previous thread-' this is an option best left for when your current thread is losing some heat.

People love their own voices, give it to them

As you can see, following this framework it's very easy to keep a conversation going on forever. What you have to understand is that people are primarily concerned with themselves. People love the sounds of their own voices. If you can allow them to express themselves while being present to the moment, they will love you for it.

I have had conversations with all kinds of people, often with people who do not share any similarities with me. I, however, am able to connect with them because of a deep understanding of this basic framework. There have been times in the past when I have said maybe two sentences within a conversation and allowed the other person to speak. To my surprise, these people would always remind me about the "deep, and insightful", the conversation we had. Master this skill if you really want people to love you, and if you want to open up opportunities for yourself.

VIDEO EXPLANATION

3,938
UPVOTES

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.

7 August 2017 · /r/TheRedPill · Archived copy · Reddit

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

308

UPVOTES

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

7 August 2017 · /r/MGTOW · Archived copy · Reddit

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VIDEO POST, Thank You

COMMENTS

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

1 upvotes · 27 July 2017 · /r/MGTOW

Lol I'm not going bald look.at my other videos lmfao

[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

1 upvotes · 10 July 2017 · /r/TheRedPill

comment by **trp** : (couldn't post because of low karma)

The Raft A man stands beside a river, alone. Facing away from the water, he observes the dark forest he has just escaped; mists crawl towards him from the trees, whispers from the bush reach his ears. He turns away and gazes upwards. The sky is cold, blue, and cloudless; there is no sun, yet there is daylight. The man stares across to the other bank and sees flat plains extending for miles, and a group of mountains in the distance. The mountains are where his adventure heads. The man constructs a raft, and paddles it successfully to the opposite bank of the river. As he rests on the shore, he realizes he has a decision to make: what should become of the raft? Should he take it with him on his journey to the mountains? Or shall he leave it at the riverbank? Swallowing the redpill can be tough. Reading the chad stories and the awalt stories, and then thinking about the girls in your life, the relationships of your past - that shit can be emotionally draining. It can get to the point where, and I choose this word purposefully, you can end up feeling “triggered” by these ideas. You see redpill theory play out in real life, and you want to shut your eyes. You begin to feel depressed and inadequate. You begin to wonder if you could ever be a true chad, ever deep convert, ever be a girl’s alpha. You sink even deeper into TRP. Chad becomes an unattainable ideal. You wonder whether the foundations for true masculinity could only be built in youth, that you missed the boat on being a true man. You see girls and wonder: “could I ever truly satisfy them?” Stephen Crane wrote about a young, cowardly soldier who flees from the battlefield to a hilltop, and shamefully watches the men fight: “As the youth looked at them the black weight of his woe returned to him. He felt that he was regarding a procession of chosen beings. The separation was as great to him as if they had marched with weapons of flame and banners of sunlight. He could never be like them. He could have wept in his longings.” You stop reading TRP posts to learn philosophy - you already have swallowed the pill, you already understand what’s going on. No, now you read posts masochistically. It doesn’t matter whether or not these stories are real, they FEEL real - the stronger emotions they create the more real they are. Each story, each field report, each bit of theory, they all begin to negatively distort your view of women and add to your insecurities. You cease to yield truth from TRP because you can no longer accept the information in a healthy way. Instead, your mind interprets it all into a twisted, perverted version of TRP philosophy. An inaccurate version that mixes TRP truth with your own emotional bullshit. You know if this describes you. You know if you are at this point in your redpill journey. I am here to tell you: once you understand the truth, there is no need harass yourself with it every day - it will destroy your insides. TRP community is only the raft you must use to cross the river. If you have made it to the other bank, and can now see the landscape clearly, then you are awakened. That is a fantastic accomplishment. But now it is time to start a new adventure, and the first step means leaving the raft behind. Don’t strap the raft to your back and haul it the entire way to the mountains. Don’t do that. There is more to life than TRP - don’t let it consume your time longer than it must. That’s not what the goal of TRP is. TRP is just a tool to get you from a state of misunderstanding to a state of understanding. Now that you can see clearly, now that you can navigate easily, go experience this new landscape, fill in the details for yourself, and stop wasting your time on here. TLDR: a parable repurposed.

[Method] Victor kiam said "Procrastination is opportunity's assassin."|Understand that procrastination is a cancerous habit that keeps you in mediocrity, habits however can be removed. These 5 methods will ensure you never procrastinate again (If you don't procrastinate on reading this post)

1 upvotes · 3 April 2017 · /r/TheRedPill

No worries mate, just focus on any one of these or even better all 5. The first one seems to work to best imo.
Don't worry dude I used to do the same thing. Good luck!