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# VEXYRICON

(vex-ear-ih-con)

Version 2.61

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-----=(outlines near utopia)-----

*This entire book has nothing to do with “religion” nor “spirituality”. It is meant to be a realistic mindset shift meant to solve the problems people are facing, through logic. I know this book has a funny name, but this is like math. If I make a claim, it’s because I am able to put it behind a sensible logical argument. That goes for every claim I make.*

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-----=INTRODUCTION=-----

**Every human’s life purpose** is literally just to achieve the best existence they can. I’m pretty sure the **meaning of life** is that it’s a game with both great potential for happiness, and great potential for pain. So, the “game”, obviously, is to achieve max happiness, the best existence you can. By living, you play the game, opening yourself to be vulnerable to experience both life’s full potential for happiness and full potential for pain. And by dying, you give up the potential for happiness and pain for what I’ll assume to be a void of nothingness (**we’ve apparently found no proof of any afterlife**, I told you this book is **logic based**, and it’s **smarter** to assume nothingness to be safe and not act like we can just kill ourselves and risk losing all the potential life offers only to be met with literally nothing). So, the meaning of life and your life’s purpose, are the same, as you can see: to achieve the best existence possible. **The reason people “don’t know” their life’s purpose today, is because they were convinced to give up on it. Let me explain:** As a kid, you might come up with big dreams, and not think about their limitations. But as an adult, you’re taught to accept some hopelessness, like accepting that that you will die one day, and that you only have a bit over 100 years to live, at max. Accepting that then makes a lot of, if not all of your **truly** greatest dreams “unachievable”. **I’m not talking about average dreams genius.** I’m talking about **the greatest dreams you can imagine, the full extent of all the potential that exists** for us to

make a reality in this existence we're in. When I said "max happiness" I wasn't kidding. **Those huge dreams are and were always your and our true purpose to achieve as people, the true path to "max happiness" and the best existence we could be living.** The very best dreams you can imagine achieving. Every individual person is and was always meant to have the mindset of intending to take seriously the goal of solving any and every obstacle in their way of achieving such dreams. This includes overcoming death itself. **Here is why:** What the hell can you do with 100 years of life? Definitely not achieve all these "greatest dreams" I'm talking about. Our happiness and achievement of our best, true life purpose, is literally crippled by death not having yet been solved by the medical advancement of society. **But on top of that... There is enough potential for happiness in this existence that the public hasn't discovered yet,** to the point where, if a person witnesses all of or even just "enough" of that potential in one place at one time, **they will be ignited to sprint after and take seriously overcoming everything in their way of it, even death.** I'm not saying they'd definitely succeed in overcoming death, but they **sure would try.** My point with this is: **human beings, since the beginning of time, were meant to have the mindset of creating the best existence possible and overcoming anything in their way of that, as a team, not succumbing to hopelessness. Even toward death itself. It is our literal life purpose, to achieve the best existence possible as an organized team, and teaching our kids to accept hopelessness, even teaching yourself that, while it seems sane, is a major reason for deep-rooted depression in this society, as well as corruption.** The only way for me to prove this claim is true to you, is to show you all of that potential. **So that's what I'll do in this book.** This explains it: **he who sees enough of a "why", will find almost any "how".** This is how you were meant to be. There is simply too much potential you'll see you'll be giving up by accepting hopelessness, accepting death... Too much potential happiness you'll be losing, for you to be okay with accepting that hopelessness. I know, seems unbelievable, but **equally is the reward,** and it's important you see that. Like I said, these dreams are your entire life purpose, and the meaning of life is to achieve the greatest of them. **And when this book shows what that's like... You will sprint after it.**

=-----=> Wake Up Sleepy Head, For Your Own Sake? <~=-----=

**The amount of regret you'll feel when it's too late, when you're now too old and 100% guaranteed to die, will scale with the amount of potential that exists** in life you see you'll now be losing by dying, the amount of potential that you lived your life having given up on chasing. **As someone who's seen a lot of that potential, there's a ton, and thus potential for a ton of regret.** That's not fun ☹️, and what's even less fun is that **most people are headed straight toward all that regret.** Without first witnessing all the potential this existence can offer you, you haven't even seen what you're giving up on by accepting this hopelessness mindset society has taught you. **It's smart to at least see the other side of this coin. And I'm saying, you'll see enough potential I assure you, to the point you will burn to sprint after it,** after you witness it. I have put basically **all of it into plain English for you; this book** should share sensible, full solutions to what seems to be **almost all** individual **and** societal issues. I **don't** mean true "perfection" or "utopia", but the result of this is... **△ CLOSE △**. It is the greatest thing I've ever seen, solving pains you probably weren't aware you had; making life better in ways you didn't know it can be. Just keep reading. And yes, just so you know, this book does share the plan to overcome death in the next 50 years, **or less.**

=-----=END OF INTRO=-----=

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*This marks the end of book I, the attention-grabbing thesis, "the arrow", and marks the beginning of "the sword":*

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## THE SWORD, THE IMPORTANT MAIN TEXTBOOK

*Textbook of human magnetism, intended to outline the path to the best existence possible. It's all "just an opinion". It's separated into two books: book II has the full plans steps A-Z, and the required/important context. Book III has all the extra, minor context/answers your doubts with it. Any entry in book II has an identically titled one in book III, but the one in book III is only the "extra context", supporting evidence, and answers to potential doubts you might have about that entry or the logic in it. In short, book II is all the plans A-Z, while book III is their evidence and proof.*

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### BOOK II TABLE OF CONTENTS

*Book II contains only the most important info, formulas, and this entire book's main plan's steps from A-Z. The Plan. If you have unanswered questions or doubts about an entry in it, check its book III twin which should answer them!*

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**Reading Tips.....Page ???**

*Introductory info that is possibly helpful to know about this book before/whilst reading it.*

**Foundations of the Individual.....Page ???**

*Self-explanatory title.*

**Moral Reality.....Page ???**

*Definition of moral reality = an un-validly arguable fairest assessment of a situation.*

**Anti-Censorship.....Page ???**

*The only thing that should be censored is spam, and I've defined what that is in this chapter.*

**Economics.....Page ???**

*Money is an indicator of division regarding our desires. Education from this book shows that division isn't needed.*

**Anti-Toxicity.....Page ???**

*Defense against unjust toxicity from others. Not as much sunshine and (rain)bows as extreme positive energy...*

**Weapon Laws.....Page ???**

*Self-defense should be an equal playing field, and criminals don't care about "laws" standing in their way.*

**Open-Mindedness.....Page ???**

*Willingness to hear out the ideas of those talking to you (as long as they get to the point & have relevant speech).*

**Extreme Positive Energy.....Page ???**

*The opposite of anti-toxicity, only fully usable for certain people. More sunshine and (rain)bows than anti-toxicity.*

**The Gender Attractiveness Imbalance.....Page ???**

*One gender is having an easier time gaining attractiveness... While the other faces tyranny, stopping theirs...*

**Eye for an Eye Dynamics.....Page ???**

*Moral reality, among other things, enables this; it's the path to true justice.*

**Self-Discipline.....Page ???**

*Gettin' shit done*

**Contemplation.....Page ???**

*Thinking for yourself; your weapon against "impossible" problems, and how I found most of what's in this book.*

**Moral Reality Laws.....Page ???**

*Moral realities that seem to remain true in all or almost all scenarios...*

**Foundations of Society.....Page ???**

*Self-explanatory title.*

**Relevant Speech.....Page ???**

*Ever seen a good movie? Don't you think they get to the point and progress the plot in those? Life should be similar.*

**Miscellaneous.....Page ???**

*Unsorted. Remember, if something's in book II, it's because of its importance alone.*

**Contemplation Notepads.....Page ???**

*The organized system of notepads I used to create the whole vexyricon and find most of the info in it.*

**The Judgement List Method.....Page ???**

*The method for finding ("farming") new impactful song motivations of all kinds and angles of impact.*

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## READING TIPS

*Introductory info that is possibly helpful to know about this book before/whilst reading it.*

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### **“human magnetism”**

I don’t see a problem with this being the title of the movement this book creates. It’s accurate, and *you’ll see why*. “*Human magnet*” is just a term I’ll use meaning “the legendary version of oneself” throughout this book. I think that’s okay, because the level of “*legendary self*” this book can turn even a *single person* into, is... Something I’d never seen before. Never even knew anything like this was possible. A strong human magnet has been the most impactful motivation I’ve ever seen, and it’ll be *really funny* if I can somehow manage to help everyone become *that legendary* with this little nuke of a book. The three “*overarching traits*” of a “human magnet” are power, attractiveness, and understanding, with all other traits being sub-traits of those three that give someone more of those three.

### **warning: cross-referencing**

Occasionally, things in this book mention things lower down in the book you may not have read about yet. In the same sense, things already mentioned may be cited again since so many things connect to and support others here. Rest assured, everything should be easy to find, and if it isn’t with the table of contents, search for it with CTRL+F...

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# FOUNDATIONS OF THE INDIVIDUAL

*Self-explanatory title.*

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## the law of motivations

This is the *most important thing in the entire vexyricon*. It says, if a person witnesses enough of their best existence possible at once, they *will* feel ignited, possibly on an *unimaginable level*, to achieve that existence and make what they saw a reality. This is a *warning*, and I suggest taking it *extremely* seriously, because the amount of regret you'll feel on your death bed from ignoring this law and not chasing that best existence, will scale with the amount of potential you'll be seeing existed in life that you gave up on chasing and will now lose access to, because now you're guaranteed to die. And as I said, there's enough potential to the point you'll very possibly be ignited on an *unimaginable level*, burning to make that potential a reality when you see it. And so in the same sense, if you're on your death bed, you can experience *unimaginably* painful levels of regret, anger, depression, etc. Seemingly everyone in this society hasn't experienced this (the "*law of motivations*"), and so they are wasting their life, chasing pointless and incomparably worse sources of instant gratification and fulfillment instead as a result, like some NPC, no joke, due to having accepted the hopelessness mindset society taught them, and thus having given up on their true purpose of achieving the best existence possible & having the mindset of solving anything in their way of that existence instead of succumbing to hopelessness (especially since *they will willingly adopt that solving mindset when they witness enough of life's potential/witness enough of the best existence possible at once. Everyone would chase it*). You need to experience a powerful level of this law. It is a dire warning, the direst in existence & in your *entire life*.

## the solving mentality

The solving mentality is *this*: intend to overcome and solve any and *every* obstacle standing in your way of your best life/existence possible. This means death itself. The economy. Along with any and every major individual *and* societal issue making your existence *significantly less than the best that is possible*. Lucky for you, this book lists the solutions/plans to solving most issues *for you*. Our life purpose is literally to achieve the best existence possible, to achieve any and every one of those big dreams you had as a kid that made you so invigorated, to achieve an unjust-pain free existence far better than even what you might've had as a kid; and when you were taught to accept the hopelessness of death, this purpose was thrown out the window, because those dreams are too big to achieve in just 100 years, and what's the point in working your ass off just to experience maybe 20 years of that best existence only to die and lose access. Further, *reality is, you will willingly choose this mindset when you see how good this existence can be with these problems solved*. You won't even just *choose* this; you'll wish you'd never lacked it.

This is a vital foundation of basically everything in this book. People refusing to acknowledge the importance of this one mentality, is why you guys haven't been able to find *real solutions* to these issues you then give up on and call "*subjective*" as some coping mechanism for the reality that those very issues are *only solvable* with this "*solving mentality*" which society taught you not to even consider. With this foundational mindset completely out of all of y'all's consideration at a society-wide level, *it's no wonder* we haven't found objective solutions to these issues and no wonder why you guys had to resort to just coping by labelling them as "*subjective*". You're literally trying to construct a building on top of sand, and resorting to calling the entire project "not objectively possible" when the building keeps falling over, rather than putting a solid foundation there first, all because said solid foundation is made of a material alloy you've been taught is "impossible to manufacture", *all* while you're now looking at the very bo-

ok that tells you every step in how to manufacture it (this book). Accepting the reality of this “solving mindset’s” necessity, has thus enabled me to find *all these other solutions* to these “impossible seeming” societal problems we’re facing, *so yes*, this mentality is ridiculously foundational to *everything* in this book, and to *actually, truly* solving any of the issues *in and outside of it*. This is literally the very *definition* of “foundational” info if there ever was one.

### **the law of pain / law of leverage**

This is basically just the common saying “work smarter, not harder”. Doing things in a “hard” or “painful” way in any way, tends to signal that more correct ways exist and should be found through contemplation/thinking outside the box. This just reminds you to find the correct/best way to do things. Like in eating healthy, with healthy yet tasty recipes, eating healthy will be easier. When bending over or with any body movement; there’s a correct, most painless, and likely even comfortable way to do it. Use this law in *all you do, with the exception of emergencies*. “Work smarter, not harder”, at an *intelligent max*, meaning don’t spend 50 years contemplating why you stubbed your toe, but rather focus on solving *significant enough* occurrences of *unjust* pain you notice. Including *elusive* kinds like, say, *awkwardness*, or *other forms of discomfort*. A big flaw with this society is us *not truly solving elusive kinds*. You’ll see a common person experience the discomfort from elusive pains when they happen, but rarely dissect it.

### **“passing the first layer”**

This is a requirement of anyone claiming to be a “human magnet” because it basically proves a person’s awareness of the true best existence possible, and that their *allegiance* and their genuine self’s desires now truly lay in chasing making it all a reality; the existence aligning with *fairness* rather than selfishness, the existence *this book describes*. This *basically proves a person is uncorrupted*, and now, reliably, does in fact, have their eyes set on making said best existence possible aligning with fairness etc., a reality. This works, because when someone understands enough parts of the best existence possible described in this book, *they will genuinely desire to be uncorrupt* and make it a reality. For example, they’ll see fairness almost always aligns with their path to max happiness, & its objectivity.

*These will be the topics someone must prove they understand fully before being considered “passed the first layer”:*

Objectivity of fairness.....	Page ???
Why fairness can align with anyone’s path to max happiness in almost all scenarios.....	Page ???
Open-mindedness.....	Page ???
The economy of the best society possible.....	Page ???
Dynamics of insecurity.....	Page ???
Anti-toxicity.....	Page ???
Anti-censorship.....	Page ???
Weapon laws.....	Page ???
Self-discipline.....	Page ???
The gender attractiveness imbalance & solutions.....	Page ???
Extreme positive energy.....	Page ???
The law of tyranny.....	Page ???



Seeing other's for their potential instead of just their immediate flaws.....	Page ???
Relevant speech.....	Page ???
Every detail about the law of motivations, impact of how it feels, everything.....	Page ???
Dynamics of motivational impact.....	Page ???
The solving mentality.....	Page ???
The law of pain/leverage.....	Page ???
Contemplation.....	Page ???

### **dynamics of motivational impact**

Think of it like a *puzzle*; the more pieces (of potential) that fit together (that you're aware are real) at one time in one place, the more of an impactful overall image you'll perceive and potentially be impacted on an extreme level emotionally by. This is why *passing the first layer* works. All those topics it tells you to prove you fully understand, are individual pieces of the best existence possible; and when you truly & fully understand enough of them, the bigger picture you're then able to now see they combine to form, is stupendously glorious. As long as what's impacting you is acceptable and attractive from a realistic and moral perspective, it doesn't matter what it is, what matters is how deeply it impacts you (how many puzzle pieces of a "best existence possible" are in whatever image it paints in your head). So, to strengthen your sensitivity to impact, you must become aware of more of life's potential.

### **"exploring the first layer"**

Knowledge alone, even of all the pieces of the best existence possible, likely won't be enough to keep you awake to the *law of motivations' warning*, so it's a good idea to find sensually impactful *examples* of that knowledge which strongly impact you and drive you to pursue making the best existence possible, a reality. Even then, *one* impacting example likely won't be enough to keep you awake. The more of them you find, and the stronger what you find is, the more motivation you'll reap; the more you'll be re-woken up to the *law of motivations*. Also, there seems to always exist new unique examples to find which can, if found, show you an angle of the best existence possible you didn't see before, so don't assume you've already seen all of them. Finding impactful examples is important, but there comes a point when you also need to be responsible and make progress in life instead of just hunting for more *reasons* to make progress in life, so maybe take it easy when you feel you've found enough impactful examples. Lastly, I'm pretty sure the most sole impact occurs seeing strong human magnets of the gender you're attracted to.

### **the law of tyranny**

Aim to keep any tyrannical force that has too threatening of power over you satisfied until it no longer has power over you and isn't a threat to you. View all of it like any game of chess. Plot-armor doesn't exist in life and trying to follow willpower or ego over logic and reason can make it far harder to win against the threat or can even get you killed. Understanding what the tyrant wants and their perspective can aid in convincing them to lower their guard. This justifies some lying and manipulation; don't feel guilty for lying to a tyrant who has left you few other choices. Tyranny comes in many forms and places, like the closed-mindedness of any individual exercising power over you. This is more of a suggestion or warning but, do know the consequences which are possible from ignoring this law...

**“magnetic vampirism”, one of, if not the most motivating and thus most important things in existence**

Is experiencing the *combination* of realistically maximum love and realistically maximum lust with a human magnet of the gender you’re attracted to. As you can expect, the *absolute* “maximums” are only truly reached by that person being “maxed” out, which you’ll basically never *realistically* find. That’s *why* I said “realistically maximum” in the first sentence. And so, the impossibility of being able to find a *truly* maxed out individual, doesn’t even matter, because even them being remotely close to “maxed out” (any average human magnet is close enough), will still make this one of if not *the absolute most motivating experiences* in existence, thus still fitting with this entry’s title.

So having said all that, and because it is the case... In the interest of you experiencing the law of motivations to the maximum extent possible in order to be woken up to it to the max extent possible, and considering that this is one of, if not *the very most* impactful, major, and most motivating pieces making up all the law of motivation’s impact...

Any sexual preference or taste you have that does not break moral reality in any way/cause any unjust pain, should be explored, not in public, to discover and experience, ideally, it’s *maximum* ability for motivational impact on you, its “best” form; its maximum “law of motivations” infliction on you. Whatever way you find its “best” form, is up to you. I really don’t wanna sound *lewd* here so, sorry if the wording is confusing, I can’t help it. I guess *reality is lewd*.

*It’s not like you won’t like it though. This book teaches much of maximum love. This says max lust is for you to find...*

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# MORAL REALITY

*Definition of moral reality = an un-validly arguable fairest assessment of a situation.*

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## **fairness is, at least, almost fully objective**

There is an un-validly arguable, fairest assessment to almost all dilemmas (a moral reality) we can find and unite on. There are scenarios where it *isn't easy to locate* and there will be disagreements, but in most cases that isn't the case, meaning people can be nearly fully united in terms of morality. This entire entry only matters, because of this:

## **fairness can align with everyone's path to max happiness in almost all scenarios**

What this means, is, doing the morally right thing can align with everyone's path to max happiness in *almost every scenario*; doing the right thing is almost always in everyone's best interest, and as the entry above says, there's a "most fair" way to handle *at least* most situations, an objective "most morally right" solution, a *moral reality* we can't validly disagree with. One main barrier needing to be crossed to *purify society* is educating its people clearly enough, and truly proving to them, how fairness can almost always align with their path to max happiness. I understand and you're probably asking, "how exactly can fairness almost always align like that?". Here's a couple reasons why:

The dynamics to bringing empathy, genuine self-expression, self-awareness, mental health, human connection, open-mindedness and achieving justice, dissolution of unjust bullying and unjust censorship, dissolution of existential crisis, productive and interesting communication, self-improvement, true self-discipline, motivation, and a plethora of other things, all to an all-time high in society, are outlined in this book. Basically, life will be so good that, for starters, people will have a much greater desire to not fuck up their life and become an enemy of this society from committing crime. Secondly, due to the solving mindset causing people to be actually dedicated to achieving a "best existence possible" for humanity due to them not intending to die and therefore truly viewing life as their canvas, having the absolute maximum emotional attachment and true dedication to life and truly caring about it to the max all because with the solving mindset, they set their eyes on making their wildest dreams a reality instead of giving up on them, because they don't intend on dying, they intend on solving death, they intend on solving the time limit death oppresses them with, not succumbing to it, and therefore, there's literally, basically no limit to what they can achieve since that time limit is just another roadblock they intend to jump over. You'll be paying attention to the long-term potential you can make a reality (the best dreams you can imagine making a reality, now that you have limitless time). This is why people will care to such a max level about actually creating the best existence possible, because of the limitless potential that will be opened to them with the *solving mindset*. They will be more than motivated to care about and actually chase achieving this "best existence possible". Thirdly, fair unity leads to more happiness than divided anarchy, since we'll achieve much more as a unified team than with division/anarchy.

*And yes, the solving mindset does depend on constantly being sure you really will solve issues like death, no doubts. No delusion here, only confidence reflecting logic, reason, and reality. It all depends on if you find plans that'll work.*

This book is supposed to provide that plan, lucky for you. Fourthly, people will be more dedicated to investigations and achieving justice, due to actually caring about achieving the best existence possible from the solving mindset. People will also have the training and mental health to responsibly carry the same caliber weapons as criminals, deterring crime more. People will know their exact individual path to max happiness, and if not, know how to find it.

### **how to find a situation's moral reality**

This is done by applying the law of pain to the situation the best you can (confronting the situation from others' points of view; the problems/pain they face as well as your own) and confronting any valid arguments from any valid perspective, to find the *unargued fairest assessment of the situation* (the literal definition of moral reality). We use the law of pain because any fracture in moral reality tends to result in *unjust* pain from someone's point of view, thus, picking up zero fractures aka zero unjust/unfair pains, in your solution, means it's likely following a moral reality, especially when there are no visible valid counterarguments. We can only do our best at finding moral reality...

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## ANTI – CENSORSHIP

*The only thing that should be censored is spam, and I've defined what that is in this chapter.*

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### anti-censorship

Anti-censorship is an extremely *vital* foundation of creating the best society possible. Anti-censorship says: “the only communication that should be censored/muted is significant enough spam”, and I already *defined* spam for you in here. The only thing that should be punished is unjust harm caused by communication, not the communication itself. For example, lying to burning building victims about an escape stairway on the other side of the building so that you can have a clear path out, resulting in their deaths. Unjust threats warrant investigation, and the only thing that deserves punishment from such a threat, is valid harm or cost caused to victims because of it, including valid costly measures taken by the victim out of fear. Such little censorship is viable and reasonable for multiple reasons:

For one, the *anti-toxicity law of moral reality*, which says moral reality can always win against injustice in any verbal conflict, as long as someone's there who understands (the) moral reality deeply enough to expose it, because moral reality almost always aligns with everyone's path to max happiness, and the bully breaking moral reality, almost always means that bully is straight up straying from their own path to max happiness, which is foundationally stupid. In other words, you just need an understanding deep enough to expose their stupidity with max efficiency and stab valid holes in their unjust ego and reputation, not to mention other anti-toxicity traits. Read *how to roast*...

Not only that law, but the *dynamics of insecurity* as well: all insecurities can now be handled properly, as long as a person truly has the *solving mindset*, which we are all meant to have anyways. Are you aware how many suicides happen due to us not having the solving mindset? People feel too much hopelessness from things like currently unfixable biological flaws, to the point of suicide. Do you see all the hopelessness mindset has done, on top of that? Is that not enough evidence for you to accept this solving mindset is the one we were *meant* to have from birth? Seeing life's potential alone (*the law of motivations*) will ignite a nuclear explosion-sized fire inside you to chase after it anyways. Good luck denying the solving mindset's necessity *after experiencing that*. With all insecurities being able to be handled, and verbal justice being able to be achieved by simply having a deep enough understanding, on top of the rest of anti-toxicity, there basically doesn't have to be any danger of unjust verbal bullying *even with* such little censorship. This isn't even considering the other supporting info in this book, such as communication skills.

In a society where everyone's able to express their full genuine self without unjust censorship, people will receive more genuine feedback for growth and development of their genuine personality, to the point this creates a society of the most magnetic personalities imaginable. This is one big part of what I mean by people reaching their “*legendary*” selves. Anti-censorship is one big main key to deepen our relationships to their deepest levels possible, expose and confront the most relevant problems the *now educated* population will actually care about, maintain the foundational aspect of the best society possible called *open-mindedness*, and grow into the best versions of ourselves from not only receiving maximal genuine and relevant feedback from others about ourselves, but also knowing *how to handle the feedback in any form* it may come in by using things like the *dynamics of insecurity*, for example. This polishes your genuine self to be a *diamond*. We've resorted to accepting unjust censorship today, mainly since we don't know about anti-toxicity, things like the dynamics to insecurity, we reject the solving mindset, and more...

### **anti-censorship – what spam is:**

- continuous, irrelevant enough speech, labelable as irrelevant depending on how the arguments for said label hold up & whether that label aligns with the moral reality of the situation. *Valid counterarguments must be confronted.* Our collective goal should be to locate moral reality, so, seriously, just argue your case if you feel unjustly censored.
- communication which is shown to serve no other purpose than deafening others (it's a form of unjust censorship).
- communication repeated so much by a single person that it has the genuine effect of deafening/censoring others...
- a thing displayed in places it isn't explicitly stated to be allowed to be in, so disturbing it can genuinely nauseate or sicken the average person (who wants to throw up?). If you have some rare sensitivity, that's a medical condition to fix, and the public being censored shouldn't be the solution to it, otherwise we'd end up being hyper-censored due to all the people with similar conditions. Rather, a better solution is that a cure should be found for your illness.
- nudity displayed in areas it isn't explicitly communicated that it can be displayed in. This doesn't need explanation.

### **anti-censorship – what spam is not:**

- misinformation of adults* (the person's reputation should be impacted instead of censored, & with anonymous on-line accounts, people should read that information with a grain of doubt, we can never stop that form of misinfo...)
  - racism, sexism, literally any-ism, "hate speech". People expressing those "isms" unjustly should feel valid criticism, not censorship. And like I said all you need to do is deepen your understanding to be able to roast them effectively.
- And if you don't want to "roast" bad people, you don't need to. Use extreme positive energy instead of anti-toxicity. And if you aren't compatible with extreme positive energy, just read & use the Socratic method anti-toxicity entry...*

### **anti-censorship must be a fair game**

Anyone, such as children, who can't handle the full, entire, adult level verbal disrespect or toxicity potentially earned by their own unjust disrespect toward others, shouldn't be allowed to use such verbal toxicity in the first place. It's not fair to let someone be disrespectful unjustly while expecting that person to not receive deserved verbal disrespect back. If they're going to play this game, it should be fair. When someone learns either anti-toxicity or extreme positive energy, they'll know how to handle any form of verbal toxicity dished out toward them, but if they haven't learned how to handle all possible toxicity or disrespect *receivable*, they shouldn't be allowed to dish it out...

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# ECONOMICS

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*Money is an indicator of division regarding our desires. Education from this book shows that division isn't needed.*

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## the right "economy"

Is organized teamwork toward creating the best existence possible. Not money based, rather logic and fairness based, especially considering fairness is mostly objective (follows objective logic in almost all situations). Our unargued and communicated purpose as a society, is creating our best existence possible. But it doesn't stop there: the most viable path to said "best existence possible", for any individual human on this planet, shares a ridiculous amount of major and similar crucial factors, with literally every other human's individual most viable path. Yes, you read that claim right. One person might like the color red and another blue, but when it comes to the huge, crucial pieces of what actually matters to us, we're actually pretty damn similar: things like human connection, feeling understood, feeling worth something, feeling justice has been satisfied, feeling purposeful, even feeling attraction, these things are majorly similar among a majority of the population, and are the major motivators and pieces of any human's happiness. On top of this, fairness is also mostly objective, and can align with literally everyone's most viable path to max happiness, in almost all scenarios (that's the main reason behind everything in this entire entry, actually) (citing: moral reality chapter). So, since we're so similar in terms of what actually matters to us and follows the reality and logic of what truly matters logically (ignoring people's false delusions they'll just abandon (if sane) when they see this "reality" enough), and since our purpose is to create the "best existence possible", which we share so much of, the right "economy" is one where the "currency" used is simply the best presented logic and reason tied to the goal of creating the best existence possible, considering fairness aligns with everyone's most viable path to max happiness in almost all scenarios, and thus can and will leave everyone happy in almost all scenarios, on top of considering, our "best existences possible" even as individuals, share such a ridiculous amount of crucial major similarities amongst every human even at an individual level. And don't even get me started about what the masses passing the first layer will to do for purifying this corrupt economy, thus solidifying this "economic" system.

But nooo, in this current corrupt economy, not only do we give up on the solving mentality and give up on finding the moral reality of a situation to instead resort to fighting, forcing, or enslaving each other (sometimes even in elusive ways that require stupid amounts of thought and preparation in comparison to the effort finding a moral reality would've required), we resort to this division-endorsing currency called "money" letting people then have more reason to be corrupt and cheat to obtain since we're all so infected with this hopelessness acceptance, selfish, instant gratification addicted mentality. Like what did you expect, being infected with that? This economy is "every man for himself, me me me, my unconfronted philosophy (unconfronted due to you being unmotivated, aka not being passed the first layer), my unconfronted opinions and desires are best mine mine mine". Selfishness, division... I'm pretty sure the reason we established money as a currency in the first place, is because people in this corrupt society are so lost in their own material lives that they've replaced creating the true best existence possible aligning with fairness; replaced it with addiction to instant gratification and self-service, because there is nothing better to strive for that they know of, because there is such a lack of understanding and knowledge of how good that true best existence possible is (this book should fix that, showing how good it is; it's a lack of "passing the first layer"). People are enchanted with money as drug to cope with, distract themselves, and hide from the purposelessness & existential crisis infecting them from allowing the hopelessness acceptance mentality instead of truly having the solving mentality. That drug, money, has no real place in a society of progressively thinking and intellectually enlightened individuals. It is simply an indicator of unsolved conflicts between and within us. If we fix that (use this book) and make it so we can agree on what's happening in society and wake up, I don't think we'll need money anymore. And I am legit claiming, we can. We can be in agreement, in almost all scenarios. Because, fairness is objective in almost all scenarios and can align with everyone's most viable path to max happiness in almost all scenarios. I'm claiming that humanity can be something like 95% united... united in 95% of scenarios, with how objective fairness is.

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## ANTI – TOXICITY

*Defense against unjust toxicity from others. Not as much sunshine and (rain)bows as extreme positive energy...*

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### what's anti-toxicity

It's a defense against unjust toxicity from others; the path of validly criticizing unjust bullies and attacking their ego to maintain justice. It's the philosophy opposite of "*extreme positive energy*", yet neither are wrong. Anti-toxicity is for people whose genuine self gravitates more toward anger rather than sadness when others treat them unjustly. Anti-toxicity is a big yin-yang justification for anti-censorship; funny enough, both are needed to enable each other.

*Think of anti-aircraft missiles. What do those do? Launch missiles to destroy incoming attacking missiles or planes.*

### tyranny is anti-toxicity's only weakness

For example, if you're in an environment where someone's likely to shoot you when you validly criticize them, that's a form of tyranny, unjust violence tyranny. Or perhaps you're trapped under some oppressive ruler who censors free speech, and especially censors criticism toward himself... All forms of pathetic tyranny. Then again, what *isn't* weakened under tyrannical oppression? Self-expression must be *truly* enabled, for anti-toxicity to be *truly* enabled. For self-expression to truly be enabled, check the entries on anti-censorship and weapon laws. That is how to do it.

### dynamics of insecurity

Aim to confront and overcome every insecurity you notice within yourself, in effort to max out your self-esteem. These are the only two paths you can take to overcome any given insecurity: the path of *contemplation* or of *fixing*...

*The path of contemplation* is for this: sometimes, you feel insecure about something when you don't even need to. Therefore, this is the path of deepening your understanding by contemplating, to the point you unarguably prove this insecurity *isn't* worthy of being an insecurity; *isn't* a flaw to fix and *isn't* causing unjust pain. To achieve this, you contemplate and confront all valid arguments and perspectives causing or stopping the insecurity's existence in as blunt and gruesome wording as is realistically possible for the harshest critic to use against you in public, so you can be sure your view on that insecurity, is the harshest, yet validly realistic view. You see, if this harsh, blunt, and gruesome wording wasn't a valid to some extent and wasn't the wording you should throw at yourself in private confrontation of the insecurity, then it probably wouldn't bother you so much to have it thrown at you in public, because you'd know deep down, people, including yourself, likely would just perceive the person as *too delusionally harsh*. But be real, we're calling it validly harsh because you *are* bothered by it, and thus *should* confront that gruesome yet valid wording privately, for iron self-esteem, invincible to any possible wording you could encounter, since you already confronted the most valid yet harsh wording in existence! You see where I'm going with this? This is one way truly megalithic self-esteem can be built. It's not as hard as I make it sound either! With this path, eventually you can be so versed on the entire reality of the subject of whatever this insecurity is and whether it is worthy of being an insecurity or not and why, that you'll either finally realize it's a flaw to fix and take the *path of fixing*, or you'll have deepened your understanding of all valid arguments involved in this insecurity, to the point you just hilariously win against any argument or attempted insult shot at you by any ignorant critic. And remember, the contemplation path is only for when an insecurity isn't something to be insecure over, and for proving why, completely.



*I would just like to take a second to remind you that you're using the chain reaction II with the contemplation path.*

The second path is the path of fixing. This path is for when you discover an insecurity is, in reality, a problem that should be solved and not accepted. The solving mentality is required for this, as this path can seem difficult with things like *hopeless-seeming biological flaws*, like shortness in males, for example. There *is* a solution. It might just be a tall mountain to climb to achieve it. What matters is that you be strong enough to keep the mindset that you truly intend to climb any of those mountains instead of giving in to hopelessness, and as the law of motivations says, when you witness enough of a best existence possible at once, you *will* sprint to climb those mountains anyways, so stop bullshitting yourself, boss. And if someone roasts you despite you already saying you're intending to fix said flaw, that makes them vulnerable to be roasted since they're breaking moral reality if you're smart enough to do it.

The last resort: if you're insecure about something that *is* worthy of being an insecurity in reality, but doesn't cause unjust pain, and you don't want to fix it, your only option is to instead accept whatever labels come with that insecurity as a part of your identity; whatever labels reality attaches to it are now part of you, since you don't intend to fix it. What matters most, is that the flaw doesn't break moral reality/cause unjust pain at all, or that must be fixed.

### **expose "dick riding"**

If someone keeps falsely criticizing you and can't back up their criticism (It's false so of course they can't), they're just riding your dick. A *fan*. Label them as such, repeatedly. Watch how they're *unable to dodge* that label, because factually, they aren't saying any valid criticism about you... *The label reflects reality*. Laugh as their illogical waste of time tactic of false criticism is blowing up in their face with just some funny words (these are just one way of saying it, just a single example). If this person is able to actually put valid arguments or evidence behind theirs, this won't, and *shouldn't* work anyways... Because at that point you should confront it, by using the *dynamics of insecurity*.

*Keep in mind, this is also effective against someone who keeps bashing you for shit you already said you want to fix.*

### **socratic method in anti-toxicity**

Another tactic for someone falsely criticizing you, is to just ask them for evidence, ask them "based on what", or just ask them "how?". This is less aggressive than calling them a dick rider or a fan... It's a more productive approach.

### **confront labels put on you first and foremost**

if somebody calls you a name, it's best if you address that label's accuracy first and foremost rather than just responding with an insult/label back at them... If you respond just with an immediate insult back, all it seems is... You're hurt by their insult and aren't denying/disproving their label they put on you. It seems you're insecure about a part of yourself and are trying to pathetically run away, hiss, and hide from the self-improvement of facing that flaw you do seem to know you have; facing it by either contemplating until you can unarguably present why it's not a valid flaw and doesn't need to be an insecurity, or facing it by seeing it truly is a flaw and then intending to fix it (aka, applying the *dynamics of insecurity*). Even if you know the label isn't true, don't *blow up*, just label them a dick rider...

This really only applies when you actually get butthurt at any level from a criticism, valid or not. If you don't care, you won't be butthurt even 1%, won't need this, and can probably just say whatever you want; but the second you actually get butthurt even 1%, always take this route, because if you don't, you'll be displaying stupidity to everyone. Even if you just ignore the critic despite the fact his criticism gets on your nerves, in time you will just explode...

## the anti-toxicity law of moral reality

This says moral reality can win every verbal conflict/roast (as long as tyranny isn't censoring it). The reason I say every verbal conflict, is because a *moral reality* is an unarguable fairest assessment of a situation. Therefore, if it's actually the moral reality, it can't be validly refuted, so when you present a criticism aligning with the moral reality of the situation *truly*, the target really has no other choice but to take the *fixing path* from the *dynamics of insecurity*. The core of why this is the case, is because moral reality almost always aligns with everyone's path to max happiness, and by default, that means someone breaking moral reality, is almost always someone straying from their very own path to max happiness; and with a little depth of understanding, you can expose the full picture of this and its consequences... Exposing their idiocy. Due to this, understanding moral reality or being able to accurately find the moral reality of any given scenario you get into is a useful skill and is the only other requirement for this "winning".

This law is important *because*: it states anyone being verbally bullied *unjustly* can in fact validly damage the bullies' ego to the *exact amount the bully deserves* (the victim breaking moral reality by going overboard would then make *them* vulnerable to valid insulting labels), the only *requirement* to damaging said bully's ego, is to have the understanding deep enough to expose stupidity with max efficiency; understanding of many things helps; relevant topics.

## how to roast

One foundation of "roasting" is knowing the *anti-toxicity law of moral reality*: knowing that since moral reality almost always aligns with *everyone's* path to max happiness, people breaking moral reality (committing injustice), are almost always doing something foundationally stupid; literally not in alignment with their own path to max happiness... Thus meaning, their stupidity can be exposed embarrassingly if you obtain a deep understanding (through contemplation for example) of the *worst consequences* their stupidity will lead them to. You can expose those *worst consequences*; thus exposing the their stupidity in the *worst*, most maximally damaging way. Since those are the *worst consequences*, you're exposing *the most damning evidence of their idiocy*, and very likely damaging their *unwarranted* ego. This is a very powerful law to know, and if you ever have trouble actually using it as a defensive weapon, you probably just need to *contemplate* to deepen your understanding to the point you *can* effectively expose a bullies' idiocy... The point you *can* effectively use this as a defensive weapon. The law works, you just need to first have gained the depth of understanding as ammo to use it. You never try to shoot a gun without the right ammo, the same way you must *understand the most relevant things* (have the *right ammo type*) for your *criticisms to hurt*.

On top of understanding the *anti-toxicity law of moral reality*, deepening your understanding of the aspects of the most viable path to max happiness all humans share (the thing this book lists), can significantly increase your ability to criticize ("roast"). This is because, as it so happens, humans share *quite a lot of major pieces* of said "path to max happiness": people seek purpose, human connection, to feel understood, feel worth something, *I could write a book about it* (I literally am). So, the reason understanding these common pieces to the "most viable path to max happiness" deeply does this, is because everyone wants max happiness... So if you understand the most viable path to max happiness *deeply* (this book), that *literally* can enable you to basically *fucking audit* someone on *all* the most *valid* aspects of their stupidity (our *most valid core life purpose* is achieving max happiness; so this is the *most valid criticism topic* you can possibly criticize someone on, and thus can be the most *damaging* ego-wise). This is also because you'll mentally possess unarguable, most viable pieces they *can't validly refute*, unarguable things like *laws of moral reality*, these rock-solid anti-toxicity dynamics, or everything in this book. Quite *hilariously menacing*.

Another aspect of roasting is *accurate*, yet *gruesome* wording. Every word you use or don't use, certainly has the power to change the entire emotional aura and amount of insulting disrespect you're communicating toward an unjust bully, so it's a good idea to understand the tone *each* of your words carries and exactly how each one changes the overall amount of insult carried within your criticism, to both make sure you aren't going overboard in disrespecting someone, nor letting them get away without enough of a deservingly injured ego. Just be smart using this...

## handling valid criticism

Don't deny reality unless threatened by tyranny. The right thing to do when someone presents you with a valid flaw you have, is to accept reality and have the intention to *fix* that flaw. This works because of *the solving mentality*. This is the right way to handle valid criticism, and if someone keeps on disrespecting you with something you've already announced you want to fix, that opens them to be validly criticized/disrespected, as now they're breaking moral reality (citing: *anti-toxicity law of moral reality*): "moral reality can win any verbal conflict as long as tyranny isn't censoring it and as long as one's understanding is deep enough to expose it". Whenever someone verbally disrespects you unjustly, it makes them vulnerable to be disrespected *equally as severely*, the only requirement being that your understanding is deep enough to "*summon*" the most effective valid criticisms onto the bully by first gaining said understanding. Remember, a main reason "hurting their ego" occurs is through being damage to their image publicly, not privately, because of how crucial human connection and one's social reputation is to their happiness, and because some evil people will only care or have any consequences when they're criticized validly *in public*.

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## WEAPON LAWS

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*Self-defense should be an equal playing field, and criminals don't care about "laws" standing in their way.*

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### weapon laws

To solve the widespread unjust violence tyranny of this corrupt society, everyone, upon reaching a certain age, should be allowed to carry a reasonable weapon after passing safety and proper training, *the first layer*, and passing on the mental health plane. The reason I say this, is because the entries in this book being the center of society should, *with certainty*, heal people's mental health and educate them *so significantly*, that people, especially being past the first layer, will be extremely responsible with weapons equal to what any a criminal might possibly use against them. People will actually want far more, to be good, uncorrupt people, focused on achieving the true best existence possible, and will be educated fully on how to do so. On top of this, society will be centered around the *correct economy*, giving people less of a reason to resort to crime for *monetary* reasons on top of all those other reasons... So, with all that, as well as education on how and when to morally use a weapon against whom, this will be intelligent, and will deter crime to an absurd level. *This being enabled causes a chain reaction enabling anti-toxicity.*

This being implemented successfully, is one major step in absurdly abolishing any looming threat of unjust violence tyranny stopping self-expression and stopping a ton of enjoyment in our lives. Nobody, not even at their "legendary self" can express their full, true, genuine self safely in an unjust society like this one ruled at its core by corruption, tyranny, greed, and filled with people who *do not* have the right mentality they were meant to have, and are instead enslaved, like drones, to a mentality or widespread plaguing number of dominant ideologies which have similarly created a culture of relatively purposeless "*NPC drones*" who's primary goals are, truly, at their core, just to milk as much instant gratification from life before their inevitable death as they can; see it as some house party to have fun at and uncaringly make the janitor want to die when he sees the aftermath... Look around you. No one cares about the true "best existence possible", rather majorly self-centered instant gratification *at a majority level*...

This unfortunate societal environment, oppressed far too often by the looming possibility of unjust violence tyranny, *will remain castrating you, me, and everyone, until it's fixed, by good, armed, motivated, intelligent men outnumbering the criminal fucks 100 to 1.* The only way to a society where you can express your full genuine self and not fear getting shot or *falsely imprisoned and kept there*, is the society this book outlines. People today have horrible mental health due to the things in this book not being spread in society, resulting in much if not almost all of societies' unjust weapon use (also applies to suicide). In this society, you'll be shot in an alleyway and *not ever be found*.

*Like anti-toxicity, being educated on how to morally handle injustice on the physical plane enables these gun laws.  
Like gun training, being educated on how to morally handle injustice on the verbal plane enables anti-censorship.*

### people will feel much more able to be themselves, open and honest on a level unseen in this corrupt society

Due to proper weapon laws, anti-censorship, anti-toxicity/extreme positive energy, open-mindedness, moral reality, people being passed the first layer, and basically everything else in this book, people should feel safe enough to be their full genuine self, and if their genuine self is currently underdeveloped and *cringe*, they'll get honest feedback and access to easy instructions on fixing that or even contemplating how to if, say, it's a new/unexplored issue. This will be a society where deep understanding, adept contemplation skill, and motivation to find answers in the first place, is all commonly found among the population anyways. Imagine what all this could do to the suicide rat-

e. If someone has an unpopular opinion to share, the chance they'll be shot for sharing it will be *absurdly* low compared to today. In fact, the "*true open-mindedness*" entry being followed, will make this an even *safer, freer* society than that of america's false "free speech" for you to voice any opinion in no matter how controversial, as long as it isn't simply *spam*. If someone feels they've been treated unjustly, there are too many avenues in this book I've outlined to achieving peace and justice. Human connection and our drive to solve crimes will be far stronger as well.

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## OPEN MINDEDNESS

*Willingness to hear out the ideas of those talking to you (as long as they get to the point & have relevant speech).*

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### **open-mindedness – when you feel like someone’s wasting your time**

If you can unarguably show how the person speaking to you doesn’t have *relevant speech*, you can communicate that to them, so as to not waste your time hearing something irrelevant to you. So, *all you need to do* is deepen your understanding, to be able to *accurately know and share the reason* their speech is irrelevant to your quest/path. Once you do, you’ll be able to easily, quickly contemplate and communicate it and you’ll have *done nothing wrong*. If they have *valid arguments* against your reasoning, obviously you should hear them out or they wouldn’t be valid.

*Even just truthfully telling someone their speech is too irrelevant, is having at least heard and confronted it enough.*

### **open-mindedness – even argue against yourself for the sake of finding truth**

Aim to address any evidence for why you’re potentially wrong, not just evidence for why others are, whether that evidence came from some valid doubt which popped *into your own mind* or came from someone who’s arguing against your ideas, doesn’t matter. It can come from *anywhere*. I don’t care that it’s “debate suicide” to argue against yourself; *your goal is to find the path to the best existence possible*, don’t let your *ego* get in the way of that. The only exception I can think of is someone holding a gun to your head stopping you from being honest in the debate or they’ll shoot you, aka unjust violence tyranny (if so, read the *law of tyranny*). The main idea is, don’t debate *only* with the goal of pleasuring your ego, but *also* with the goal of gaining a deeper understanding of reality, other’s perspectives, of finding solutions that fix sources of pain you notice, and finally, of knowing your logic truly holds up!

*Sometimes a valid doubt pops in my head seeming like a huge unnecessary rabbit hole, so I confront it alone later...*

### **true open-mindedness**

One aspect of truly thinking for yourself and of *true open-mindedness*, is even asking yourself “why is it bad to be a bad person” in order to *truly* deepen your understanding of the logic behind that, and in the interest of truly outlining moral reality and the best existence possible. Sometimes our “traditions” that remain unchallenged by the *herd mentality* masses aren’t all perfect; and sometimes we can be missing out on a lot of potential in life by sticking with the *wrong morals*... What’s really bad, is when people in society are *ostracized* for being open to (mentally/verbally, not physically) explore the possibility of new ideas and moral values, ostracized by others closed-mindedly *without those ostracizing them being able to actually form a coherent argument* as to why these new ideas are wrong. Even worse, some closed-minded extremists resort to unjust *violence* tyranny when presented with new ideas, sometimes even despite having not even presented an attempt at a counterargument. Just *tyranny*. Yeah, true open-mindedness can lead someone to some bad new ideas, the same as how chemists sometimes accidentally create mustard gas instead of what they wanted. Still, those bad conclusions should be met with communication and reason, not unjust violence tyranny, closed-minded ostracization, or unjust emotional abuse. Aim for moral reality.

*Behold, true open-mindedness, the kind this corrupt society may “cancel” you for if you show it in some subjects.*

### effects of this open-mindedness

This will ideally be a society where anyone can convince anyone of any *valid* need for change, as long as they communicate while still following *relevant speech*, enough moral reality and conclusive, unargued logic behind why the change is necessary. This book provides enough info and exact *instructions*, to the point anyone's suggestions will likely only pass as unarguable if they truly, actually are in alignment with the most viable path to the best existence possible... Especially when this society is composed primarily, if not fully, of people who are *past the first layer*, adept at deep contemplation, at finding moral reality, and the most viable path to the best existence possible... And may I remind you, that we share a huge amount of major steps on said "most viable path to the best existence possible", so subjectivity *won't* be an issue. This won't pan out perfectly, but will pan out *impressively close to perfect*.

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## EXTREME POSITIVE ENERGY

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*The opposite of anti-toxicity, only fully usable for certain people. More sunshine and (rain)bows than anti-toxicity.*

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### **extreme positive energy description**

This is basically the opposite of anti-toxicity. Anti-toxicity takes the approach of validly criticizing those who break moral reality, while extreme positive energy takes the path of being maximally understanding toward others, in basically all scenarios. The philosophy of anti-toxicity is like “it’s not always wrong to hate someone” whilst the philosophy of extreme positive energy is like “it’s never wrong not to hate someone”. Both are true, yet take different approaches to how moral reality is followed. Anti-toxicity takes the path of anger when injustice/fracturing of moral reality happens, whilst extreme positive energy takes the path of sadness from understanding the whole picture of the potential for happiness being lost and the whole picture of the confusion evil people have and their lostness.

*There are still majorly useful lessons to be learned from the perspective of EPE, even if you follow anti-toxicity.*

*There are still majorly useful lessons to be learned from the perspective of anti-toxicity, even if you follow EPE.*

### **warning: genuine self’s compatibility**

An incompatible person can use extreme positive energy or *act like it* to an extent without being uncomfortable, but it takes a special kind of person who’s actually compatible with extreme positive energy to not be uncomfortable using it to its maximum extent: things will get uncomfortable when someone who’s genuine self gravitates more toward anger, is being told by their extreme positive energy to now start *shedding tears* and such... Gets awkward.

A compatible person’s core genuine self and personality they genuinely prefer to have, gravitates more toward sadness in the face of injustice, than anger. My theory for *why* this personality is so non-existent in this corrupt society, is because to be that way, requires deep enough understanding; and that level of understanding is non-existent in this society. People in this society are just so heavily uneducated on the things in this book and thus lack understanding. So, even people born *compatible* with this trait, grew up learning to gravitate toward anger, because they had no other way to vent their emotions... The level of understanding required was simply not found by anyone in society nor did it seem possible to find it, likely *because* one of the *first core ingredients* is the solving mindset which they’d likely be called insane for advocating for, so achieving this extreme positive energy fully (the most magnetic version of their genuine core personality) was seemingly impossible to them. Rest easy, knowing this: their core self hasn’t just “become” anti-toxicity. It’s still likely leaning *just as much* more toward favoring extreme positive energy. They just lack the main ingredient to even be able to have and use the shit: extremely deep understanding...

*Think of it like this: to even be able to truly have “extreme positive energy” requires “extreme deep understanding”.*

If your genuine self gravitates more toward anger, you’re probably more compatible with anti-toxicity. Due to this, extreme positive energy is almost what I’d call a more “feminine” trait, while perhaps anti-toxicity is a more “masculine” leaning one. There’s no actual power/intelligence difference between either; you’re *not* weaker if you’re more naturally compatible with extreme positive energy, and not stronger if you’re more compatible with anti-toxicity. The only difference between these two, is how they achieve justice and react to injustice. Both try to be moral...



## evil people are almost always just unaware of the true path to max happiness

This is a *major enabler* of extreme positive energy. It's made possible by the fact that moral reality *almost* always aligns with *everyone's* individual path to max happiness. So, those *breaking* moral reality, are almost always just *unaware of the true path to max happiness*. An EPE human magnet uses this philosophy to *enable* their preferred emotional nature of caring and understanding toward others rather than the path anti-toxicity magnets usually take to achieve justice (which is to usually just slam *valid* verbal artillery into the evil person's ego and reputation). The reason this enables EPE, is because it takes the place of anti-toxicity's verbal artillery; it acts as a primary path for EPE magnets to achieve peace and true justice, *while still maintaining this preferred emotional outlook of genuine caring and being maximally understanding toward others*. You might ask, "how does this lead to peace & justice?":

It can, because EPE magnets take the path of informing/educating the evil person about the true path to max happiness, and EPE magnets *know* they must *first* achieve a deep enough understanding of *said true path* to max happiness to even achieve this and educate/reach the evil person logically. This isn't really hard; you just need a deep enough understanding to truly provide a path said evil person *sees they truly prefer*... Your peace as an EPE magnet simply depends on whether the fact that moral reality aligns with everyone's path to max happiness in almost all scenarios *is in fact a fact, which it is*. So, this is a viable path for EPE magnets who have this understanding, because:

*True justice* can be achieved with this. This is because, remember; the definition of moral reality is: "the fairest assessment of a situation", and if the *true* fairest assessment of a situation aligns with the evil person's path to max happiness in almost all scenarios, that means the *fixing or repayment* of damages the evil person *sees* they validly owe for, *will* be understood and agreed to be repaid/fixed by them, or else the moral reality wouldn't be being fully followed/fulfilled; they *wouldn't be achieving max happiness* and would *feel the consequences* of that... I know you're gonna ask "why would they willingly repay victims of the damage they caused?" It *goes back to why* I said moral reality can almost align with everyone's path to max happiness at all *in the first place*, way back in the *moral reality chapter*. So here's a couple reasons I'll remind you of: for one, think about human connection and how crucial it is for one's happiness; think about self-esteem and self-image and how awareness that moral reality almost always aligns can now make you internally aware of your own stupidity and how that can affect self-image. Think about how people in this society, (now maxed out human magnets who are actually likeable and admirable) will have valid reason to dislike and validly criticize this evil person for the unfixed/unrepaid damage they caused, if they simply decide not to fix it or give victims what they're owed. Think about the court system and jail time, think about how good life will be in this *uncorrupt* society and all this evil person would be missing out on by being a valid enemy of it... Do I need to explain any further? If you need more, go read the original entry in the *moral reality chapter* called "*moral reality can almost always align with everyone's path to max happiness*" explaining the other reasons.

## understanding how you're making others feel

An EPE magnet doesn't want to *genuinely* hurt others or their feelings. Key word being *genuinely* (they might playfully tease for example, but it comes from a place of genuine care, never any intention of being an attack at all). You might say, "well won't EPE magnets be unfunny?". No; an EPE magnet does express humor, just in a way that takes an attempted full understanding of others' pain, perspectives, and the effects of that humor on their feelings into account on a more *sensitive* level. Keep in mind, that deeper emotional intelligence and intelligence in general can give you a deeper ability to avoid actually hurting your target's feelings, whilst still having quality intelligent humor.

Yes, as an EPE magnet, you *might* reach a point where you can't avoid saying something like "you're wasting your life" with your emotions and worry for the person's well-being peaked and tears coming down your face for example. But those words aren't an attempted attack at all, but rather *fully* coming from a place of caring and concern, and *just as importantly*, from a place of *maximum understanding*, meaning there is no resentment for them in you...

*Anti-toxicity magnets will just ignore this entry, rather only caring about understanding how moral reality "feels".*

### understanding others' pain on top of understanding their lostness

This is a minor aiding tool for extreme positive energy. It is to also understand the shit people are going through or may be going through to perhaps drive them to do what they're doing (if say, it's morally wrong). Truly understanding others' perspectives in this sense and what they're going through emotionally can replace your capacity for anger toward them with deeper empathy or sympathy, and so this acts as yet another *avenue* for an EPE magnet being able to maintain their preferred "caring and understanding" nature toward others in any situation they get in.

### understanding others potential

Seeing people for how legendary they can become rather than just seeing them for their immediate flaws, can act as yet another significant avenue for enabling the care and understanding of an EPE magnet. In other words, lacking understanding of human potential can increase your capacity for feeling discriminatory prejudice towards people when seeing their current flawed self, whereas seeing someone for their maximum potential despite their current apparent flaws can replace that capacity for discrimination/prejudice with *deeper empathy & care* toward them.

So, someone who has this trait to an extreme level, by becoming aware of the extreme amounts of human potential that exists, can feel an extremely deeper love, care, and empathy toward people, thus... = more extreme positive energy. See the connections yet? I underlined them for you genius... Deepening your understanding is the *main key* to extreme positive energy. In understanding human potential this deeply, EPE magnets can find more empathy even towards people who everyone else may hate; and yes, this trait can be strengthened to extreme levels, since the max amount of potential humans have as individuals, in reality, is extreme. So, just become understanding/knowledgeable enough about that potential *on an equally extreme level*. This is kind of exactly like how *passing the first layer* works; knowing as much potential exists as you can by, say, *reading the dynamics in this book* for example (this book *lists common aspects* of everyone's "maxed out" self), and then now being able to imagine what others would look like having achieved said maxed self, even if they're currently not maxed (who the hell is, anyways?). In the same sense, passing the first layer works by seeing this potential not only in others from reading this book, but in all aspects of society, since this book lists not only human traits, but societal ones like the best economy possible... All relevant aspects of the best existence possible. Seeing how the two are similar? I am. This is a major EPE aid.

*People in a ditch may want to get out of it, but it's harder to when people only treat them like they belong there* ☹

### extreme positive energy is not forced nor acting

No part of extreme positive energy is about faking emotions, because it's based on real convictions; it's based on understanding realities, to open you to the *ability* and option to be *understanding, empathetic, and caring* to a max level if you so *choose* to be. Extreme positive energy *is a choice*, it gives you the *ammo* in the form of *understanding* to be able to choose to have it in all scenarios, but the choice to use that understanding path it gives you the option of taking, is *up to your preference*. In everything involved in EPE, the EPE magnet is this way because it's just their genuine self, the way they genuinely *prefer* to be and are *most comfortable* being. That's why I say this personality isn't for everyone, it must align with your genuine personality. EPE magnets are understanding because they *want* to be maximally understanding. Other magnets aren't because they *don't care* to be, and that's okay. They want to be a good person but they're fine with hating unjust people. EPE magnets just *aren't* fine with hating people.

*Extreme positive energy simply gives you the ammo to walk its path. How much of that path you walk is up to you... Basically, you may not prefer to go full EPE. Or you might. What I'll say is, full EPE magnets are extremely magnetic.*

### putting yourself in others' perspectives to a maxed extent can be painful

Most people “understand others’ perspectives” by stopping at just seeing their pain from an outside lens, like “oh, sucks for you bro...”, but if a person is *dying for example*, being a *maximally understanding* EPE magnet, would result in you understanding who this person can or could have been, the *full picture* of their potential and what’s being lost in the scope of the *law of motivations*, *almost* as if the EPE magnet *themselves* were the one dying and thus *losing all the potential of the law of motivations, themselves*. This is one aspect of what being “maximally understanding” *means*. This is choosing to operate at the very *deepest* level of understanding of others’ *perspectives*, and *this, is why* EPE can be more emotionally painful to fully operate on. After learning of all the human potential and avenues for understanding that exist, caring about others to this level *becomes enabled as a path you can choose* to follow or not: the EPE chapter provides the *ammo* to be that caring, ammo in the form of teaching avenues of understanding so effective they enable this level of care. But remember, choosing *not* to take EPE’s path, *is* morally ok.

### tactical, strategic intelligence still matters the absolute most in life

For example, even for an EPE magnet, if an evil individual is too much of an immediate threat to innocent people’s lives, the evil person may need to be physically (mobility-wise) disabled or killed before causing more harm, in defense. An EPE magnet might be maximally understanding and caring, but that *doesn’t* mean they’re going to be *unintelligent* or weak *in any way*, nor have a heart attack after having to defend themselves... *Not only* should they be understanding of others, but also understanding of what’s *truly* most important, *because of the law of motivations*: tactical, strategic intelligence, *must* take priority above all, even for an EPE magnet. And when I say tactical and strategic, I don’t just mean “*in the moment*”, I mean *maximum* strategic intelligence *all the way* down to your *very core life plans, blueprints, and overall goals* for achieving a *best existence possible*. Being maximally understanding of the person you just had to kill for example, *doesn’t* negate the fact that *you* yourself have an unimaginably motivating best existence possible you must create above *literally everything else in life*, and the fact you *can’t do that* if you let yourself be *murdered*, especially on top of *knowing the law of motivations* and having *passed the first layer*. Literally *anyone’s* legendary selves’ admirability depends, at an *extremely vital* level, on the level of tactical intelligence they operate on, in every area of life from overall life plan to each small situation they encounter. You admire winners, and as I’ve said, *moral reality almost always aligns with everyone’s path to max happiness*, so an EPE magnet can be a good, intelligent person, and *still a winner*, in almost all scenarios. An EPE magnet isn’t just some cry-baby who gets emotionally overwhelmed and has to take a breather or some shit, tactical, strategic intelligence still trumps literally everything in their life simply *because of the law of motivations* and takes just as central a role in *igniting an EPE magnet’s focus & self-discipline* to exactly *as extreme a level as any anti-toxicity magnet, anywhere*.

### care and concern instead of anger

Genuine EPE magnets have this path *enabled*, because genuine care and concern toward others is *enabled* as a choice; enabled by their preference and knowledge of the paths to achieving true justice without hatred, and enabled by their awareness of, and focus on, human potential. For example, when someone’s unjustly toxic toward an EPE magnet, they may try to understand their pain, asking “what’s wrong”, because they’re picking up potential excessive negative emotion in this seemingly unjust person and asking with genuine care and concern instead of trying to roast them, because that’s their genuine self. They don’t say it passive-aggressively or any bullshit like that either; it’s *genuine* care and *genuine* lack of anger enabled by the *genuine* understanding via the realities this chapter *teaches*. Everything in EPE is genuine. If you’re preferring to be passive aggressive, the likelihood is that your genuine self fits more with *anti-toxicity* than EPE. This route of care and concern is simply EPE being EPE, at the very least as an attempt at understanding an unjust person’s pains, perspective, and what’s going on, since they truly care.

## handling verbal bullying

To handle unjust verbal bullying, an EPE magnet would take the aspects of anti-toxicity that *don't* involve hatred or "verbal artillery", and instead applies those aspects in a genuinely maximally understanding and caring way. Things like the dynamics of insecurity, or the Socratic method, as well as finding the moral reality of situations (keeping in mind that moral reality almost always aligns with *everyone's* path to max happiness). With the dynamics of insecurity alone, an EPE magnet can handle basically any verbal criticism, but on top of that, an EPE magnet showing care and concern, will actually aim to understand why the unjust person is behaving unjustly and help them solve their pains if the EPE magnet's own path to max happiness allows it, due to having *genuine* care for others; very friendly.

*The level of understanding of others this chapter teaches, is exactly what enables this level of caring toward others.*

## sadness instead of anger

This is the true nature of those who actually gravitate toward preferring to have EPE over anti-toxicity. *Every human* must take either the path of *anger* or the path of *sadness* as a way to actually vent the emotions they get from experiencing unjust pain, on top of applying the default and *obvious* path of using problem solving and intelligent action to fully achieve justice. Problem is, *sadness instead of anger* isn't going to achieve justice, unless you pair it with all the anger-less paths this chapter *teaches you about*; things like the entry on "educating bullies on the actual path to max happiness when they're obviously straying from it by committing injustice", for example. That's a path to potentially achieve justice without anger... So, with enough of these paths now opened to you by this chapter explaining them, sadness is truly enabled as an option to express in place of anger, and is the venting path *aligned* to EPE's preferred nature of being caring and maximally understanding instead of toxic. In other words, you've needed a deep understanding of the paths to justice in this chapter which don't involve the verbal artillery or hatred of anti-toxicity to *ever even be able* to use sadness instead of anger in the first place, since you're no longer an infant whose mom saves it whenever it cries. As an adult, you need paths to independently achieve justice, not rely on mom coming to your aid. This is why you see everyone resorting to anger even if their genuine core self seemingly gravitates more toward EPE; because we lacked the understanding which opens these paths to achieving justice without hatred, the paths this chapter exactly teaches. *Real* EPE magnets have sadness instead since *now they can*.

*And in case you don't remember, this isn't forced, these emotions rely on realities, and thus are their real emotions, enabled by their understanding of realities like the reality of human potential & "understanding others' pain" entry. This entire chapter enables this genuine caring and understanding nature of EPE magnets as a choice, & preference. How much EPE someone expresses, is their choice. This chapter enables it to be expressed any time, even in torture.*

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## THE GENDER ATTRACTIVENESS IMBALANCE

*One gender is having an easier time gaining attractiveness... While the other faces tyranny, stopping theirs...*

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### attraction between the genders is a yin-yang of character and appearance

Physical appearance plays a bigger role in a woman's attractiveness than her character, and character plays a bigger role in a man's attractiveness than his physical appearance. However, having a good character still boosts a woman's attractiveness, and having a good physical appearance still boosts a man's attractiveness, just at minor levels for each. It's a yin-yang. "Good character", entails having admirability, power, humor, intelligence, and lots more. While there *are* these major and minor contributors to attractiveness, the minor ones are still needed to an extent.

*This describes a majority level perception in society and isn't to say that every single person ever sees it this way.*

### the gender attractiveness imbalance

For a man to express and even *grow* his character to be its best, he *can't be unjustly censored, at all*. In other words, a man needs to be able to express his character fully, in order to display the full amount of its attractiveness he currently has. And by the way, if the man is expressing things fitting this book's description of spam, it *won't* appear attractive, since things fitting that definition of spam, are foundationally not in alignment with the man's true path to max happiness since they break *moral reality* (the unarguable fairest assessment of the situation, *keeping in mind*: fairness almost always aligns with everyone's path to max happiness) and are therefore foundationally dumb and unattractive for him to express, thus straying from his own path to max happiness for the same reason him verbally bullying someone unjustly is. So yes, there he'd receive unarguably justified censorship and valid unarguable criticism which would then validly damage his public and self-image and attractiveness, but he *broke moral reality*, it's literally *justified*. So, in clearer words: a man needs to be able to express his full character, to show its full amount of attractiveness (good aspects, not flaws like the stupidity he'd show (and be justly put in his place) by "spamming"). Still, even a man expressing a flawed "*cringe*" genuine self like that, in a *society centered around the things in this book*, wouldn't find himself unjustly bullied or shot (without the bullies having a high likelihood of seriously regretting it), but rather would find himself with an opportunity to sharpen that self to be its best, and have access to info about how to. Therefore, anti-censorship isn't *only* one key to full self-expression, but full self-development.

So yes, full self-expression, which *follows moral reality* absolutely must be enabled, and face zero unjust censorship, for any given man to express his full character's attractiveness. The unjust censorship this corrupt society has put in place, is one of the *main* reasons I'm claiming: *men's attractiveness is crippled compared to women's*, and a *gender attractiveness imbalance cancer has formed*, due to women being able to easily obtain very *uncrippled, untyrannized* levels of attractiveness in the form of physical appearance, thus being closer to their max attractiveness than men *even possibly can be*, due to this widespread *unjust censorship tyranny* we've allowed in society from our lack of understanding of the *dynamics of insecurity, anti-toxicity, extreme positive energy*, even involving the *solving mindset*, and this is stopping men from expressing their full selves. *We are censoring men even though those men aren't spamming*, and this book's definition of spam is the only thing that should be censored anywhere, period.

This censorship comes in *many* forms. For one example, a companies' focus on maximizing fulfillment of their instant-gratification greed mindset's desires ("the customer is *always* right" type bullshit) rather than valuing *justice* or achieving a best existence possible (likely due to the widespread lack of having passed the first layer and lack of th-

e solving mindset). So, companies like to enforce censorship masked as “being professional”, and will *fire you even if you didn’t break “moral reality”* but said something that deservingly pissed off some unjust person “*higher in the pecking order*” than you... In other words, tyranny. This has been implemented in many places aside from business. For example, a “high-risk of unjust violence” culture has formed in society, making self-expression a high-risk thing, simply because people in this society are completely oblivious to the dynamics of insecurity, as well as anti-toxicity.

Aside from censorship though, anyone’s *character* depends on knowing a lot more traits and dynamics than their physical appearance does... And guess what, this book lists them. It’s literally a guide to the aspects of anyone’s best existence possible they share in common with all other humans; things our “most viable paths” have in common between all humans, and *guess what that also means?* A part of anyone’s “best existence possible” is... *drum roll... reaching the best version of themselves*, or in clearer words, the best version of their character. So, another huge reason for this gender attractiveness imbalance, is simply that men in this society are unaware of the foundations to their true legendary self this book would straight up just *tell* them... (considering achieving maximally attractive character depends on knowing the “foundations to your best self” which this book just hands you). So just read, lol.

### **the gender attention imbalance**

Due to there being an attractiveness imbalance, there is, as a result, a “received attention imbalance” now too, and this is a primary reason for so much “male loneliness” in society. There’s a ridiculous amount of evidence for this. Look at women’s hypergamy for example. Look at who initiates most divorces (and let’s be real, has more options).

### **the gender ambition imbalance**

Due to human connection and receiving attention/validation being such a crucial motivation for any human, I have this *theory* that an “ambition imbalance” has been inflicted on women, because the lack of this book’s character-improving knowledge in society has been plaguing us for... *ever*; and so, this whole time, women have been receiving less motivation to achieve greatness than men since men are shown so much less attention and validation (have you seen the rate of validation and attention women receive, in comparison to men...?). Basically, men receiving so much less attention and validation due to the attractiveness imbalance, has made men search for that validation with making themselves worth something, since they don’t have that “inherent value” from being a “genetic celebrity” that many women seem to be easily able to achieve a status of. So, I theorize, the reason society follows such a patriarchal dynamic today, is because women’s validation desires are so heavily met in comparison to men’s, that women have less ambition/drive to achieve greatness to “earn” more validation, because they get more *daily*.

### **solutions to all this**

As a man, educate yourself on what women want, since it’s finally been found (the knowledge in this book) (they want a human magnet). Get rid of all unjust censorship in society. Have society be centered around *moral reality* from the masses being educated clearly enough about how it does in fact, align with everyone’s path to max happiness in almost all scenarios, to the point a woman who breaks moral reality *won’t* be supported blindly by those around her, but will be pressured to follow moral reality lest those around her not want anything to do with her and even throw deserved valid criticism at her (obviously the same goes for men). This will all *equalize the playing field*.

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# EYE FOR AN EYE DYNAMICS

*Moral reality, among other things, enables this; it's the path to true justice.*

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## **eye for an eye achieves true, full justice**

Finding the moral reality of a situation, (the fairest assessment of that situation) requires confronting all valid arguments against your proposed moral reality. Finding the "moral reality punishment" that fits a given crime, is found the same way; through an open-minded hearing with no unjust censorship, with the goal of finding the most unarguable, "bedrock" moral reality we can. The punishment should cause, at maximum, the equivalent amount of pain or damage to those proven guilty, as they caused to victims. This achieves maximum satisfaction of moral reality.

## **innocent unless proven guilty/evidence is king**

This is to ensure to a maximum level that we don't punish innocent people. When determining the moral reality of any situation, *ever*, you must remember that *evidence is king*. I'd much rather a criminal be loose in a society of armed, extremely intelligent human magnets who are good at investigating... Then an innocent person be put through potentially hellish torture, death, or all of the above all because some evil genius targeted them and took advantage of a court system which would imprison his target without having 100% reliable proof of guilt, wouldn't you?

## **violent or physically damaging punishment should be reserved for within court, post-trial**

When the court has determined the moral reality of the situation and the punishment aligning with moral reality, the punishment can be carried out in a *controlled environment*, spectated or monitored to ensure nobody is going overboard, breaking moral reality, and ensure moral reality remains followed when the punishment is being carried out. For this reason, physical and violent punishment should be reserved for this controlled environment post-trial. The only exception, being in immediate self-defense or the defense of others. Otherwise, you shouldn't take matters into your own hands in terms of causing violent or physically damaging punishment outside of this organized, post-trial, controlled and monitored environment when the moral reality has been proven, remaining unargued.

This is because of the high risk of emotional instability and thus further unjust permanent damage (death) and violence possible from allowing physical damage or violence outside of this controlled setting where the moral reality has been unarguably proven in the court hearing *already* and the punishment is being monitored. For example, you'll go to punch someone who punched you, and they'll draw their gun... Things get escalated. It's better to have a culture educated that violence isn't allowed except purely in self-defense, to keep this chaos *contained*, controlled.

*Verbal justice works against and should always be used against verbal injustice, instead of physical justice/violence.*

### **punishment satisfying moral reality is what matters at the core of everything**

Court ordered punishments don't always need to be some kind of exact "twin" of the crime committed; like if someone is a rapist, it doesn't mean we go rape *them* necessarily. What matters, is that an equal amount of damage or suffering is inflicted on the criminal if they can't truly adequately somehow "pay" the victim back in some valid way. Like the title says, moral reality being satisfied is all that really matters when determining a punishment; and that just means, you don't go overboard with how much damage or pain you're punishing criminals with, and you don't go underboard either, unless all of the victims of this criminal agree to this proposed underboard punishment.



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# SELF-DISCIPLINE

*Gettin' shit done*

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## self-discipline overarching philosophy

Work *is* just what's required to reach the end goal: the best existence possible, but the law of motivations beckons you. What matters, is that you're truly following the most viable path to said best existence possible (citing: *path confidence*). So basically yes, the end goal *is* mainly just creating the most fun pleasurable unending life at the end of the day, and your amount of self-discipline *is* just the speed at which you're deciding to do those chores and thus the speed at which you can reach that best existence possible if you succeed without getting game over, *dying...*

*Strong self-discipline isn't supposed to be very hard, but you do need this book's info to obtain easy, true discipline.*

## the core warning and reason for self-discipline

Is the law of motivations. If a person witnesses enough of their best existence possible at once, they *will* feel ignited, possibly on an *unimaginable level*, to achieve that existence and make what they saw a reality. This is a warning, and I suggest taking it *extremely* seriously... blah blah, blah blah, blah. Yeah go re-read the entry if you need a refresher lmao. Witnessing this law proves this "ignition" as an unimaginably important warning to never be neglected.

Motivations like songs, or other sensual enough examples, can *inflict* the *impact of the law of motivations* onto a person. A motivations' impact is a heavy enough display and thus reminder of what you truly want to be pursuing most. Ignoring it will lead to further horrible regret when you're impacted by it again. Live knowing the law of motivations, and the warning it tells you, *no matter the hell around you*. Experiencing it proves to you once again how much you *want* to be disciplined; shows you your most fulfilling path; too many parts of a best existence possible to ignore *without a mental scab forming in you*. And remember, other motivations you haven't seen yet basically always exist, which would impact you unimaginably deeply in their own *possibly new ways*, so don't start thinking you've found all of them, because the likelihood of you being wrong, is high. Still think following it *isn't* worth it? *Ok:*

The urgent burning desire experiencing this law can induce, is *unimaginably vicious* at max strength. Ridiculously unimaginable. You might think "oh I've felt this law to an extreme level before" and you may have, but I guarantee the *memory* of that impact isn't at all vivid enough to completely re-ignite you to the same exact level as you were when impacted. That's why the law of motivations is *unimaginably* powerful and should be respected as such at all times. A memory of being impacted will never be as strong as actually being impacted again. Therefore, in moments of temptation to waste time, remember this, and how you'd feel impact on *unimaginable* levels; take what you spend your time on as seriously as these warnings tell you to. The more strong motivation examples you find, the more you'll find yourself waking back up; and your sensitivity to motivations depends purely on how much potential you're aware of; *how "passed the first layer" you are*; how many dynamics of the best existence possible you truly understand (use this book). This law *is the most important* thing you'll ever see. *If you saw heaven you'd chase it.*

## foundations of true self-discipline

Since your true life purpose is to achieve the best existence, the foundations of true self-discipline, are these: seeing enough of life's potential, and knowing genuinely you can make that potential a reality permanently (immortality). Without that belief strong, you may be motivated to achieve all that potential, but there'll be an underlying infection in you, over the apparent inevitable ending to your existence: death. This "death depression" infects self-discipline like a disease, since you'll know you can only experience some bullshit "free trial" of life's potential, even if you can make it all a reality; and we've found no proof of an afterlife nor reincarnation. Only those who genuinely and constantly progress on a believable path to make all of life's potential a reality truly and permanently by even solving death, will truly have a belief in truly staying disciplined, because only then will they genuinely believe it matters & is therefore definitely worth having discipline in the subject of achieving the best existence possible (which might I remind you, includes this person truly understanding and being allegiant to fairness in almost all scenarios, further hinting this is how we were meant to be from the beginning). They will see how worthwhile and possible it is to achieve this unending, reliable & stable existence with all the potential they've now seen. Unfortunately for some older folks, this is bad news. Although, you were born into existence once, so maybe it'll happen again, who knows? Anyways, I call this true self-discipline, because it's tied to your true life purpose, achieving the best existence possible (It's literally the most motivating path you can find in life as a person). So, I call it this because it's the path you were meant to take, and your desire to procrastinate on this path will be lower than any other path you've taken. That's real "path confidence". These are just the two foundations of true self-discipline, not all the dynamics.

Finally, the third "unofficial" foundation, is the law of pain; "work smarter, not harder". The key to "easy" discipline.

## path confidence

Path confidence can be defined as "how confident you are that your path is your most viable path to achieving the best existence possible". Lacking path confidence, can be one major & elusive cause of temptation to procrastinate.

Ever wondered why you procrastinate on schoolwork? It's majorly because deep down, you're not confident enough the schoolwork is a part of your most viable path to your best existence possible. Deep down, you want to be chasing that existence; your true (solving mentality) dreams. But alas, y'all would rather create entire industries around trying to force yourselves to do things you don't actually want to do nor should have to do if it weren't for tyranny, without actually confronting the underlying lack of path confidence in you tied to \*drum roll\* the hopelessness mindset you've been taught to accept. Y'all really live with a mindset that blocks out the true meaning of life due to you accepting hopelessness then go wonder why the inner child in you just sees life as a temporary joyride mainly focused on maximizing dopamine before your complete end, not caring about true problem solving nor eternal, truly motivating & fulfilling dreams and goals; instead you just take some unmotivating cookie cutter copy/paste career just meant to make you your money so you can just milk more instant gratification from life all to run from and distract yourself from the existential crisis you gave up on confronting. Look deep. We're currently a society based on (often far too selfish) max instant gratification; not on max fulfillment nor purpose, and definitely not on the purpose of creating the best existence possible. This hopelessness, and not having seen life's potential, are the two foundational things we lack killing self-discipline (as the foundations of true self-discipline entry already stated).

That big rant though, is one reason I say most people in this society are depressed at the core. They're even taught from childhood that these institutions like college and getting a good paying job are to be the epitome of their focus, all these bullshit distractions from their actual core life purpose, which is to create the best existence possible (of which this book outlines enough unifying foundations of, which we would agree on, all the other aspects are unproblematic and individual preferences, and if they present a problem, we are to solve it, it's really pretty simple; if this book hasn't successfully solved something, you don't throw it away genius, we'll work on solving that thing).

## path speed & risk

If you pick too *safe* and/or *slow* of a path, you can infect yourself with depression from not making progress quick enough since deep down (even if deep in your subconscious), *you'll know you're wasting time*. For example, I could've spent 4 years in college to get a degree and financial stability, and I chose to drop out to write this book, working a minimum wage job, contemplating/problem solving to myself at work, basically writing this book at work. So, sometimes, the true most viable path may have people telling you you're insane, but you should only reconsider it *if* they (or even you) present *valid arguments against the path that you can't argue*. I've made more progress than and am happier than I would've ever been staying in college 4 years wasting energy learning math I don't *currently* need for these goals. In fact, I firsthand experienced this "lack of path speed depression" when I was in college, *giving in to my fear* of this corrupt tyrannical society/economy instead of confronting it and finding the true most viable yet speedy path to undermining the shit. I fixed that depression by choosing to try and dismantle this tyranny faster instead, speed-running the true, ultimate goal. So just keep path confidence and path speed in the back of your mind, *always*. With it I've made ridiculous progress on my *real path*, so I'm now fulfilled at ridiculous levels I'd never have seen if I was appeasing this tyranny or wasting my time on some *overly safe* path. You must be *fearless* sometimes and confront what you really, deep down, think is the most viable path you *truly* want, and the law of motivations will *damningly* prove to you what you want most, *beware*. You must recognize all these extra bullshit wastes of time that don't align with your speed-running path to the best existence possible, as just that: wastes of time. You might find yourself forced into doing those wastes of time anyways, under *tyranny* in its different forms... But never lose sight of the reality this book has now awakened you to, for your own sake. Be absolutely and maximally *honest* with yourself, especially because of the law of motivations. When I say maximally honest, I mean you must consider even the most outrageous (but morally acceptable) paths: if you find you lack path speed, you're likely ready to take an *acceptably riskier*, but *faster* path, if it's more viable and *intelligent*. But do remember, it's important that you don't take *unintelligent* risks. Like don't *die*, but don't waste time on too much of a "safe but slow" path you know is unnecessarily slow. It'll make you depressed. That's the main idea here. The most viable path for you to be taking, is the path with the most *intelligent* combination of riskiness & speed. That's basically the *formula* to "path viability": *max intelligent (healthy) risk + max intelligent (healthy) speed = max intelligent viability*.

## jog but don't sprint unless it's an emergency

To avoid the exhaust and potential *burnout* from sprinting toward whatever goals you have, if you've got a choice, jog intelligently but painlessly toward accomplishing goals, rather than sprinting towards them. To jog "intelligently" means to just *follow the law of pain*, and do things in an efficient way. Aim to remain *calm* and *focused* on your goals, even when you're contemplating impossible-seeming issues. Sprinting *isn't* just limited to your *speed*; avoid sprinting by over-exerting yourself, and instead of procrastinating at any level when tired, try to fall asleep. If you can't, then aim to keep jogging. When you feel tempted to procrastinate, you *confer* with yourself until you *truly conclude that conference* with your next path step *clear* to you with *little to no temptation fog blocking your confidence in that path*. Sometimes, taking another look at your strongest motivations can refresh your discipline. I know the law of motivations will make you "feel like chasing them at max speed", but it doesn't *say* to *do* that! All we can and *should* do, is follow the most intelligent, *viable* path we *can*, and *not* burning out is a piece of that path.

*(this entry has been sponsored and brought to you by the law of pain™; the law of pain™, approves this message)*

## the final step, choosing to be disciplined

There comes a point in self-discipline when you've matured enough from finding enough *motivations* and matured enough in the methodology of being productive in an easy, *law of pain* way of "working smarter not harder" to the point the one thing maintaining self-discipline depends on, is your *choice* to maintain it and to maintain your focus.

**sometimes you can use impactful, motivating things to help wake yourself back up**

Use “exploring the first layer”, use the judgement list method, and use the important memories notepad, just as a few examples. The important memories notepad can serve as a place to put descriptions of times you were impacted by the law of motivations or had an experience similar to that. The judgement list method can become very powerful, especially when you’ve gotten to the point where your favorite music playlist has *hundreds* of songs in it...

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## CONTEMPLATION

*Thinking for yourself; your weapon against “impossible” problems, and how I found most of what’s in this book.*

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### the chain reaction I

The dynamics to the best existence possible you already know of, are the most viable details for finding new dynamics to the best existence possible, like a chain reaction. You find a couple foundational, important dynamics in that subject, and you’ll likely be able to apply those to other issues to find further dynamics of the path to the best existence possible. There’ve been countless impossible-seeming society-wide dilemmas I’ve seen defeated with this.

### dynamics of thinking outside the box

Your ability to think outside the box on any specific issue depends on the relevance and volume of surrounding knowledge relating to your issue’s topic you possess. Also known as *“the chain reaction I”*. This is because, the more relevant surrounding details you know, the more points of connection (*lightbulbs*) your mind can potentially make. In other words, your mind is like a toolbox, and the problem you’re facing might need a very specific tool to be fixed in the best way, so the more (relevant/valuable) tools (surrounding knowledge) you have, the more you may fix.

*So basically, you can develop “investigative tools” in practicing contemplation, tools like “compare & contrast”, etc.*

### how to contemplate

It’s literally just talking/thinking to yourself, whichever you prefer. There are two modes of contemplation: surface-level thinking and thinking outside the box. Surface-level thinking is just having a simple-minded, blunt conversation with yourself, where one side of you asks questions, and the other side answers without having to think very much, hence the term “blunt” conversation. You can do that for as long as you’re still making progress, but it’s important that you’re able to recognize when it’s time to think outside of the box; *recognize when you’ve reached the front door of a boss battle*. Thinking outside the box is really our only weapon against those, and your ability to do that, depends on how many valuable and relevant surrounding details to the specific topic you possess, since increased relevant surrounding details means increased potential connections (*lightbulbs*) that can go off in your head to defeat said boss. The greater the volume & value of details you have, the easier the boss battle can be, basically.

### the sweeping method

Unexpected new questions can appear in any given contemplation labyrinth you’re navigating; contemplation isn’t always just a straight path forward. The sweeping method just says leave little to no questions *relevant to your path to the best existence possible* unanswered when contemplating, allow little to none of those holes in your understanding. Many of these new questions may seem annoying, specifically these no effort, lazy seeming but yet so complicated ones like “why is this this way”. Yet, questions like that are the keys to deepening and densifying your understanding of the topic at hand and how it connects to surrounding topics. These annoying surprise hallways of thought can lead to new, unexpected but very valuable conclusions and connections. Staying loyal to the sweeping method should strengthen *“the chain reaction I”* in you, due to your understanding becoming solid metal rather than

an Swiss cheese. The more you successfully contemplate and the more you deepen your understanding, the more power you can obtain. Just look at this *damned book* as proof; you never know what you'll find using this method...

### **the chain reaction II**

When proposing potential new path steps to a best existence possible, the harder the arguments or scenarios that argue against your proposed step you confront/disprove, the more potentially clearly proven your proposed step will seem, and the higher volume of easier arguments directly under those harder ones, will have been disproven. For example, to find that fairness is mostly objective, I had to confront the most difficult trolley problems imaginable, and in doing that, all the trolley problems under them, similar but easier, were thus confronted automatically.

*Yes, new arguments harder for a different reason than you expected may present themselves. Confront those too. For example, I not only had to confront human vs. human trolley problems, but "last chicken" vs human ones, too.*

### **root solutions vs. surface solutions**

Surface solutions are called that because they're less viably aligned to achieving the best existence possible than others. My definition of *root solution* is this: "the more root a solution is, the more viably it aligns with our most root purpose: achieving the best existence possible". Aim to locate and follow, *the most potently root solutions you can*. For example, one *surface* solution to littering might be to pick up trash on the streets in comparison to a more root solution of outlining a mindset which makes everyone actually want to get rid of all trash everywhere (if it works). This is just another way of me saying "follow the most viable path toward the best existence possible, at all times".

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## MORAL REALITY LAWS

*Moral realities that seem to remain true in all or almost all scenarios...*

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### **how to find a law of moral reality**

laws of moral reality are found by applying the *chain reaction II* to your proposed law *on top* of applying the instructions to *finding a situation's moral reality*, since the only difference is that moral reality laws remain true in all, or nearly all situations. A proposed law must prove itself by holding up against all valid conceivable hardest scenarios.

### **violence is only necessary in self-defense**

Violence is not okay to use when someone verbally attacks you; there are ways to fully handle that verbally. By the way, self-defense can come in a couple different forms... For example, executing criminals for the safety of society, if rehab is absolutely not an option, perhaps it's *already been tried to the max* and the person is far too dangerous. Do not go taking matters into your own hands unless lives are *immediately* at risk. This "execution" refers to *court*.

### **romantic rejection should only be inflicted with conclusively unargued valid reasons**

If you sense reasons to romantically reject someone, you should have valid unargued reasons behind that rejection and should *be able to put those reasons into words for them*. Due to open-mindedness and the importance of the desire to achieve a best existence possible, other people *should* be willing to validly argue even against themselves despite wanting you, *and guess for you*, your valid reasoning behind your rejection *if* say, you somehow cannot put your reasons into words... But still, this is important in the interest of not only maintaining your self-esteem and reputation as being a *good person*, but also for preventing unnecessary animosity, loss of unity, and lack of mutual understanding between people. Rejecting others without communicable valid unargued reasoning should and *can*, morally, have the effect of opening you to valid criticism. Confront any valid counterarguments presented against your reasoning, not only in the interest of open-mindedness, but because they're *valid because you might want to not reject this person after all*, that's literally *why they'd be valid arguments in the first place* against your rejection! *This isn't as hard as it sounds*. Any time you're less than maximally happy to accept someone, there's reasons behind why; presentable by communication; and if all those valid reasons are disproven, you won't lack any happiness in accepting the person. The only exception I know of, is if you feel validly threatened by tyranny. For example... If you have valid reason to fear someone will get violent toward you from you rejecting them, use the *law of tyranny*.

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# FOUNDATIONS OF SOCIETY

*Self-explanatory title.*

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## **everyone in society must be passed the first layer**

This is because of our current society's widespread lack of desire to "create the best existence possible". People are far more focused on self-centered instant gratification than the path to true max happiness would have them be, and the only barrier is them seeing that, aka, passing the first layer, since that proves someone *knows* and *desires* the *actual* path to max happiness. It's the most *uncorrupt* a person can get. This being absent from society is why the environment is in the shape it's in, why government corruption is rampant, as well as basically all other corruption. Such rampant corruption only reflects such a rampant ignorance of the true path to max happiness, so the only way to fix that is to make that path clear and known. People will actually *want* to max out every aspect of society. Be aware of the effects of this foundation not being followed. It is exactly what's led to the horrible state we're in...

## **achieving near-complete ideological unity in society (how to "deal with" any ideology that opposes this book's)**

Our aim is to find the most viable path to the best existence possible, which we happen to share many crucially huge aspects of, even at an individual level. If anyone has an ideology different from the current one proven to align the most with the absolute "most viable path to the best existence possible", their unproven ideology must be compared to the *already proven* ideology, to verify which is truly the more viable path to the best existence possible.

*I didn't want to come right out and say it in the entry, but the "current proven ideology", I'd say, is likely this book's.*

The evidence should be examined behind whether their beliefs are true or not, and the rabbit hole of proving or disproving their beliefs, to find the *truth*, should be explored. It's not as hard as it sounds, and this book should give you the ammo you need for it. The goal here is to find out who's on the wrong path, and why, considering our collective purpose is to achieve the best existence possible, and considering said best existence possible for anyone has so many foundational aspects in common with every other person's. After the right path has been *unarguably* identified, it is the *definition of delusion* for whoever was on the wrong path to remain on their wrong path. Therefore, if they stay on it, they can validly be labelled as mentally ill, and perhaps even be sent into some rehab center.

It's fine to try out new beliefs, it's just not fine nor aligned to your actual path to max happiness, to remain living in delusion. It's mental illness, and should be addressed, *especially* if your false belief is causing you to break moral reality or is hindering your unity with the rest of society in major ways. This isn't just for society's benefit, but yours.



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## RELEVANT SPEECH

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*Ever seen a good movie? Don't you think they get to the point and progress the plot in those? Life should be similar.*

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### relevant speech intro

This is how attention grabbing and attractive your speech is. Strong relevant speech is foundational to *literally everyone's* legendary self, so it's majorly important to strengthen your own deeply, as without a strong level of this trait, you'll be validly annoying. Relevant speech isn't understanding others' perspectives; they might be ignorant to what's truly most relevant to them according to reality. So, relevant speech is instead about understanding "reality's" perspective (what's most relevant to be saying *according to reality*, that reality *being* that our most *relevant* topic of discussion is: *things relevant to the most viable path to the best existence possible* of course) and communicating things relevant to that path *in a timely manner*, with as much clarity as possible. Keep in mind, humans share many major path steps on said "most viable path to the best existence possible", so subjectivity is no major issue.

### the three core ingredients which determine overall speech relevance (importance, time, and clarity)

The three foundations of *relevant speech* which *determine the overall relevance of your speech*, are these: the first, is your speech's *relevance to the most viable path to the best existence possible*, because that's the most relevant topic anybody can be talking about at any time, according to reality. This is measurable by communicable logic and reason; in other words, you can determine how important and relevant what you're saying is to said most viable path simply by examining and contemplating the logic behind your opinion for its relevance, and confronting any valid counterarguments... *similar to how you'd find a situation's moral reality*. You're just open-mindedly locating the "reality" of how important what you're saying truly is to the "most viable path toward the best existence possible".

The *second* foundational ingredient which determines the overall relevance of your speech, is time. Communicating your ideas in as timely a manner as is possible without negatively affecting the clarity of your ideas. This can be improved by a number of tips and tricks; I'll try to list good ones I know in this chapter. Nobody likes wasted time... The *final* foundational ingredient is clarity of your ideas. Clarity refers to how easy to understand and how organized your communication of your ideas is, how well it all fits. Like timeliness, this can be improved by tips and tricks.

### clarity tip – don't try to fumble when explaining your logic

If you can't fully and clearly enough explain the full context and proof behind your claim, don't try and "make up" or speed contemplate those proofs. Just admit you don't yet know with absolute certainty. There's a *high* chance you'll just be saying some incorrect bullshit, and instead of cleverly convincing others you're right, you'll just make them think you've gone crazy. It basically fucks your speech's clarity, due to *high risk of you being wrong*. This may also *validly* lessen the listener's opinion of you, and their tolerance to listen in the future. If you haven't polished the context or proof behind your claims, just *accept that, say it to them, and end it there* rather than fumbling. It's not going to make you look like a waste of time, if you don't waste their time, and you say this *immediately* instead. If you start fumbling, it means you've obviously still got connections to find and contemplate on your own. So do it.

Maybe just try to *fully verify* your claims enough with yourself and any counterarguments you can possibly imagine before presenting them to others *confidently*. Like, if you're going to say your claims so *confidently*, maybe you sh-

ould try to make sure that confidence you're expressing with the claims is *warranted* by first *really testing* those claims yourself during contemplation, with arguments *for & especially against them*. If unverified, you contemplate...

### **the relevant speech nonfiction format**

This is the format to use when you've got a rabbit hole you believe others should look into. This is the format to present the rabbit hole in, and *if you don't* follow this format, then you *shouldn't* expect them to look very far into it, because you won't be presenting the info in the most relevant and proper form in terms of your "relevant speech-". You'll be presenting irrelevant information to them if you don't follow this format, since you'll be presenting things in the wrong order. *The right order*, is from the most important, relevant info, to the least, and it's *not the reader's fault* if you're over here shoving less important things at them first (basically wasting their time); not their fault you placed the irrelevant stuff before the more important stuff in your presentation of this rabbit hole... They're expecting this proper order of most relevant info to least relevant and if you don't follow that, expect zero readers.

So, this format is composed of three sections. The first, is the "attention grabbing thesis", which presents your *most important main idea*, main point you're trying to communicate; the main idea as to why what you're proposing is relevant and important to their path to a best existence possible enough for them to spend time reading what you're telling them to. The second section is the "important textbook" containing all the most important "formulas", plan steps, and any other important info. And finally, the third section, is the "ocean of extra context textbook", containing any useful extra context or answers to valid arguments and doubts others may have. All the extra context that isn't *important enough* to make it into the "important textbook" but is still important enough to be *provided* to those reading, *if they need it, findable via the highly organized table(s) of contents*. You decide what goes in where.

For organization, your whole "book" (the compilation of all three sections), should use table(s) of contents (for each section big enough to need one). Aim to put everything in the entire book in the order of most relevant/important/interesting to the least; from which entries are listed first inside chapters, to which chapters are listed first inside sections. This whole format is basically intended to be an organized walk in the park for readers; this format will take your "rabbit hole" and present it in the absolute most maximally interesting way to them, purely because this format is in the order of what's most interesting (*important/relevant*) to mention, to what's *least* relevant, and is fully organized. You see, that's the reason it's the proper format, because if you want to ask someone to spend time looking into a rabbit hole of info, this is the correct way to do it, by making sure it's following relevant speech and not wasting their time; making sure to share the most important info *right away*, and then keep that pattern going.

This is the one true format for *literally any time anyone tells you to look into any rabbit hole, ever*. The author of the presentation of that rabbit hole must follow this format and show how it aligns viably enough with your path to a best existence possible for you to spend time to keep looking into and reading the presentation or you can leave.

*The longer name for this is the "proper, required, relevant speech nonfiction rabbit hole book presentation format".*

### **someone presenting unarguable reasons for the irrelevance of your presentation doesn't need to hear it further**

If someone can say a valid reason why your proposed rabbit hole of information or book you recommended doesn't follow this format, in other words, showing valid reasons why it isn't following relevant enough speech to keep hearing, they are not breaking moral reality. They're telling you that you need to organize your info properly, and why, or they'll tell you your main thesis and path you've presented isn't important enough in the scope of the path they're *already on* and why, or whatever. Do not expect someone to look into your rabbit holes if you don't follow this format well enough and are presented with unarguable evidence that you truthfully aren't. So go fix your stuff.

*To make your writing itself relevant, simply follow the three cores of relevant speech: importance, time, and clarity.*

### clarity tip – quality of vocabulary

(Immersion of vocabulary;) Aim to communicate using words that most effectively immerse the listener into your exact perspective emotionally, instead of, for example, (complexity of vocabulary;) aiming to sound smarter using *overly* complex vocabulary they have to go waste time defining. Don't let your ego get in the way... (Attractiveness of vocabulary;) Aim also to use wording that is contextually attractive to imagine and hear out loud instead of wording that makes others gag or validly think you're some mentally deranged psychopath from how unattractive it is.

### time tip – abbreviating words

This refers to using abbreviations of words whenever it won't negatively impact the *clarity* of your message. For example, saying "aren't" instead of "are not". On a rare occasion, the longer version ("are not") may seem better for emotional emphasis, but most times, you'll find the abbreviation to seemingly improve the "*relevant speech*" of your message. Abbreviation is majorly beneficial in attractive text/writing, & minorly beneficial in attractive *speech*.

### joking and other forms of communication like anti-toxicity can still be relevant depending on their value

Jokes and other forms of communication can still be relevant if they're warranted in the scope of still following the law of motivations. What determines their relevancy, is their value, if you know how to make funny enough (high value enough) jokes, of course. Relevant speech isn't about only having robotic, productive, humorless conversations. That would take a lot of fun out of life, and would be hypocrisy in the scope of our goal of truly achieving a best existence possible. It wouldn't follow the law of pain, either. Just because you aren't discussing something "extremely productive" or extremely relevant to your goals and self-discipline path, doesn't necessarily mean what you're discussing is irrelevant. You have to remember the entry "*jog but don't sprint*". What matters is that you simply don't let yourself forget the warning the law of motivations tells you, at even the slightest level, so you don't actually fall victim to it. Good enough jokes, or just getting to know someone by asking questions about their individual dreams and goals, can align with your path to a best existence possible (these things can be smart and ok to express) if say, you've calculated if they're still warranted in the scope of the law of motivations and the *direness of your situation* (you're not hiding from a murderer for example). And like I said, how *actually* funny of a joke it is can determine how aligned with your path to the best life possible it is to say it. Getting to know someone, and forming relationships, *especially* romantic ones, are such major parts of anyone's "best life possible", I'd be dumb to deny it.

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## MISCELLANEOUS

*Unsorted. Remember, if something's in book II, it's because of its importance alone.*

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**even if you've seen "proof of an afterlife", know the danger dying can open you up to**

When you see the potential this life holds, you'll definitely not even want to take a chance of losing it by being wrong about there being an afterlife; letting your physical body die only to be met with potentially nothing, or worse, something hellish. So, even if you've seen what you'd call "proof of an afterlife", you'll want to at least also witness all the potential you'd be losing by letting your body die physically and being wrong, and you might want to also remember all the pain and suffering possible in this existence that could potentially meet you on the other side as well. My point is, we don't know what comes after death, so we should aim to *prevent death*, and, instead, *advance technology to the point we can expose the truth about this existence*, answer all these questions *without risking our entire existence*, risking losing access to all of life's potential for happiness, or risk subjugating yourself to any kind of hell. And *I'm warning you*, when you see enough of life's potential for both, you'll very likely agree with this.

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# CONTEMPLATION NOTEPADS

*The organized system of notepads I use to deepen my understanding. This is exactly how I wrote the vexyricon.*

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## value of digital notepads

Digital notepads can be used as a waiting room for things you need to confront when you get the time, a record of important memories, a to-do list, a record what you contemplate and solutions you've found, or more. This chapter shares how I use these to contemplate/solve problems, develop theories, plans, and deepen my understanding. It's basically an "industrial *factory*" for dynamics of near utopia and a best existence possible so yes, it's important.

## use speech to text

There's a nice tool on many phones that lets you press a microphone icon and just speak into your phone and have your speech semi-accurately converted into text. This makes recording extremely detailed/long notes much easier, especially when I'm at work and can't waste time. As long as you speak clearly, these notes can reflect your dialect.

## security for accidental deletions

I've got a bot which records every time I edit or delete a message/note in any one of these notepads. It pastes the entire message in its own little notepad, too, not just the edited or deleted part. I do this cause I very much value recordkeeping of these topics and conversations of contemplating solutions, for history. The only thing that isn't backed up is basically the out-loud verbal conversations I didn't type where I just talked to myself, but the conclusions to those talks often if not always are typed out so I remember them, so even those solutions get recorded. A bot is just my idea, you do whatever you can. This is like with the "backing up [Judged] playlists", just my method/idea.

## the confrontation list notepad

If any question pops up in your head relevant to your path to max happiness that you feel you might want to contemplate/find an answer to, as long as you aren't *on fire* or *bleeding to death*, you should put that question into this notepad (you wouldn't put "clean your room" in this notepad, there's nothing there to contemplate, that's a concluded plan, not a *complicated question* requiring contemplation). Yeah, you may find it annoying the number of difficult-to-answer questions that pop up all at once whenever you're sorting through your unsorted notes and you revisit some theory you came up with ages ago you didn't fully contemplate... But still, put those difficult questions in here, unless you're prepared to *fully* contemplate them *right away*... I say this because for example, I contemplate better at work than at home; so, find a convenient time for you, I find it more convenient to put things in this notepad unless I *know I will* knock them out right away; your choice. Just remember to follow the *sweeping method*.

Also, I sometimes end up including a lot of context in each confrontation list entry because that's what was needed to truly answer its question, so if you do too, it can make it easier to repeat the main question of the entry at the end of the entry, again, separated from the huge mass of context involved in it, so you can see the exact question you want answered, immediately, and clearly. This can make the confrontation list smoother to make progress on.

*By putting things you haven't answered or can't remember the answer to into your confrontation list, you'll be training your memory to remember the solutions you come up with, so if my memory fails me, I might re-contemplate.*

### **the storage document**

This is a text file containing *anything and everything you no longer need*. Outdated/disproven theories, completed to-do list tasks, storage for old important memories, and more. I'm pretty generous with what I put here. It's more of a tool to ensure that my notepad's history is recorded, so you may even see things put in here twice, since the concern really isn't on this document's size; but purely on ensuring I have every single outdated thing pasted here as recorded history. If it takes two pastes on different occasions for me to remember for sure it's in there, that is ok.

*Since it can be right next to my other notepads, I also use a "storage notepad" as a place to compile outdated notes eventually into massive blocks of text, which I can then paste into the storage document all at once. It saves time.*

### **the important memories notepad**

I use this for long term important memories; not as a to-do-list. I usually recite, in fairly great detail, times I was impacted by the *law of motivations*; *exactly what I saw* in the motivation/song/whatever impacted me, so when I'm viewing the words and attached media in this notepad in the future, I'll be as accurately reminded as possible; hopefully transported back to that exact experience (kinda unrealistic expectations). This is obviously because I'd be impacted again, it can have a re-motivating effect. That's been my main use for this notepad. Aside from that, I may write notes about imagined places or creative concepts I come up with, like "the stone city", if I come up with some new dynamic for how that place would function or whatever. All these notepads are just the way I do things...

When I want to empty the important memories notepad into the storage document, I just type "important memory" at the beginning of each note, so when I paste all of them into the storage document, each one will have the words "important memory" at their beginning so I can just "CTRL + F" and search "important memory", which will display every instance of those words occurring throughout the entire storage document, for me to find all of them...

### **the conclusions notepad**

This is for answered/concluded questions from the confrontation list, as well as from anywhere else, like the internet for example. I simply treat this as somewhat of an "unsorted notepad" because once a question from the confrontation list is answered and put here, I then have to decide whether the information I found by answering the confronted entry is important enough to be a new vexyricon entry, or whether it leads to new questions/has to be put back into the confrontation list in some way, or whether it isn't needed anymore and can go to the storage notepad, for example. The main idea here is that this is the pool of unsorted conclusions and findings from all places.

### **【Vexyricon】**

Treat this with as much importance as the 【Favorite Music List】 entry from the judgement list method chapter. This is the "*most important conclusions*" notepad. For me, it's a book I named the Vexyricon. You name your "most important conclusions" notepad whatever you want. Just like the favorite music list, this is one of the most important possessions you will ever own. Good luck finding better conclusions than this book shares... I'd say just use this.

When something in the conclusions notepad shows it's important enough to be here, I just cut and paste it here, and then make it seem concise & square. Its logic should already be sensible and polished fully, otherwise it'd either

go back into the confrontation list or I'd confront (contemplate) it right then and there. Similar to how I made "bio-mes" of songs and blended the thumbnail colors of all my favorite music list's songs to make a sort of rainbow effect as you scroll through it, I put effort into making my "*most important conclusions*" notepad (vexyricon) look good.

### **the control center notepad**

This is like an "important memories" notepad but for more urgent and immediately relevant notes, like important reminders. If I find a really important new discovery, I might put it here, or if I find a new strategy for solving a problem I must remember to practice each day, I might put it here, it's really up to your judgement what you put here.

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# THE JUDGEMENT LIST METHOD

*The method for finding new song motivations of all kinds, method for “farming” impactful motivations.*

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## intro requirement (passing the first layer)

To even *be* impacted on a deeper level, you need to have been educated on enough of life’s potential; passed the first layer enough, as stated in the *dynamics of motivational impact*. That’s how your sensitivity to impact can be increased, and how to make the judgement list method maximally useful to you. The “bigger picture” all this book’s “first layer passing” contents paint is a powerful enough image to increase your sensitivity to impact significantly to where you can be impacted on an extreme level by songs you find, and their imagery. Many times, it’s the imagery combined with the audio of a song that leads to more impact rather than just audio; this is because the more angles of potential you’re perceiving, the more impact you can feel. Remember, that’s literally how *passing the first layer* works. The more potential you’re being reminded of at any time from any angle of your perception, sight, hearing, smell, feeling understood, feeling human connection, hope, purpose, justice, confidence, you name it, determines how much it impacts you; the bigger the picture it paints, the more impacted you can be. Therefore, this entry is just explaining the sensitivity to impact required to use the judgement list method effectively in the first place, to even *be able* to feel/perceive high impact *at all*. Without doing this, high impact will be rare, if it *ever even occurs*..

## the judgement list method

The judgement list method is that I use YouTube playlists to process/sort every song I judge, to *farm new impactful songs*, increasing my motivation and ability to wake up to the *law of motivations*. I’ll put one headphone in at work, and an eight-hour shift may sometimes yield 100 judged songs. The longer you’ve been judging songs, the more impactful artists you’ll have found, and the more channels of new, good songs you’ll have that you can add to your judgement list; the more fruitful your judgement list will be. *After passing the first layer*, this is a profitable activity.

## [Judgement List] playlist

Where new, unheard songs go. I set it so new songs are added to the bottom, obviously, and remove judged songs. In the judgement list, I let myself judge with only one headphone in; but when re-judging, I’ll use two headphones.

## multiselect chrome extension

Adding/removing songs from the judgement list is a pain unless you get a multiselect tool for YouTube, where you can copy/paste hundreds of songs fast/remove duplicates. This is just an example obviously; get the tool you want.

## timestamp playlists 0, :30, :40, :50, 1:00, 1:10, 5:00, 23:59:10

When I’m listening to the judgement list, and I hear a good enough part of a song I feel I need to re-judge, I’ll put it in one of these. If the good part happens at 2:05 in the song for example, I’ll put it in the 2:00 playlist. I have playli-



sts for 0-5:00 by default, for each 10 second interval. If a song has a timestamp at later than 5:00, I make a new temporary timestamp playlist for it until I re-judge its timestamp, then I'll delete it since it's past 5:00. This helps lots.

### [Judgement List 2] playlist

If enough of a song is good, instead of putting it in timestamp playlists, I'll just put it in here. This is for entire songs I need to re-judge, not timestamps. The whole thing. This gets re-judged first since it's got the highest success rate.

### 【Favorite Music List】

These are the best and most impactful songs you've ever heard. My FML has genuinely been one of the main and sometimes only reasons why I didn't fall asleep on some bullshit and forget about the law of motivations. It just kept waking me back up when I listened to it, and still does, now more than ever since it's only gotten stronger. This is why passing the first layer is important and why this judgement list method is important, because your FML is such a resource to wake you back up to the law of motivations. *This is one of the most important possessions you will ever own.* Put the whole damn playlist, in full HD, in an EMP-proof bag and bury the fucker in an underground bunker so a nuke can't even destroy it. The bunker is a joke, but the bag isn't, and neither is the importance of this...

*As of judging 15000 songs, I'd found around 300 FML-quality impactful songs (w/targeted judgement not random).*

### [Make Soundbank] playlist

A "soundbank" is my term for when I cut the good parts out of a song and re-upload the song with only those in it. I title the upload "soundbank (notes triggering memory of any liminal or impactful imagery) (exact title of origin video)", so I can copy and paste that exact title into the search bar if I ever need to find that exact origin video again.

### [Make Soundbank] save-for-later method

When saving a video for later to get it out of clogging my playlists, I first leave the song in its respective timestamped playlists, then I download the song and rename the file to be for example "make soundbank 0, 1:10, Shadow Corridor(影廊)bgm「靈魂の淵叢」720p30.mp4", making sure to put the timestamps in the file name since obviously I'm now taking the video out of all of its playlists on YouTube. In this example, 720p is the song's quality, and 30 is its frame rate. Once downloaded, now that I've recorded all timestamps into the file name, I can take it out of its timestamped playlists on YouTube, take it out of [Make Soundbank], put the origin in [Edit Origins] and then put the file somewhere for later when I'm ready to make it into a soundbank. Obviously, I try to find the most HD video.

### [Soundbanks] playlist

This is for all *made* soundbanks. [Soundbanks] is organized into 3 sections. How I define those sections' boundaries is I literally just uploaded a video of a door 3 different times, yes, thank you for the applause, extreme genius, I know. The top section of the playlist is gold, then silver, then bronze soundbanks. Aside from the FML, this is the only other playlist I back up by downloading. They're in three files, gold, silver, and bronze, and my file system seems to order them based on name; alphabetical order, so, I make sure the YouTube list perfectly reflects that exact order. If I stop caring about a soundbank, I'll rename the upload to "deadbank (its title)", then remove it from all playlists.

## [Judged] playlist(s)

Songs I've heard that I don't care about get put here. It's an indicator for me to not accidentally put them in the [Judgement List] again. The only reason I can't just have one single [Judged] for all the trash to go into and am forced to have like [Judged 1], [Judged 2] etc. is because YouTube has a limit of 5000 videos per playlist. It is to be fixed.

## backing up non-downloaded playlists

You'll probably want to use *both of these methods*, because unjust channel termination is unfortunately a real threat in this tyranny and unjust-censorship infected society. I've lost thousands of songs of progress because of that.

Text file (safest) method: go to the playlist, make sure the entire playlist is loaded on your tab. Hit CTRL+A (which selects everything on the entire page). Hit CTRL+C to copy every word selected (in blue) on the page, then go and create a "new text file" in your computer files. Then paste everything with CTRL+V. What you should then see in the text file is, some extra text to delete possibly, then under it, a list of each video's title, channel that uploaded it, its length, its views, and even what number video it is in the playlist. I say do this for each non-downloaded playlist. I usually put the date the backup was made in the text file's name and keep all old file versions in a separate folder.

Alt channel (most convenient) method: use the multiselect chrome extension to load the entire playlist on another YouTube account and just paste all the videos into that alt account's version of the playlist. Easy, done. So now, if they terminate your main, you can just copy and paste the most recently backed up twin version of that list from your alt. The phantom ban evader. The only annoying thing about this is how you'll make a backup and a month later you may have 1000+ new songs in your main channel you now need to add to the alt's twin of said [Judged] list, because you'll need to load the entire main's playlist on your screen, and loading thousands of videos can be laggy.

## saved song playlists [Gold Songs], [Silver Songs], [Bronze Songs]

[Gold Songs] is for... gee I wonder, [Silver Songs] is for... gee, I wonder? And [Bronze Songs] is for songs that *may or may not be rejected upon applying for a minimum wage job*. Please don't tell me I actually have to explain these playlists to you, they are literally so obvious... I used to treat my judgement list method very "black and white", saying "it's either an FML song or a "judged" one, and this system is better... Judging songs isn't *that* black & white. You'll find segments that are only 5 seconds long in an otherwise terrible song, and those 5 seconds might be the most impactful 5 seconds you've heard all week. The most legendary soundbanks I have, are as good as FML songs.

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*This marks the end of the important textbook, "the sword", and the beginning of the ocean of context "the shield".*

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# THE SHIELD, OCEAN OF CONTEXT TEXTBOOK

*Full context and answers to doubts about the entries of the main textbook of human magnetism, with all extra info.*

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## BOOK III TABLE OF CONTENTS

*Book III is for those who need more evidence or have doubts and need answers. It has all the other, minor context. You'll see this has a mirror entry of each entry in book II, for easily finding your answers, they'll be in its twin here.*

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**(Justifications for) Reading Tips.....Page ???**

*Explains this book II chapter's claims and should answer any of your arguments or doubts against it.*

**(Justifications for) Foundations of the Individual.....Page ???**

*Explains this book II chapter's claims and should answer any of your arguments or doubts against it.*

**(Justifications for) Moral Reality.....Page ???**

*Explains this book II chapter's claims and should answer any of your arguments or doubts against it.*

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*Explains this book II chapter's claims and should answer any of your arguments or doubts against it.*

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**(Justifications for) Extreme Positive Energy.....Page ???**

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**(Justifications for) The Gender Attractiveness Imbalance.....Page ???**

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**(All Extra Context for) Reading Tips.....Page ???**

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**(All Extra Context for) Foundations of the Individual.....Page ???**

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## READING TIPS (JUSTIFICATIONS)

*Mirror of the book II chapter "Reading Tips" containing any justifications.*

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### **copy of: "human magnetism"**

I don't see a problem with this being the title of the movement this book creates. It's accurate, and *you'll see why*. "*Human magnet*" is just a term I'll use meaning "the legendary version of oneself" throughout this book. I think that's okay, because the level of "*legendary self*" this book can turn even a *single person* into, is... Something I'd never seen before. Never even knew anything like this was possible. A strong human magnet has been the most impactful motivation I've ever seen, and it'll be *really funny* if I can somehow manage to help everyone become *that legendary* with this little nuke of a book. The three "*overarching traits*" of a "human magnet" are power, attractiveness, and understanding, with all other traits being sub-traits of those three that give someone more of those three.

### **justifications for: "human magnetism"**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: warning: cross-referencing**

Occasionally, things in this book mention things lower down in the book you may not have read about yet. In the same sense, things already mentioned may be cited again since so many things connect to and support others here. Rest assured, everything should be easy to find, and if it isn't with the table of contents, search for it with CTRL+F...

### **justifications for: warning: cross-referencing**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## FOUNDATIONS OF THE INDIVIDUAL (JUSTIFICATIONS)

*Mirror of the book II chapter "Foundations of the Individual" containing any justifications.*

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### copy of: the law of motivations

This is the most important thing in the entire vexyricon. It says, if a person witnesses enough of their best existence possible at once, they *will* feel ignited, possibly on an *unimaginable level*, to achieve that existence and make what they saw a reality. This is a warning, and I suggest taking it *extremely* seriously, because the amount of regret you'll feel on your death bed from ignoring this law and not chasing that best existence, will scale with the amount of potential you'll be seeing existed in life that you gave up on chasing and will now lose access to, because now you're guaranteed to die. And as I said, there's enough potential to the point you'll very possibly be ignited on an *unimaginable* level, burning to make that potential a reality when you see it. And so in the same sense, if you're on your death bed, you can experience *unimaginably* painful levels of regret, anger, depression, etc. Seemingly everyone in this society hasn't experienced this (the "*law of motivations*"), and so they are wasting their life, chasing pointless and incomparably worse sources of instant gratification and fulfillment instead as a result, like some NPC, no joke, due to having accepted the hopelessness mindset society taught them, and thus having given up on their true purpose of achieving the best existence possible & having the mindset of solving anything in their way of that existence instead of succumbing to hopelessness (especially since *they will willingly adopt that solving mindset when they witness enough of life's potential/witness enough of the best existence possible at once. Everyone would chase it*). You need to experience a powerful level of this law. It is a dire warning, the direst in existence & in your *entire life*.

### justifications for: the law of motivations

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: the solving mentality

The solving mentality is *this*: intend to overcome and solve any and every obstacle standing in your way of your best life/existence possible. This means death itself. The economy. Along with any and every major individual *and* societal issue making your existence significantly less than the best that is possible. Lucky for you, this book lists the solutions/plans to solving most issues *for you*. Our life purpose is literally to achieve the best existence possible, to achieve any and every one of those big dreams you had as a kid that made you so invigorated, to achieve an unjust-pain free existence far better than even what you might've had as a kid; and when you were taught to accept the hopelessness of death, this purpose was thrown out the window, because those dreams are too big to achieve in just 100 years, and what's the point in working your ass off just to experience maybe 20 years of that best existence only to die and lose access. Further, *reality is, you will willingly choose this mindset when you see how good this existence can be with these problems solved*. You won't even just *choose* this; you'll wish you'd never lacked it.

This is a vital foundation of basically everything in this book. People refusing to acknowledge the importance of this one mentality, is why you guys haven't been able to find *real solutions* to these issues you then give up on and call "*subjective*" as some coping mechanism for the reality that those very issues are *only solvable* with this "*solving mentality*" which society taught you not to even consider. With this foundational mindset completely out of all of y'all's consideration at a society-wide level, *it's no wonder* we haven't found objective solutions to these issues and

no wonder why you guys had to resort to just coping by labelling them as “*subjective*”. You’re literally trying to construct a building on top of sand, and resorting to calling the entire project “not objectively possible” when the building keeps falling over, rather than putting a solid foundation there first, all because said solid foundation is made of a material alloy you’ve been taught is “impossible to manufacture”, *all* while you’re now looking at the very book that tells you every step in how to manufacture it (this book). Accepting the reality of this “solving mindset’s” necessity, has thus enabled me to find *all these other solutions* to these “impossible seeming” societal problems we’re facing, *so yes*, this mentality is ridiculously foundational to *everything* in this book, and to *actually, truly* solving any of the issues *in and outside of it*. This is literally the very *definition* of “foundational” info if there ever was one.

#### **justifications for: the solving mentality**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: the law of pain / law of leverage**

This is basically just the common saying “work smarter, not harder”. Doing things in a “hard” or “painful” way in any way, tends to signal that more correct ways exist and should be found through contemplation/thinking outside the box. This just reminds you to find the correct/best way to do things. Like in eating healthy, with healthy yet tasty recipes, eating healthy will be easier. When bending over or with any body movement; there’s a correct, most painless, and likely even comfortable way to do it. Use this law in *all you do, with the exception of emergencies*. “Work smarter, not harder”, at an *intelligent max*, meaning don’t spend 50 years contemplating why you stubbed your toe, but rather focus on solving *significant enough* occurrences of *unjust* pain you notice. Including *elusive* kinds like, say, *awkwardness*, or *other forms of discomfort*. A big flaw with this society is us *not truly solving elusive kinds*. You’ll see a common person experience the discomfort from elusive pains when they happen, but rarely dissect it.

#### **justifications for: the law of pain / law of leverage**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: “passing the first layer”**

This is a requirement of anyone claiming to be a “*human magnet*” because it basically proves a person’s awareness of the true best existence possible, and that their *allegiance* and their genuine self’s desires now truly lay in chasing making it all a reality; the existence aligning with *fairness* rather than selfishness, the existence *this book describes*. This *basically proves a person is uncorrupted*, and now, reliably, does in fact, have their eyes set on making said best existence possible aligning with fairness etc., a reality. This works, because when someone understands enough parts of the best existence possible described in this book, *they will genuinely desire to be uncorrupt* and make it a reality. For example, they’ll see fairness almost always aligns with their path to max happiness, & its objectivity.

*These will be the topics someone must prove they understand fully before being considered “passed the first layer”:*

Objectivity of fairness.....Page ???

Why fairness can align with anyone’s path to max happiness in almost all scenarios.....Page ???

Open-mindedness.....Page ???



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#### **justifications for: "passing the first layer"**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: dynamics of motivational impact**

Think of it like a *puzzle*; the more pieces (of potential) that fit together (that you're aware are real) at one time in one place, the more of an impactful overall image you'll perceive and potentially be impacted on an extreme level emotionally by. This is why *passing the first layer* works. All those topics it tells you to prove you fully understand, are individual pieces of the best existence possible; and when you truly & fully understand enough of them, the bigger picture you're then able to now see they combine to form, is stupendously glorious. As long as what's impacting you is acceptable and attractive from a realistic and moral perspective, it doesn't matter what it is, what matters is how deeply it impacts you (how many puzzle pieces of a "best existence possible" are in whatever image it paints in your head). So, to strengthen your sensitivity to impact, you must become aware of more of life's potential.

#### **justifications for: dynamics of motivational impact**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: "exploring the first layer"

Knowledge alone, even of all the pieces of the best existence possible, likely won't be enough to keep you awake to the *law of motivations'* warning, so it's a good idea to find sensually impactful *examples* of that knowledge which strongly impact you and drive you to pursue making the best existence possible, a reality. Even then, *one* impactful example likely won't be enough to keep you awake. The more of them you find, and the stronger what you find is, the more motivation you'll reap; the more you'll be re-woken up to the *law of motivations*. Also, there seems to always exist new unique examples to find which can, if found, show you an angle of the best existence possible you didn't see before, so don't assume you've already seen all of them. Finding impactful examples is important, but there comes a point when you also need to be responsible and make progress in life instead of just hunting for more *reasons* to make progress in life, so maybe take it easy when you feel you've found enough impactful examples. Lastly, I'm pretty sure the most sole impact occurs seeing strong human magnets of the gender you're attracted to.

### justifications for: "exploring the first layer"

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: the law of tyranny

Aim to keep any tyrannical force that has too threatening of power over you satisfied until it no longer has power over you and isn't a threat to you. View all of it like any game of chess. Plot-armor doesn't exist in life and trying to follow willpower or ego over logic and reason can make it far harder to win against the threat or can even get you killed. Understanding what the tyrant wants and their perspective can aid in convincing them to lower their guard. This justifies some lying and manipulation; don't feel guilty for lying to a tyrant who has left you few other choices. Tyranny comes in many forms and places, like the closed-mindedness of any individual exercising power over you. This is more of a suggestion or warning but, do know the consequences which are possible from ignoring this law...

### justifications for: the law of tyranny

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: "magnetic vampirism", one of, if not the most motivating and thus most important things in existence

Is experiencing the *combination* of realistically maximum love and realistically maximum lust with a human magnet of the gender you're attracted to. As you can expect, the *absolute* "maximums" are only truly reached by that person being "maxed" out, which you'll basically never *realistically* find. That's *why* I said "realistically maximum" in the first sentence. And so, the impossibility of being able to find a *truly* maxed out individual, doesn't even matter, because even them being remotely close to "maxed out" (any average human magnet is close enough), will still make this one of if not *the absolute most motivating experiences* in existence, thus still fitting with this entry's title.

So having said all that, and because it is the case... In the interest of you experiencing the law of motivations to the maximum extent possible in order to be woken up to it to the max extent possible, and considering that this is one of, if not *the very most* impactful, major, and most motivating pieces making up all the law of motivation's impact...

Any sexual preference or taste you have that does not break moral reality in any way/cause any unjust pain, should be explored, not in public, to discover and experience, ideally, it's *maximum* ability for motivational impact on you,

its “best” form; its maximum “law of motivations” infliction on you. Whatever way you find its “best” form, is up to you. I really don’t wanna sound *lewd* here so, sorry if the wording is confusing, I can’t help it. I guess *reality is lewd*.

*It’s not like you won’t like it though. This book teaches much of maximum love. This says max lust is for you to find...*

**justifications for: “magnetic vampirism”, one of, if not the most motivating and thus most important things in...**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## MORAL REALITY (JUSTIFICATIONS)

*Mirror of the book II chapter "Moral Reality" containing any justifications.*

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### copy of: fairness is, at least, almost fully objective

There is an un-validly arguable, fairest assessment to almost all dilemmas (a moral reality) we can find and unite on. There are scenarios where it isn't easy to locate and there will be disagreements, but in most cases that isn't the case, meaning people can be nearly fully united in terms of morality. This entire entry only matters, because of this:

### justifications for: fairness is, at least, almost fully objective

1. *"there is an un-validly arguable, fairest assessment to almost all dilemmas (a moral reality) we can find..."*

You can find a moral reality, (an unarguable fairest assessment of the situation), for almost all situations, by going down the rabbit hole of exploring details, evidence, and valid arguments presented *until* you find this "unarguable" assessment of the situation to which others have no valid arguments against. This is why we have a court system, it's our attempt at finding the moral reality of whatever situations fall into its lap. We have a court system because we literally *know* this level of objectivity exists. And what do they do in court? They examine the evidence, valid arguments, and details of the situation until they reach a seemingly fairest conclusion, solution, and overall assessment of the situation. Finding a moral reality is exactly like a judicial court. You have to go fully down the rabbit hole, you absolutely must dive fully into the situation's details, evidence, and arguments to fully locate the moral reality. So, the reason I say it's "almost fully" objective, is purely because sometimes it can be difficult to calculate the "fairest assessment" truly, but in reality, there is always an objective, unarguable, fairest assessment. It just may be hiding behind a ton of debate, calculations, exploration of evidence, and other things. This doesn't matter too much.

2. *"there are scenarios where (moral reality) isn't easy to locate and there will be disagreements..."*

This is the only reason I say fairness is "almost" fully objective. In reality, there is always a moral reality to any & every given situation... An un-validly arguable, fairest assessment of the situation, an objective, fairest assessment... It just might get very complicated to find that, since it might be hiding behind a ton of debate, so I just resorted to saying there's "*almost always*" a moral reality, since sometimes it can be so hard to truly find it in some dilemmas.

I think this is enough justification for this, because it's basically common sense that in most conflicts, a "moral reality" can be found; like I said, it's *why we have a court system already* in the first place. That basically proves this to an extent, and even if a moral reality somehow can't be found for every situation, it doesn't change the rest of this book nor does it make near utopia impossible, & *shouldn't even be a significant hindrance* for creating near utopia. Don't open this can of worms. It's eaten so many hours of my free time. It literally doesn't affect near utopia, at all.

3. *question: but what about all the different moral ideologies throughout the world?*

Answer: please refer to the entry "achieving near-complete ideological unity in society", in *foundations of society*...

### **copy of: fairness can align with everyone's path to max happiness in almost all scenarios**

What this means, is, doing the morally right thing can align with everyone's path to max happiness in *almost every scenario*; doing the right thing is almost always in everyone's best interest, and as the entry above says, there's a "most fair" way to handle *at least* most situations, an objective "most morally right" solution, a *moral reality* we can't validly disagree with. One main barrier needing to be crossed to *purify society* is educating its people clearly enough, and truly proving to them, how fairness can almost always align with their path to max happiness. I understand and you're probably asking, "how exactly can fairness almost always align like that?". Here's a couple reasons why:

The dynamics to bringing empathy, genuine self-expression, self-awareness, mental health, human connection, open-mindedness and achieving justice, dissolution of unjust bullying and unjust censorship, dissolution of existential crisis, productive and interesting communication, self-improvement, true self-discipline, motivation, and a plethora of other things, all to an all-time high in society, are outlined in this book. Basically, life will be so good that, for starters, people will have a much greater desire to not fuck up their life and become an enemy of this society from committing crime. Secondly, due to the solving mindset causing people to be actually dedicated to achieving a "best existence possible" for humanity due to them not intending to die and therefore truly viewing life as their canvas, having the absolute maximum emotional attachment and true dedication to life and truly caring about it to the max all because with the solving mindset, they set their eyes on making their wildest dreams a reality instead of giving up on them, because they don't intend on dying, they intend on solving death, they intend on solving the time limit death oppresses them with, not succumbing to it, and therefore, there's literally, basically no limit to what they can achieve since that time limit is just another roadblock they intend to jump over. You'll be paying attention to the long-term potential you can make a reality (the best dreams you can imagine making a reality, now that you have limitless time). This is why people will care to such a max level about actually creating the best existence possible, because of the limitless potential that will be opened to them with the solving mindset. They will be more than motivated to care about and actually chase achieving this "best existence possible". Thirdly, fair unity leads to more happiness than divided anarchy, since we'll achieve much more as a unified team than with division/anarchy.

*And yes, the solving mindset does depend on constantly being sure you really will solve issues like death, no doubts. No delusion here, only confidence reflecting logic, reason, and reality. It all depends on if you find plans that'll work.*

This book is supposed to provide that plan, lucky for you. Fourthly, people will be more dedicated to investigations and achieving justice, due to actually caring about achieving the best existence possible from the solving mindset. People will also have the training and mental health to responsibly carry the same caliber weapons as criminals, deterring crime more. People will know their exact individual path to max happiness, and if not, know how to find it.

### **justifications for: fairness can align with everyone's path to max happiness in almost all scenarios**

#### **1. *fairness can align with everyone's path to max happiness in almost all scenarios***

People passing the first layer and life thus becoming so damn good from the things in this book being implemented into society, on top of all the things the entry already tells you, are the main idea behind why doing the right thing will be so heavily known to be in any citizen's best interest. People in this society will desire to be uncorrupt for so many reasons, this entire book's info combined is practically that reason since it's a list of and literal instructions to the most crucial aspects of anyone's best existence possible. At least one of the main reasons humans gravitated toward a fair moral society rather than anarchy, is because we can accomplish more with fair unity than divided anarchy. That's one of the main reasons fairness aligns with our true path to our best existence possible in the first place, on top of the fact that our best existence(s) possible share so many crucial pieces with one another at an individual level. Like I've said, yes, some people might like red and others might like blue, but when it comes to the most crucial aspects of our best existence(s) possible, we share *and can be united on chasing together*, a ton of stuff.

2. *question: but what about psychopaths who lack empathy and don't care about human connection?*

Apathy takes the color out of life. Yeah, psychopaths lack sympathy and feeling bad for others, but they *also* lack the ability to feel love or connection with others. In other words, yes, they lack the sadness we get from feeling bad for others, but they also lack the emotional high we're feeling with others from the results of human connection. For this reason, I think it's safe to conclude that psychopathy makes you miss out on life emotionally, and it's not a "desirable" way to be, and I'd say we are justified in labelling it as a disease that a cure must be found for. Therefore, psychopathy shouldn't be an issue getting in the way of this entry, because I just told you how it, in reality, doesn't align with anybody's true path to max happiness because it takes one of if not the most crucial piece of anybody's "max happiness" away from them; the ability to feel genuine human connection. I'd say that's a terrible curse.

**copy of: how to find a situation's moral reality**

This is done by applying the law of pain to the situation the best you can (confronting the situation from others' points of view; the problems/pain they face as well as your own) and confronting any valid arguments from any valid perspective, to find the *unargued fairest assessment of the situation* (the literal definition of moral reality). We use the law of pain because any fracture in moral reality tends to result in *unjust* pain from someone's point of view, thus, picking up zero fractures aka zero unjust/unfair pains, in your solution, means it's likely following a moral reality, especially when there are no visible valid counterarguments. We can only do our best at finding moral reality...

**justifications for: how to find a situation's moral reality**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## ANTI – CENSORSHIP (JUSTIFICATIONS)

*Mirror of the book II chapter “Anti-Censorship” containing any justifications.*

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### copy of: anti-censorship

Anti-censorship is an extremely *vital* foundation of creating the best society possible. Anti-censorship says: “the only communication that should be censored/muted is significant enough spam”, and I already *defined* spam for you in here. The only thing that should be punished is unjust harm caused by communication, not the communication itself. For example, lying to burning building victims about an escape stairway on the other side of the building so that you can have a clear path out, resulting in their deaths. Unjust threats warrant investigation, and the only thing that deserves punishment from such a threat, is valid harm or cost caused to victims because of it, including valid costly measures taken by the victim out of fear. Such little censorship is viable and reasonable for multiple reasons:

For one, the *anti-toxicity law of moral reality*, which says moral reality can always win against injustice in any verbal conflict, as long as someone’s there who understands (the) moral reality deeply enough to expose it, because moral reality almost always aligns with everyone’s path to max happiness, and the bully breaking moral reality, almost always means that bully is straight up straying from their own path to max happiness, which is foundationally stupid. In other words, you just need an understanding deep enough to expose their stupidity with max efficiency and stab valid holes in their unjust ego and reputation, not to mention other anti-toxicity traits. Read *how to roast...*

Not only that law, but the *dynamics of insecurity* as well: all insecurities can now be handled properly, as long as a person truly has the *solving mindset*, which we are all meant to have anyways. Are you aware how many suicides happen due to us not having the solving mindset? People feel too much hopelessness from things like currently unfixable biological flaws, to the point of suicide. Do you see all the hopelessness mindset has done, on top of that? Is that not enough evidence for you to accept this solving mindset is the one we were *meant* to have from birth? Seeing life’s potential alone (*the law of motivations*) will ignite a nuclear explosion-sized fire inside you to chase after it anyways. Good luck denying the solving mindset’s necessity *after experiencing that*. With all insecurities being able to be handled, and verbal justice being able to be achieved by simply having a deep enough understanding, on top of the rest of anti-toxicity, there basically doesn’t have to be any danger of unjust verbal bullying *even with* such little censorship. This isn’t even considering the other supporting info in this book, such as communication skills.

In a society where everyone’s able to express their full genuine self without unjust censorship, people will receive more genuine feedback for growth and development of their genuine personality, to the point this creates a society of the most magnetic personalities imaginable. This is one big part of what I mean by people reaching their “*legendary*” selves. Anti-censorship is one big main key to deepen our relationships to their deepest levels possible, expose and confront the most relevant problems the *now educated* population will actually care about, maintain the foundational aspect of the best society possible called *open-mindedness*, and grow into the best versions of ourselves from not only receiving maximal genuine and relevant feedback from others about ourselves, but also knowing how to handle the feedback in any form it may come in by using things like the *dynamics of insecurity*, for example. This polishes your genuine self to be a *diamond*. We’ve resorted to accepting unjust censorship today, mainly since we don’t know about anti-toxicity, things like the dynamics to insecurity, we reject the solving mindset, and more...

### justifications for: anti-censorship

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

**copy of: anti-censorship – what spam is:**

- continuous, irrelevant enough speech, labelable as irrelevant depending on how the arguments for said label hold up & whether that label aligns with the moral reality of the situation. *Valid counterarguments must be confronted.* Our collective goal should be to locate moral reality, so, seriously, just argue your case if you feel unjustly censored.
- communication which is shown to serve no other purpose than deafening others (it's a form of unjust censorship).
- communication repeated so much by a single person that it has the genuine effect of deafening/censoring others...
- a thing displayed in places it isn't explicitly stated to be allowed to be in, so disturbing it can genuinely nauseate or sicken the average person (who wants to throw up?). If you have some rare sensitivity, that's a medical condition to fix, and the public being censored shouldn't be the solution to it, otherwise we'd end up being hyper-censored due to all the people with similar conditions. Rather, a better solution is that a cure should be found for your illness.
- nudity displayed in areas it isn't explicitly communicated that it can be displayed in. This doesn't need explanation.

**justifications for: anti-censorship – what spam is:**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

**copy of: anti-censorship – what spam is not:**

- misinformation of adults* (the person's reputation should be impacted instead of censored, & with anonymous on-line accounts, people should read that information with a grain of doubt, we can never stop that form of misinfo...)
- racism, sexism, literally any-ism, "hate speech". People expressing those "isms" unjustly should feel valid criticism, not censorship. And like I said all you need to do is deepen your understanding to be able to roast them effectively.
- And if you don't want to "roast" bad people, you don't need to. Use extreme positive energy instead of anti-toxicity. And if you aren't compatible with extreme positive energy, just read & use the Socratic method anti-toxicity entry...*

**justifications for: anti-censorship – what spam is not:**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

**copy of: anti-censorship must be a fair game**

Anyone, such as children, who can't handle the full, entire, adult level verbal disrespect or toxicity potentially earned by their own unjust disrespect toward others, shouldn't be allowed to use such verbal toxicity in the first place. It's not fair to let someone be disrespectful unjustly while expecting that person to not receive deserved verbal disrespect back. If they're going to play this game, it should be fair. When someone learns either anti-toxicity or extreme positive energy, they'll know how to handle any form of verbal toxicity dished out toward them, but if they haven't learned how to handle all possible toxicity or disrespect *receivable*, they shouldn't be allowed to dish it out...



**justifications for: anti-censorship must be a fair game**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## ECONOMICS (JUSTIFICATIONS)

Mirror of the book II chapter "Economics" containing any justifications.

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### copy of: the right "economy"

Is organized teamwork toward creating the best existence possible. Not money based, rather logic and fairness based, especially considering fairness is mostly objective (follows objective logic in almost all situations). Our unargued and communicated purpose as a society, is creating our best existence possible. But it doesn't stop there: the most viable path to said "best existence possible", for any individual human on this planet, shares a ridiculous amount of major and similar crucial factors, with literally every other human's individual most viable path. Yes, you read that claim right. One person might like the color red and another blue, but when it comes to the huge, crucial pieces of what actually matters to us, we're actually pretty damn similar: things like human connection, feeling understood, feeling worth something, feeling justice has been satisfied, feeling purposeful, even feeling attraction, these things are majorly similar among a majority of the population, and are the major motivators and pieces of any human's happiness. On top of this, fairness is also mostly objective, and can align with literally everyone's most viable path to max happiness, in almost all scenarios (that's the main reason behind everything in this entire entry, actually) (citing: moral reality chapter). So, since we're so similar in terms of what actually matters to us and follows the reality and logic of what truly matters logically (ignoring people's false delusions they'll just abandon (if sane) when they see this "reality" enough), and since our purpose is to create the "best existence possible", which we share so much of, the right "economy" is one where the "currency" used is simply the best presented logic and reason tied to the goal of creating the best existence possible, considering fairness aligns with everyone's most viable path to max happiness in almost all scenarios, and thus can and will leave everyone happy in almost all scenarios, on top of considering, our "best existences possible" even as individuals, share such a ridiculous amount of crucial major similarities amongst every human even at an individual level. And don't even get me started about what the masses passing the first layer will to do for purifying this corrupt economy, thus solidifying this "economic" system.

But nooo, in this current corrupt economy, not only do we give up on the solving mentality and give up on finding the moral reality of a situation to instead resort to fighting, forcing, or enslaving each other (sometimes even in elusive ways that require stupid amounts of thought and preparation in comparison to the effort finding a moral reality would've required), we resort to this division-endorsing currency called "money" letting people then have more reason to be corrupt and cheat to obtain since we're all so infected with this hopelessness acceptance, selfish, instant gratification addicted mentality. Like what did you expect, being infected with that? This economy is "every man for himself, me me me, my unconfronted philosophy (unconfronted due to you being unmotivated, aka not being passed the first layer), my unconfronted opinions and desires are best mine mine mine". Selfishness, division... I'm pretty sure the reason we established money as a currency in the first place, is because people in this corrupt society are so lost in their own material lives that they've replaced creating the true best existence possible aligning with fairness; replaced it with addiction to instant gratification and self-service, because there is nothing better to strive for that they know of, because there is such a lack of understanding and knowledge of how good that true best existence possible is (this book should fix that, showing how good it is; it's a lack of "passing the first layer"). People are enchanted with money as drug to cope with, distract themselves, and hide from the purposelessness & existential crisis infecting them from allowing the hopelessness acceptance mentality instead of truly having the solving mentality. That drug, money, has no real place in a society of progressively thinking and intellectually enlightened individuals. It is simply an indicator of unsolved conflicts between and within us. If we fix that (use this book) and make it so we can agree on what's happening in society and wake up, I don't think we'll need money anymore. And I am legit claiming, we can. We can be in agreement, in almost all scenarios. Because, fairness is objective in almost all scenarios and can align with everyone's most viable path to max happiness in almost all scenarios. I'm claiming that humanity can be something like 95% united... united in 95% of scenarios, with how objective fairness is.

**justifications for: the right “economy”**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## ANTI – TOXICITY (JUSTIFICATIONS)

*Mirror of the book II chapter “Anti-Toxicity” containing any justifications.*

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### copy of: what’s anti-toxicity

It’s a defense against unjust toxicity from others; the path of validly criticizing unjust bullies and attacking their ego to maintain justice. It’s the philosophy opposite of “*extreme positive energy*”, yet neither are wrong. Anti-toxicity is for people whose genuine self gravitates more toward anger rather than sadness when others treat them unjustly. Anti-toxicity is a big yin-yang justification for anti-censorship; funny enough, both are needed to enable each other.

*Think of anti-aircraft missiles. What do those do? Launch missiles to destroy incoming attacking missiles or planes.*

### justifications for: what’s anti-toxicity

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: tyranny is anti-toxicity’s only weakness

For example, if you’re in an environment where someone’s likely to shoot you when you validly criticize them, that’s a form of tyranny, unjust violence tyranny. Or perhaps you’re trapped under some oppressive ruler who censors free speech, and especially censors criticism toward himself... All forms of pathetic tyranny. Then again, what *isn’t* weakened under tyrannical oppression? Self-expression must be *truly* enabled, for anti-toxicity to be *truly* enabled. For self-expression to truly be enabled, check the entries on anti-censorship and weapon laws. That is how to do it.

### justifications for: tyranny is anti-toxicity’s only weakness

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: dynamics of insecurity

Aim to confront and overcome every insecurity you notice within yourself, in effort to max out your self-esteem. These are the only two paths you can take to overcome any given insecurity: the path of *contemplation* or of *fixing*...

*The path of contemplation* is for this: sometimes, you feel insecure about something when you don’t even need to. Therefore, this is the path of deepening your understanding by contemplating, to the point you unarguably prove this insecurity *isn’t* worthy of being an insecurity; *isn’t* a flaw to fix and *isn’t* causing unjust pain. To achieve this, you contemplate and confront all valid arguments and perspectives causing or stopping the insecurity’s existence in as blunt and gruesome wording as is realistically possible for the harshest critic to use against you in public, so you can be sure your view on that insecurity, is the harshest, yet validly realistic view. You see, if this harsh, blunt, and gruesome wording wasn’t a valid to some extent and wasn’t the wording you should throw at yourself in private confrontation of the insecurity, then it probably wouldn’t bother you so much to have it thrown at you in public, because you’d know deep down, people, including yourself, likely would just perceive the person as *too delusionally*

*harsh*. But be real, we're calling it validly harsh because you *are* bothered by it, and thus *should* confront that gruesome yet valid wording privately, for iron self-esteem, invincible to any possible wording you could encounter, since you already confronted the most valid yet harsh wording in existence! You see where I'm going with this? This is one way truly megalithic self-esteem can be built. It's not as hard as I make it sound either! With this path, eventually you can be so versed on the entire reality of the subject of whatever this insecurity is and whether it is worthy of being an insecurity or not and why, that you'll either finally realize it's a flaw to fix and take the *path of fixing*, or you'll have deepened your understanding of all valid arguments involved in this insecurity, to the point you just hilariously win against any argument or attempted insult shot at you by any ignorant critic. And remember, the contemplation path is only for when an insecurity isn't something to be insecure over, and for proving why, completely.

*I would just like to take a second to remind you that you're using the chain reaction II with the contemplation path.*

The second path is the path of fixing. This path is for when you discover an insecurity is, in reality, a problem that should be solved and not accepted. The solving mentality is required for this, as this path can seem difficult with things like *hopeless-seeming biological flaws*, like shortness in males, for example. There *is* a solution. It might just be a tall mountain to climb to achieve it. What matters is that you be strong enough to keep the mindset that you truly intend to climb any of those mountains instead of giving in to hopelessness, and as the law of motivations says, when you witness enough of a best existence possible at once, you *will* sprint to climb those mountains anyways, so stop bullshitting yourself, boss. And if someone roasts you despite you already saying you're intending to fix said flaw, that makes them vulnerable to be roasted since they're breaking moral reality if you're smart enough to do it.

The last resort: if you're insecure about something that *is* worthy of being an insecurity in reality, but doesn't cause unjust pain, and you don't want to fix it, your only option is to instead accept whatever labels come with that insecurity as a part of your identity; whatever labels reality attaches to it are now part of you, since you don't intend to fix it. What matters most, is that the flaw doesn't break moral reality/cause unjust pain at all, or that must be fixed.

### **justifications for: dynamics of insecurity**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: expose "dick riding"**

If someone keeps falsely criticizing you and can't back up their criticism (It's false so of course they can't), they're just riding your dick. A *fan*. Label them as such, repeatedly. Watch how they're *unable to dodge* that label, because factually, they aren't saying any valid criticism about you... *The label reflects reality*. Laugh as their illogical waste of time tactic of false criticism is blowing up in their face with just some funny words (these are just one way of saying it, just a single example). If this person is able to actually put valid arguments or evidence behind theirs, this won't, and *shouldn't* work anyways... Because at that point you should confront it, by using the *dynamics of insecurity*.

*Keep in mind, this is also effective against someone who keeps bashing you for shit you already said you want to fix.*

### **justifications for: expose "dick riding"**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: socratic method in anti-toxicity**

Another tactic for someone falsely criticizing you, is to just ask them for evidence, ask them “based on what”, or just ask them “how?”. This is less aggressive than calling them a dick rider or a fan... It’s a more productive approach.

### **justifications for: socratic method in anti-toxicity**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: confront labels put on you first and foremost**

if somebody calls you a name, it’s best if you address that label’s accuracy first and foremost rather than just responding with an insult/label back at them... If you respond just with an immediate insult back, all it seems is... You’re hurt by their insult and aren’t denying/disproving their label they put on you. It seems you’re insecure about a part of yourself and are trying to pathetically run away, hiss, and hide from the self-improvement of facing that flaw you do seem to know you have; facing it by either contemplating until you can unarguably present why it’s not a valid flaw and doesn’t need to be an insecurity, or facing it by seeing it truly is a flaw and then intending to fix it (aka, applying the *dynamics of insecurity*). Even if you know the label isn’t true, don’t *blow up*, just label them a dick rider...

This really only applies when you actually get butthurt at any level from a criticism, valid or not. If you don’t care, you won’t be butthurt even 1%, won’t need this, and can probably just say whatever you want; but the second you actually get butthurt even 1%, always take this route, because if you don’t, you’ll be displaying stupidity to everyone. Even if you just ignore the critic despite the fact his criticism gets on your nerves, in time you will just explode...

### **justifications for: confront labels put on you first and foremost**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: the anti-toxicity law of moral reality**

This says moral reality can win every verbal conflict/roast (as long as tyranny isn’t censoring it). The reason I say every verbal conflict, is because a *moral reality* is an unarguable fairest assessment of a situation. Therefore, if it’s actually the moral reality, it can’t be validly refuted, so when you present a criticism aligning with the moral reality of the situation *truly*, the target really has no other choice but to take the *fixing path* from the *dynamics of insecurity*. The core of why this is the case, is because moral reality almost always aligns with everyone’s path to max happiness, and by default, that means someone breaking moral reality, is almost always someone straying from their very own path to max happiness; and with a little depth of understanding, you can expose the full picture of this and its consequences... Exposing their idiocy. Due to this, understanding moral reality or being able to accurately find the moral reality of any given scenario you get into is a useful skill and is the only other requirement for this “winning”.

This law is important *because*: it states anyone being verbally bullied *unjustly* can in fact validly damage the bullies’ ego to the *exact amount the bully deserves* (the victim breaking moral reality by going overboard would then make *them* vulnerable to valid insulting labels), the only *requirement* to damaging said bully’s ego, is to have the understanding deep enough to expose stupidity with max efficiency; understanding of many things helps; relevant topics.

### justifications for: the anti-toxicity law of moral reality

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: how to roast

One foundation of "roasting" is knowing the *anti-toxicity law of moral reality*: knowing that since moral reality almost always aligns with *everyone's* path to max happiness, people breaking moral reality (committing injustice), are almost always doing something foundationally stupid; literally not in alignment with their own path to max happiness... Thus meaning, their stupidity can be exposed embarrassingly if you obtain a deep understanding (through contemplation for example) of the *worst consequences* their stupidity will lead them to. You can expose those *worst consequences*; thus exposing their stupidity in the *worst*, most maximally damaging way. Since those are the *worst consequences*, you're exposing *the most damning evidence of their idiocy*, and very likely damaging their unwarranted ego. This is a very powerful law to know, and if you ever have trouble actually using it as a defensive weapon, you probably just need to *contemplate* to deepen your understanding to the point you *can* effectively expose a bullies' idiocy... The point you *can* effectively use this as a defensive weapon. The law works, you just need to first have gained the depth of understanding as ammo to use it. You never try to shoot a gun without the right ammo, the same way you must *understand the most relevant things* (have the *right ammo type*) for your criticisms to hurt.

On top of understanding the *anti-toxicity law of moral reality*, deepening your understanding of the aspects of the most viable path to max happiness all humans share (the thing this book lists), can significantly increase your ability to criticize ("roast"). This is because, as it so happens, humans share *quite a lot of major pieces* of said "path to max happiness": people seek purpose, human connection, to feel understood, feel worth something, *I could write a book about it* (I literally am). So, the reason understanding these common pieces to the "most viable path to max happiness" deeply does this, is because everyone wants max happiness... So if you understand the most viable path to max happiness deeply (this book), that literally can enable you to basically *fucking audit* someone on *all* the most valid aspects of their stupidity (our *most valid core life purpose* is achieving max happiness; so this is the *most valid criticism topic* you can possibly criticize someone on, and thus can be the most *damaging* ego-wise). This is also because you'll mentally possess unarguable, most viable pieces they *can't validly refute*, unarguable things like *laws of moral reality*, these rock-solid anti-toxicity dynamics, or everything in this book. Quite *hilariously menacing*.

Another aspect of roasting is accurate, yet *gruesome* wording. Every word you use or don't use, certainly has the power to change the entire emotional aura and amount of insulting disrespect you're communicating toward an unjust bully, so it's a good idea to understand the tone each of your words carries and exactly how each one changes the overall amount of insult carried within your criticism, to both make sure you aren't going overboard in disrespecting someone, nor letting them get away without enough of a deservingly injured ego. Just be smart using this...

### justifications for: how to roast

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: handling valid criticism

Don't deny reality unless threatened by tyranny. The right thing to do when someone presents you with a valid flaw you have, is to accept reality and have the intention to *fix* that flaw. This works because of *the solving mentality*. This is the right way to handle valid criticism, and if someone keeps on disrespecting you with something you've already announced you want to fix, that opens them to be validly criticized/disrespected, as now they're breaking m-

oral reality (citing: *anti-toxicity law of moral reality*): “moral reality can win any verbal conflict as long as tyranny isn’t censoring it and as long as one’s understanding is deep enough to expose it”. Whenever someone verbally disrespects you unjustly, it makes them vulnerable to be disrespected *equally as severely*, the only requirement being that your understanding is deep enough to “*summon*” the most effective valid criticisms onto the bully by first gaining said understanding. Remember, a main reason “hurting their ego” occurs is through being damage to their image publicly, not privately, because of how crucial human connection and one’s social reputation is to their happiness, and because some evil people will only care or have any consequences when they’re criticized validly *in public*.

#### **justifications for: handling valid criticism**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.



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## WEAPON LAWS (JUSTIFICATIONS)

*Mirror of the book II chapter "Weapon Laws" containing any justifications.*

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### copy of: weapon laws

To solve the widespread unjust violence tyranny of this corrupt society, everyone, upon reaching a certain age, should be allowed to carry a reasonable weapon after passing safety and proper training, *the first layer*, and passing on the mental health plane. The reason I say this, is because the entries in this book being the center of society should, *with certainty*, heal people's mental health and educate them *so significantly*, that people, especially being past the first layer, will be extremely responsible with weapons equal to what any a criminal might possibly use against them. People will actually want far more, to be good, uncorrupt people, focused on achieving the true best existence possible, and will be educated fully on how to do so. On top of this, society will be centered around the *correct economy*, giving people less of a reason to resort to crime for *monetary* reasons on top of all those other reasons... So, with all that, as well as education on how and when to morally use a weapon against whom, this will be intelligent, and will deter crime to an absurd level. *This being enabled causes a chain reaction enabling anti-toxicity.*

This being implemented successfully, is one major step in absurdly abolishing any looming threat of unjust violence tyranny stopping self-expression and stopping a ton of enjoyment in our lives. Nobody, not even at their "legendary self" can express their full, true, genuine self safely in an unjust society like this one ruled at its core by corruption, tyranny, greed, and filled with people who *do not* have the right mentality they were meant to have, and are instead enslaved, like drones, to a mentality or widespread plaguing number of dominant ideologies which have similarly created a culture of relatively purposeless "NPC drones" who's primary goals are, truly, at their core, just to milk as much instant gratification from life before their inevitable death as they can; see it as some house party to have fun at and uncaringly make the janitor want to die when he sees the aftermath... Look around you. No one cares about the true "best existence possible", rather majorly self-centered instant gratification *at a majority level*...

This unfortunate societal environment, oppressed far too often by the looming possibility of unjust violence tyranny, *will remain castrating you, me, and everyone, until it's fixed, by good, armed, motivated, intelligent men outnumbering the criminal fucks 100 to 1*. The only way to a society where you can express your full genuine self and not fear getting shot or *falsely imprisoned and kept there*, is the society this book outlines. People today have horrible mental health due to the things in this book not being spread in society, resulting in much if not almost all of societies' unjust weapon use (also applies to suicide). In this society, you'll be shot in an alleyway and *not ever be found*.

*Like anti-toxicity, being educated on how to morally handle injustice on the physical plane enables these gun laws.  
Like gun training, being educated on how to morally handle injustice on the verbal plane enables anti-censorship.*

### justifications for: weapon laws

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: people will feel much more able to be themselves, open and honest on a level unseen in this corrupt s...

Due to proper weapon laws, anti-censorship, anti-toxicity/extreme positive energy, open-mindedness, moral reality, people being passed the first layer, and basically everything else in this book, people should feel safe enough to

be their full genuine self, and if their genuine self is currently underdeveloped and *cringe*, they'll get honest feedback and access to *easy instructions* on fixing that or even contemplating how to if, say, it's a new/unexplored issue. This will be a society where deep understanding, adept contemplation skill, and motivation to find answers in the first place, is all commonly found among the population anyways. Imagine what all this could do to the suicide rate. If someone has an unpopular opinion to share, the chance they'll be shot for sharing it will be *absurdly* low compared to today. In fact, the "*true open-mindedness*" entry being followed, will make this an even *safer, freer* society than that of america's false "free speech" for you to voice any opinion in no matter how controversial, as long as it isn't simply *spam*. If someone feels they've been treated unjustly, there are too many avenues in this book I've outlined to achieving peace and justice. Human connection and our drive to solve crimes will be far stronger as well.

**justifications for: people will feel much more able to be themselves, open and honest on a level unseen in this...**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## OPEN – MINDEDNESS (JUSTIFICATIONS)

*Mirror of the book II chapter "Open-Mindedness" containing any justifications.*

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### **copy of: open-mindedness – when you feel like someone's wasting your time**

If you can unarguably show how the person speaking to you doesn't have *relevant speech*, you can communicate that to them, so as to not waste your time hearing something irrelevant to you. So, *all you need to do* is deepen your understanding, to be able to *accurately know and share the reason* their speech is irrelevant to your quest/path. Once you do, you'll be able to easily, quickly contemplate and communicate it and you'll have *done nothing wrong*. If they have *valid arguments* against your reasoning, obviously you should hear them out or they wouldn't be valid.

*Even just truthfully telling someone their speech is too irrelevant, is having at least heard and confronted it enough.*

### **justifications for: open-mindedness – when you feel like someone's wasting your time**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: open-mindedness – even argue against yourself for the sake of finding truth**

Aim to address any evidence for why you're potentially wrong, not just evidence for why others are, whether that evidence came from some valid doubt which popped *into your own mind* or came from someone who's arguing against your ideas, doesn't matter. It can come from *anywhere*. I don't care that it's "debate suicide" to argue against yourself; *your goal is to find the path to the best existence possible*, don't let your *ego* get in the way of that. The only exception I can think of is someone holding a gun to your head stopping you from being honest in the debate or they'll shoot you, aka unjust violence tyranny (if so, read the *law of tyranny*). The main idea is, don't debate *only* with the goal of pleasuring your ego, but *also* with the goal of gaining a deeper understanding of reality, other's perspectives, of finding solutions that fix sources of pain you notice, and finally, of knowing your logic truly holds up!

*Sometimes a valid doubt pops in my head seeming like a huge unnecessary rabbit hole, so I confront it alone later...*

### **justifications for: open-mindedness – even argue against yourself for the sake of finding truth**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: true open-mindedness**

One aspect of truly thinking for yourself and of *true open-mindedness*, is even asking yourself "why is it bad to be a bad person" in order to *truly* deepen your understanding of the logic behind that, and in the interest of truly outlining moral reality and the best existence possible. Sometimes our "traditions" that remain unchallenged by the *herd mentality* masses aren't all perfect; and sometimes we can be missing out on a lot of potential in life by sticking with the *wrong morals*... What's really bad, is when people in society are *ostracized* for being open to (mentally/verbally, not physically) explore the possibility of new ideas and moral values, ostracized by others closed-mindedly

*without those ostracizing them being able to actually form a coherent argument* as to why these new ideas are wrong. Even worse, some closed-minded extremists resort to unjust *violence* tyranny when presented with new ideas, sometimes even despite having not even presented an attempt at a counterargument. Just *tyranny*. Yeah, true open-mindedness can lead someone to some bad new ideas, the same as how chemists sometimes accidentally create mustard gas instead of what they wanted. Still, those bad conclusions should be met with communication and reason, not unjust violence tyranny, closed-minded ostracization, or unjust emotional abuse. Aim for moral reality.

*Behold, true open-mindedness, the kind this corrupt society may “cancel” you for if you show it in some subjects.*

#### **justifications for: true open-mindedness**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: effects of this open-mindedness**

This will ideally be a society where anyone can convince anyone of any *valid* need for change, as long as they communicate while still following *relevant speech*, enough moral reality and conclusive, unargued logic behind why the change is necessary. This book provides enough info and exact *instructions*, to the point anyone's suggestions will likely only pass as unarguable if they truly, actually are in alignment with the most viable path to the best existence possible... Especially when this society is composed primarily, if not fully, of people who are *past the first layer*, adept at deep contemplation, at finding moral reality, and the most viable path to the best existence possible... And may I remind you, that we share a huge amount of major steps on said “most viable path to the best existence possible”, so subjectivity *won’t* be an issue. This won’t pan out perfectly, but will pan out *impressively close to perfect*.

#### **justifications for: effects of this open-mindedness**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## EXTREME POSITIVE ENERGY (JUSTIFICATIONS)

*Mirror of the book II chapter "Extreme Positive Energy" containing any justifications.*

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### copy of: extreme positive energy description

This is basically the opposite of anti-toxicity. Anti-toxicity takes the approach of validly criticizing those who break moral reality, while extreme positive energy takes the path of being maximally understanding toward others, in basically all scenarios. The philosophy of anti-toxicity is like "it's not always wrong to hate someone" whilst the philosophy of extreme positive energy is like "it's never wrong not to hate someone". Both are true, yet take different approaches to how moral reality is followed. Anti-toxicity takes the path of anger when injustice/fracturing of moral reality happens, whilst extreme positive energy takes the path of sadness from understanding the whole picture of the potential for happiness being lost and the whole picture of the confusion evil people have and their lostness.

*There are still majorly useful lessons to be learned from the perspective of EPE, even if you follow anti-toxicity.*

*There are still majorly useful lessons to be learned from the perspective of anti-toxicity, even if you follow EPE.*

### justifications for: extreme positive energy description

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: warning: genuine self's compatibility

An incompatible person can use extreme positive energy or *act like it to an extent* without being uncomfortable, but it takes a special kind of person who's actually compatible with extreme positive energy to *not be uncomfortable* using it to its *maximum extent*: things will get uncomfortable when someone who's genuine self gravitates more toward anger, is being told by their extreme positive energy to now start *shedding tears* and such... Gets awkward.

A compatible person's core genuine self and personality they genuinely prefer to have, gravitates more toward sadness in the face of injustice, than anger. My theory for *why* this personality is so non-existent in this corrupt society, is because to be that way, requires deep enough understanding; and that level of understanding is non-existent in this society. People in this society are just so heavily uneducated on the things in this book and thus lack understanding. So, even people born *compatible* with this trait, grew up learning to gravitate toward anger, because they had no other way to vent their emotions... The level of understanding required was simply not found by anyone in society nor did it seem possible to find it, likely *because* one of the *first core ingredients* is the *solving mindset* which they'd likely be called insane for advocating for, so achieving this extreme positive energy *fully* (the *most magnetic version of their genuine core personality*) was seemingly impossible to them. Rest easy, knowing this: their core self hasn't just "become" anti-toxicity. It's still likely leaning *just as much* more toward favoring extreme positive energy. They just lack the main ingredient to even be able to *have* and *use the shit*: extremely deep understanding...

*Think of it like this: to even be able to truly have "extreme positive energy" requires "extreme deep understanding".*

If your genuine self gravitates more toward anger, you're probably more compatible with anti-toxicity. Due to this, extreme positive energy is almost what I'd call a more "*feminine*" trait, while perhaps anti-toxicity is a more "*masculine*" leaning one. There's no actual power/intelligence difference between either; you're *not* weaker if you're m-

ore naturally compatible with extreme positive energy, and not stronger if you're more compatible with anti-toxicity. The only difference between these two, is how they achieve justice and react to injustice. Both try to be moral...

#### **justifications for: warning: genuine self's compatibility**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: evil people are almost always just unaware of the true path to max happiness**

This is a major enabler of extreme positive energy. It's made possible by the fact that moral reality almost always aligns with *everyone's* individual path to max happiness. So, those *breaking* moral reality, are almost always just *unaware of the true path to max happiness*. An EPE human magnet uses this philosophy to *enable* their preferred emotional nature of caring and understanding toward others rather than the path anti-toxicity magnets usually take to achieve justice (which is to usually just slam *valid* verbal artillery into the evil person's ego and reputation). The reason this enables EPE, is because it takes the place of anti-toxicity's verbal artillery; it acts as a primary path for EPE magnets to achieve peace and true justice, *while still maintaining this preferred emotional outlook of genuine caring and being maximally understanding toward others*. You might ask, "how does this lead to peace & justice?":

It can, because EPE magnets take the path of informing/educating the evil person about the true path to max happiness, and EPE magnets know they must *first* achieve a deep enough understanding of *said true path* to max happiness to even achieve this and educate/reach the evil person logically. This isn't really hard; you just need a deep enough understanding to truly provide a path said evil person sees they truly prefer... Your peace as an EPE magnet simply depends on whether the fact that moral reality aligns with everyone's path to max happiness in almost all scenarios *is in fact a fact, which it is*. So, this is a viable path for EPE magnets who have this understanding, because:

*True justice* can be achieved with this. This is because, remember; the definition of moral reality is: "the fairest assessment of a situation", and if the *true* fairest assessment of a situation aligns with the evil person's path to max happiness in almost all scenarios, that means the *fixing* or *repayment* of damages the evil person *sees* they validly owe for, will be understood and agreed to be repaid/fixed by them, or else the moral reality wouldn't be being fully followed/fulfilled; they *wouldn't be achieving max happiness* and would *feel the consequences* of that... I know you're gonna ask "why would they willingly repay victims of the damage they caused?" It goes back to why I said moral reality can almost align with everyone's path to max happiness at all *in the first place*, way back in the *moral reality chapter*. So here's a couple reasons I'll remind you of: for one, think about human connection and how crucial it is for one's happiness; think about self-esteem and self-image and how awareness that moral reality almost always aligns can now make you internally aware of your own stupidity and how that can affect self-image. Think about how people in this society, (now maxed out human magnets who are actually likeable and admirable) will have valid reason to dislike and validly criticize this evil person for the unfixed/unrepaid damage they caused, if they simply decide not to fix it or give victims what they're owed. Think about the court system and jail time, think about how good life will be in this *uncorrupt* society and all this evil person would be missing out on by being a valid enemy of it... Do I need to explain any further? If you need more, go read the original entry in the *moral reality chapter* called "*moral reality can almost always align with everyone's path to max happiness*" explaining the other reasons.

#### **justifications for: evil people are almost always just unaware of the true path to max happiness**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: understanding how you're making others feel**

An EPE magnet doesn't want to *genuinely* hurt others or their feelings. Key word being *genuinely* (they might playfully tease for example, but it comes from a place of genuine care, never any intention of being an attack at all). You might say, "well won't EPE magnets be unfunny?". No; an EPE magnet does express humor, just in a way that takes an attempted full understanding of others' pain, perspectives, and the effects of that humor on their feelings into account on a more *sensitive* level. Keep in mind, that deeper emotional intelligence and intelligence in general can give you a deeper ability to avoid actually hurting your target's feelings, whilst still having quality intelligent humor.

Yes, as an EPE magnet, you *might* reach a point where you can't avoid saying something like "you're wasting your life" with your emotions and worry for the person's well-being peaked and tears coming down your face for example. But those words aren't an attempted attack at all, but rather *fully* coming from a place of caring and concern, and *just as importantly*, from a place of *maximum understanding*, meaning there is no resentment for them in you...

*Anti-toxicity magnets will just ignore this entry, rather only caring about understanding how moral reality "feels".*

### **justifications for: understanding how you're making others feel**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: understanding others' pain on top of understanding their lostness**

This is a minor aiding tool for extreme positive energy. It is to also understand the shit people are going through or may be going through to perhaps drive them to do what they're doing (if say, it's morally wrong). Truly understanding others' perspectives in this sense and what they're going through emotionally can replace your capacity for anger toward them with deeper empathy or sympathy, and so this acts as yet another *avenue* for an EPE magnet being able to maintain their preferred "caring and understanding" nature toward others in any situation they get in.

### **justifications for: understanding others' pain on top of understanding their lostness**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: understanding others potential**

Seeing people for how legendary they can become rather than just seeing them for their immediate flaws, can act as yet another significant avenue for enabling the care and understanding of an EPE magnet. In other words, lacking understanding of human potential can increase your capacity for feeling discriminatory prejudice towards people when seeing their current flawed self, whereas seeing someone for their maximum potential despite their current apparent flaws can replace that capacity for discrimination/prejudice with *deeper empathy & care* toward them.

So, someone who has this trait to an extreme level, by becoming aware of the extreme amounts of human potential that exists, can feel an extremely deeper love, care, and empathy toward people, thus... = more extreme positive energy. See the connections yet? I underlined them for you genius... Deepening your understanding is the *main key* to extreme positive energy. In understanding human potential this deeply, EPE magnets can find more empathy even towards people who everyone else may hate; and yes, this trait can be strengthened to extreme levels, since the max amount of potential humans have as individuals, in reality, is extreme. So, just become understanding/knowledgeable enough about that potential *on an equally extreme level*. This is kind of exactly like how *passing the fir-*

st layer works; knowing as much potential exists as you can by, say, *reading the dynamics in this book* for example (this book *lists common aspects* of everyone's "maxed out" self), and then now being able to imagine what others would look like having achieved said maxed self, even if they're currently not maxed (who the hell is, anyways?). In the same sense, passing the first layer works by seeing this potential not only in others from reading this book, but in all aspects of society, since this book lists not only human traits, but societal ones like the best economy possible... All relevant aspects of the best existence possible. Seeing how the two are similar? I am. This is a major EPE aid.

*People in a ditch may want to get out of it, but it's harder to when people only treat them like they belong there* 😞

### **justifications for: understanding others potential**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: extreme positive energy is not forced nor acting**

No part of extreme positive energy is about faking emotions, because it's based on real convictions; it's based on understanding realities, to open you to the *ability* and *option* to be *understanding, empathetic, and caring* to a max level if you so *choose* to be. Extreme positive energy *is a choice*, it gives you the *ammo* in the form of *understanding* to be able to choose to have it in all scenarios, but the choice to use that understanding path it gives you the option of taking, is *up to your preference*. In everything involved in EPE, the EPE magnet is this way because it's just their genuine self, the way they genuinely *prefer* to be and are *most comfortable* being. That's why I say this personality isn't for everyone, it must align with your genuine personality. EPE magnets are understanding because they *want* to be maximally understanding. Other magnets aren't because they *don't care* to be, and that's okay. They want to be a good person but they're fine with hating unjust people. EPE magnets just *aren't* fine with hating people.

*Extreme positive energy simply gives you the ammo to walk its path. How much of that path you walk is up to you... Basically, you may not prefer to go full EPE. Or you might. What I'll say is, full EPE magnets are extremely magnetic.*

### **justifications for: extreme positive energy is not forced nor acting**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: putting yourself in others' perspectives to a maxed extent can be painful**

Most people "understand others' perspectives" by stopping at just seeing their pain from an outside lens, like "oh, sucks for you bro...", but if a person is *dying for example*, being a *maximally understanding* EPE magnet, would result in you understanding who this person can or could have been, the *full picture* of their potential and what's being lost in the scope of the law of motivations, *almost* as if the EPE magnet *themselves* were the one dying and thus *losing all the potential of the law of motivations, themselves*. This is one aspect of what being "maximally understanding" *means*. This is choosing to operate at the very *deepest* level of understanding of others' *perspectives*, and *this, is why* EPE can be more emotionally painful to fully operate on. After learning of all the human potential and avenues for understanding that exist, caring about others to this level *becomes enabled as a path you can choose* to follow or not: the EPE chapter provides the *ammo* to be that caring, ammo in the form of teaching avenues of understanding so effective they enable this level of care. But remember, choosing *not* to take EPE's path, *is morally ok*.



### **justifications for: putting yourself in others' perspectives to a maxed extent can be painful**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: tactical, strategic intelligence still matters the absolute most in life**

For example, even for an EPE magnet, if an evil individual is too much of an immediate threat to innocent people's lives, the evil person may need to be physically (mobility-wise) disabled or killed before causing more harm, in defense. An EPE magnet might be maximally understanding and caring, but that *doesn't* mean they're going to be unintelligent or weak in any way, nor have a heart attack after having to defend themselves... *Not only* should they be understanding of others, but also understanding of what's *truly* most important, *because of the law of motivations*: tactical, strategic intelligence, *must* take priority above all, even for an EPE magnet. And when I say tactical and strategic, I don't just mean "*in the moment*", I mean *maximum* strategic intelligence all the way down to your *very core life plans, blueprints, and overall goals* for achieving a *best existence possible*. Being maximally understanding of the person you just had to kill for example, doesn't negate the fact that *you* yourself have an unimaginably motivating best existence possible you must create above *literally everything else in life*, and the fact you *can't do that* if you let yourself be *murdered*, especially on top of *knowing the law of motivations* and having *passed the first layer*. Literally anyone's legendary selves' admirability depends, at an *extremely vital* level, on the level of tactical intelligence they operate on, in every area of life from overall life plan to each small situation they encounter. You admire winners, and as I've said, *moral reality almost always aligns with everyone's path to max happiness*, so an EPE magnet can be a good, intelligent person, and *still a winner*, in almost all scenarios. An EPE magnet isn't just some cry-baby who gets emotionally overwhelmed and has to take a breather or some shit, tactical, strategic intelligence still trumps literally everything in their life simply *because of the law of motivations* and takes just as central a role in *igniting an EPE magnet's focus & self-discipline* to exactly *as extreme a level as any anti-toxicity magnet, anywhere*.

### **justifications for: tactical, strategic intelligence still matters the absolute most in life**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: care and concern instead of anger**

Genuine EPE magnets have this path *enabled*, because genuine care and concern toward others is *enabled* as a choice; enabled by their preference and knowledge of the paths to achieving true justice without hatred, and enabled by their awareness of, and focus on, human potential. For example, when someone's unjustly toxic toward an EPE magnet, they may try to understand their pain, asking "what's wrong", because they're picking up potential excessive negative emotion in this seemingly unjust person and asking with genuine care and concern instead of trying to roast them, because that's their genuine self. They don't say it passive-aggressively or any bullshit like that either; it's genuine care and genuine lack of anger enabled by the genuine understanding via the realities this chapter *teaches*. Everything in EPE is genuine. If you're preferring to be passive aggressive, the likelihood is that your genuine self fits more with *anti-toxicity* than EPE. This route of care and concern is simply EPE being EPE, at the very least as an attempt at understanding an unjust person's pains, perspective, and what's going on, since they truly care.

### **justifications for: care and concern instead of anger**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: handling verbal bullying**

To handle unjust verbal bullying, an EPE magnet would take the aspects of anti-toxicity that *don't* involve hatred or "verbal artillery", and instead applies those aspects in a genuinely maximally understanding and caring way. Things like the dynamics of insecurity, or the Socratic method, as well as finding the moral reality of situations (keeping in mind that moral reality almost always aligns with *everyone's* path to max happiness). With the dynamics of insecurity alone, an EPE magnet can handle basically any verbal criticism, but on top of that, an EPE magnet showing care and concern, will actually aim to understand why the unjust person is behaving unjustly and help them solve their pains if the EPE magnet's own path to max happiness allows it, due to having *genuine* care for others; very friendly.

*The level of understanding of others this chapter teaches, is exactly what enables this level of caring toward others.*

### **justifications for: handling verbal bullying**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: sadness instead of anger**

This is the true nature of those who actually gravitate toward preferring to have EPE over anti-toxicity. *Every human* must take either the path of *anger* or the path of *sadness* as a way to actually vent the emotions they get from experiencing unjust pain, on top of applying the default and *obvious* path of using problem solving and intelligent action to fully achieve justice. Problem is, *sadness instead of anger* isn't going to achieve justice, unless you pair it with all the anger-less paths this chapter *teaches you about*; things like the entry on "educating bullies on the actual path to max happiness when they're obviously straying from it by committing injustice", for example. That's a path to potentially achieve justice without anger... So, with enough of these paths now opened to you by this chapter explaining them, sadness is truly enabled as an option to express in place of anger, and is the venting path *aligned* to EPE's preferred nature of being caring and maximally understanding instead of toxic. In other words, you've needed a deep understanding of the paths to justice in this chapter which don't involve the verbal artillery or hatred of anti-toxicity to *ever even be able* to use sadness instead of anger in the first place, since you're no longer an infant whose mom saves it whenever it cries. As an adult, you need paths to independently achieve justice, not rely on mom coming to your aid. This is why you see everyone resorting to anger even if their genuine core self seemingly gravitates more toward EPE; because we lacked the understanding which opens these paths to achieving justice without hatred, the paths this chapter exactly teaches. *Real* EPE magnets have sadness instead since *now they can*.

*And in case you don't remember, this isn't forced, these emotions rely on realities, and thus are their real emotions, enabled by their understanding of realities like the reality of human potential & "understanding others' pain" entry. This entire chapter enables this genuine caring and understanding nature of EPE magnets as a choice, & preference. How much EPE someone expresses, is their choice. This chapter enables it to be expressed any time, even in torture.*

### **justifications for: sadness instead of anger**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## THE GENDER ATTRACTIVENESS IMBALANCE (JUSTIFICATIONS)

*Mirror of the book II chapter "The Gender Attractiveness Imbalance" containing any justifications.*

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### copy of: attraction between the genders is a yin-yang of character and appearance

Physical appearance plays a bigger role in a woman's attractiveness than her character, and character plays a bigger role in a man's attractiveness than his physical appearance. However, having a good character still boosts a woman's attractiveness, and having a good physical appearance still boosts a man's attractiveness, just at minor levels for each. It's a yin-yang. "Good character", entails having admirability, power, humor, intelligence, and lots more. While there *are* these major and minor contributors to attractiveness, the minor ones are still needed to an extent.

*This describes a majority level perception in society and isn't to say that every single person ever sees it this way.*

### justifications for: attraction between the genders is a yin-yang of character and appearance

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: the gender attractiveness imbalance

For a man to express and even *grow* his character to be its best, he *can't be unjustly censored, at all*. In other words, a man needs to be able to express his character fully, in order to display the full amount of its attractiveness he currently has. And by the way, if the man is expressing things fitting this book's description of spam, it *won't* appear attractive, since things fitting that definition of spam, are foundationally not in alignment with the man's true path to max happiness since they break *moral reality* (the unarguable fairest assessment of the situation, *keeping in mind*: fairness almost always aligns with everyone's path to max happiness) and are therefore foundationally dumb and unattractive for him to express, thus straying from his own path to max happiness for the same reason him verbally bullying someone unjustly is. So yes, there he'd receive unarguably justified censorship and valid unarguable criticism which would then validly damage his public and self-image and attractiveness, but he *broke moral reality*, it's literally *justified*. So, in clearer words: a man needs to be able to express his full character, to show its full amount of attractiveness (good aspects, not flaws like the stupidity he'd show (and be justly put in his place) by "spamming"). Still, even a man expressing a flawed "*cringe*" genuine self like that, in a *society centered around the things in this book*, wouldn't find himself unjustly bullied or shot (without the bullies having a high likelihood of seriously regretting it), but rather would find himself with an opportunity to sharpen that self to be its best, and have access to info about how to. Therefore, anti-censorship isn't *only* one key to full self-expression, but full self-development.

So yes, full self-expression, which *follows moral reality* absolutely must be enabled, and face zero unjust censorship, for any given man to express his full character's attractiveness. The unjust censorship this corrupt society has put in place, is one of the *main* reasons I'm claiming: *men's attractiveness is crippled compared to women's*, and a *gender attractiveness imbalance cancer has formed*, due to women being able to easily obtain very uncrippled, untyrannized levels of attractiveness in the form of physical appearance, thus being closer to their max attractiveness than men *even possibly can be*, due to this widespread *unjust censorship tyranny* we've allowed in society from our lack of understanding of the *dynamics of insecurity, anti-toxicity, extreme positive energy*, even involving the *solvi-*

ng mindset, and this is stopping men from expressing their full selves. *We are censoring men even though those men aren't spamming*, and this book's definition of spam is the only thing that should be censored anywhere, period.

This censorship comes in *many* forms. For one example, a companies' focus on maximizing fulfillment of their instant-gratification greed mindset's desires ("the customer is *always* right" type bullshit) rather than valuing *justice* or achieving a best existence possible (likely due to the widespread lack of having passed the first layer and lack of the solving mindset). So, companies like to enforce censorship masked as "being professional", and will *fire* you *even if* you didn't break "moral reality" but said something that deservingly pissed off some unjust person "*higher in the pecking order*" than you... In other words, tyranny. This has been implemented in many places aside from business. For example, a "high-risk of unjust violence" culture has formed in society, making self-expression a high-risk thing, simply because people in this society are completely oblivious to the dynamics of insecurity, as well as anti-toxicity.

Aside from censorship though, anyone's *character* depends on knowing a lot more traits and dynamics than their physical appearance does... And guess what, this book lists them. It's literally a guide to the aspects of anyone's best existence possible they share in common with all other humans; things our "most viable paths" have in common between all humans, and *guess what that also means?* A part of anyone's "best existence possible" is... *drum roll... reaching the best version of themselves*, or in clearer words, the best version of their character. So, another huge reason for this gender attractiveness imbalance, is simply that men in this society are unaware of the foundations to their true legendary self this book would straight up just *tell* them... (considering achieving maximally attractive character depends on knowing the "foundations to your best self" which this book just hands you). So just read, lol.

#### **justifications for: the gender attractiveness imbalance**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: the gender attention imbalance**

Due to there being an attractiveness imbalance, there is, as a result, a "received attention imbalance" now too, and this is a primary reason for so much "male loneliness" in society. There's a ridiculous amount of evidence for this. Look at women's hypergamy for example. Look at who initiates most divorces (and let's be real, has more options).

#### **justifications for: the gender attention imbalance**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: the gender ambition imbalance**

Due to human connection and receiving attention/validation being such a crucial motivation for any human, I have this *theory* that an "ambition imbalance" has been inflicted on women, because the lack of this book's character-improving knowledge in society has been plaguing us for... *ever*; and so, this whole time, women have been receiving less motivation to achieve greatness than men since men are shown so much less attention and validation (have you seen the rate of validation and attention women receive, in comparison to men...?). Basically, men receiving so much less attention and validation due to the attractiveness imbalance, has made men search for that validation with making themselves worth something, since they don't have that "inherent value" from being a "genetic celebrity" that many women seem to be easily able to achieve a status of. So, I theorize, the reason society follows s-

uch a patriarchal dynamic today, is because women's validation desires are so heavily met in comparison to men's, that women have less ambition/drive to achieve greatness to "earn" more validation, because they get more *daily*.

#### **justifications for: the gender ambition imbalance**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: solutions to all this**

As a man, educate yourself on what women want, since it's finally been found (the knowledge in this book) (they want a human magnet). Get rid of all unjust censorship in society. Have society be centered around *moral reality* from the masses being educated clearly enough about how it does in fact, align with everyone's path to max happiness in almost all scenarios, to the point a woman who breaks moral reality *won't* be supported blindly by those around her, but will be pressured to follow moral reality lest those around her not want anything to do with her and even throw deserved valid criticism at her (obviously the same goes for men). This will all *equalize the playing field*.

#### **justifications for: solutions to all this**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## EYE FOR AN EYE DYNAMICS (JUSTIFICATIONS)

*Mirror of the book II chapter "Eye for an Eye Dynamics" containing any justifications.*

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### **copy of: eye for an eye achieves true, full justice**

Finding the moral reality of a situation, (the fairest assessment of that situation) requires confronting all valid arguments against your proposed moral reality. Finding the "moral reality punishment" that fits a given crime, is found the same way; through an open-minded hearing with no unjust censorship, with the goal of finding the most unarguable, "bedrock" moral reality we can. The punishment should cause, at maximum, the equivalent amount of pain or damage to those proven guilty, as they caused to victims. This achieves maximum satisfaction of moral reality.

### **justifications for: eye for an eye achieves true, full justice**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: innocent unless proven guilty/evidence is king**

This is to ensure to a maximum level that we don't punish innocent people. When determining the moral reality of any situation, *ever*, you must remember that *evidence is king*. I'd much rather a criminal be loose in a society of armed, extremely intelligent human magnets who are good at investigating... Then an innocent person be put through potentially hellish torture, death, or all of the above all because some evil genius targeted them and took advantage of a court system which would imprison his target without having 100% reliable proof of guilt, wouldn't you?

### **justifications for: innocent unless proven guilty/evidence is king**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: violent or physically damaging punishment should be reserved for within court, post-trial**

When the court has determined the moral reality of the situation and the punishment aligning with moral reality, the punishment can be carried out in a *controlled environment*, spectated or monitored to ensure nobody is going overboard, breaking moral reality, and ensure moral reality remains followed when the punishment is being carried out. For this reason, physical and violent punishment should be reserved for this controlled environment post-trial. The only exception, being in immediate self-defense or the defense of others. Otherwise, you shouldn't take matters into your own hands in terms of causing violent or physically damaging punishment outside of this organized, post-trial, controlled and monitored environment when the moral reality has been proven, remaining unargued.

This is because of the high risk of emotional instability and thus further unjust permanent damage (death) and violence possible from allowing physical damage or violence outside of this controlled setting where the moral reality has been unarguably proven in the court hearing *already* and the punishment is being monitored. For example, yo-

u'll go to punch someone who punched you, and they'll draw their gun... Things get escalated. It's better to have a culture educated that violence isn't allowed except purely in self-defense, to keep this chaos *contained*, controlled.

*Verbal justice works against and should always be used against verbal injustice, instead of physical justice/violence.*

**justifications for: violent or physically damaging punishment should be reserved for within court, post-trial**

1. *"Verbal justice works against and should always be used against verbal injustice, instead of physical just..."*

This is simply reminding you not to respond to verbal injustice physically, but verbally; reminding you that due to the anti-toxicity law of moral reality, verbal injustice being committed always opens the committee to be validly criticized and have their ego validly damaged verbally, and all it requires is that someone is present who understands moral reality & the actual path to max happiness enough to expose the stupidity of this unjust person, gruesomely.

**copy of: punishment satisfying moral reality is what matters at the core of everything**

Court ordered punishments don't always need to be some kind of exact "twin" of the crime committed; like if someone is a rapist, it doesn't mean we go rape *them* necessarily. What matters, is that an equal amount of damage or suffering is inflicted on the criminal if they can't truly adequately somehow "pay" the victim back in some valid way. Like the title says, moral reality being satisfied is all that really matters when determining a punishment; and that just means, you don't go overboard with how much damage or pain you're punishing criminals with, and you don't go underboard either, unless all of the victims of this criminal agree to this proposed underboard punishment.

**justifications for: punishment satisfying moral reality is what matters at the core of everything**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## SELF – DISCIPLINE (JUSTIFICATIONS)

*Mirror of the book II chapter “Self-Discipline” containing any justifications.*

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### copy of: self-discipline overarching philosophy

Work *is* just what’s required to reach the end goal: the best existence possible, but the law of motivations beckons you. What matters, is that you’re truly following the most viable path to said best existence possible (citing: *path confidence*). So basically yes, the end goal *is* mainly just creating the most fun pleasurable unending life at the end of the day, and your amount of self-discipline *is* just the speed at which you’re deciding to do those chores and thus the speed at which you can reach that best existence possible if you succeed without getting game over, *dying*...

*Strong self-discipline isn’t supposed to be very hard, but you do need this book’s info to obtain easy, true discipline.*

### justifications for: self-discipline overarching philosophy

1. “work is just what’s required to reach the end goal: the best existence possible”

That’s it. It’s just chores required to make potential you’ve seen, into a reality in your life. That doesn’t mean we’re going to be fat lazy fucks one day, as that isn’t the true best existence possible according to the majority-level perception of what’s attractive, for example. Solving stupid pains is the main idea, and that would literally create more. And yes, I mean stupid, unintelligent pains. Intelligence is the fuel behind truly locating the *best* existence possible.

### copy of: the core warning and reason for self-discipline

Is the law of motivations. If a person witnesses enough of their best existence possible at once, they *will* feel ignited, possibly on an *unimaginable level*, to achieve that existence and make what they saw a reality. This is a warning, and I suggest taking it *extremely* seriously... blah blah, blah blah, blah. Yeah go re-read the entry if you need a refresher lmao. Witnessing this law proves this “ignition” as an unimaginably important warning to never be neglected.

Motivations like songs, or other sensual enough examples, can *inflict* the *impact of the law of motivations* onto a person. A motivations’ impact is a heavy enough display and thus reminder of what you truly want to be pursuing most. Ignoring it will lead to further horrible regret when you’re impacted by it again. Live knowing the law of motivations, and the warning it tells you, *no matter the hell around you*. Experiencing it proves to you once again how much you *want* to be disciplined; shows you your most fulfilling path; too many parts of a best existence possible to ignore *without a mental scab forming in you*. And remember, other motivations you haven’t seen yet basically always exist, which would impact you unimaginably deeply in their own *possibly new ways*, so don’t start thinking you’ve found all of them, because the likelihood of you being wrong, is high. Still think following it *isn’t* worth it? *Ok*:

The urgent burning desire experiencing this law can induce, is *unimaginably vicious* at max strength. Ridiculously unimaginable. You might think “oh I’ve felt this law to an extreme level before” and you may have, but I guarantee the *memory* of that impact isn’t at all vivid enough to completely re-ignite you to the same exact level as you were when impacted. That’s why the law of motivations is *unimaginably* powerful and should be respected as such at all times. A memory of being impacted will never be as strong as actually being impacted again. Therefore, in moments of temptation to waste time, remember this, and how you’d feel impact on *unimaginable* levels; take what you



spend your time on as seriously as these warnings tell you to. The more strong motivation examples you find, the more you'll find yourself waking back up; and your sensitivity to motivations depends purely on how much potential you're aware of; *how "passed the first layer" you are*; how many dynamics of the best existence possible you truly understand (use this book). This law *is the most important* thing you'll ever see. *If you saw heaven you'd chase it.*

#### **justifications for: the core warning and reason for self-discipline**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: foundations of true self-discipline**

Since your true life purpose is to achieve the best existence, the foundations of true self-discipline, are these: seeing enough of life's potential, and knowing genuinely you can make that potential a reality permanently (immortality). Without that belief strong, you may be motivated to achieve all that potential, but there'll be an *underlying infection* in you, over the apparent inevitable ending to your existence: death. This "death depression" *infects self-discipline like a disease*, since you'll know you can only experience some bullshit "free trial" of life's potential, even if you can make it all a reality; and we've found no proof of an afterlife nor reincarnation. Only those who *genuinely* and *constantly* progress on a *believable* path to make all of life's potential a reality truly and permanently by even solving death, will truly have a belief in *truly* staying disciplined, because only then will they *genuinely believe* it matters & is *therefore definitely worth having discipline in the subject of achieving the best existence possible* (which might I remind you, includes this person truly understanding and being allegiant to fairness in almost all scenarios, *further hinting this is* how we were meant to be from the beginning). They will see how worthwhile and possible it is to achieve this *unending, reliable & stable* existence with all the potential they've now seen. Unfortunately for some older folks, this is bad news. Although, you *were* born into existence once, so *maybe* it'll happen again, who knows? Anyways, I call this true self-discipline, because it's tied to your true life purpose, achieving the best existence possible (It's *literally the most motivating path you can find in life* as a person). So, I call it this because it's the path you were *meant* to take, and your desire to procrastinate on this path will be *lower* than any other path you've taken. That's real "path confidence". These are just the two *foundations* of *true self-discipline*, not all the dynamics.

*Finally, the third "unofficial" foundation, is the law of pain; "work smarter, not harder". The key to "easy" discipline.*

#### **justifications for: foundations of true self-discipline**

1. "the foundations of true self-discipline, are these: seeing enough of life's potential..."

By "seeing enough of life's potential", I basically mean *passing the first layer*. But you can keep passing it further...

2. "*your desire to procrastinate on this path will be lower than any other path you've taken.*"

I'm referring, of course, to paths you had to use self-discipline on; unfun "chore" paths you had to forcefully walk...

#### **copy of: path confidence**

Path confidence can be defined as "*how confident you are that your path is your most viable path to achieving the best existence possible*". Lacking path confidence, can be one major & elusive cause of temptation to procrastinate.

Ever wondered why you procrastinate on schoolwork? It's majorly because deep down, you're not confident enough the schoolwork is a part of your most viable path to your best existence possible. Deep down, you want to be chasing that existence; your true (*solving mentality*) dreams. But alas, y'all would rather create entire industries aro-

und trying to *force* yourselves to do things you *don't actually want to do nor should have to do if it weren't for tyranny*, without actually confronting the underlying *lack* of path confidence in you tied to \*drum roll\* the hopelessness mindset you've been taught to accept. Y'all really live with a mindset that blocks out the true meaning of life due to you accepting hopelessness then go wonder why the inner child in you just sees life as a temporary joyride mainly focused on maximizing dopamine before your complete *end*, not caring about *true* problem solving nor eternal, truly motivating & fulfilling dreams and goals; instead you just take some unmotivating *cookie cutter copy/paste career just meant to make you your money* so you can just *milk more instant gratification from life* all to *run from* and *distract yourself* from the existential crisis you *gave up on confronting*. Look deep. We're currently a society based on (often far too selfish) *max instant gratification; not on max fulfillment nor purpose, and definitely not on the purpose of creating the best existence possible*. This *hopelessness*, and *not having seen life's potential*, are the two foundational things we lack *killing* self-discipline (as the *foundations of true self-discipline* entry *already stated*).

That big rant though, is one reason I say most people in this society are depressed at the core. They're even taught from childhood that these institutions like college and getting a good paying job are to be the epitome of their focus, all these bullshit distractions from their actual core life purpose, which is to create the best existence possible (of which this book outlines enough *unifying* foundations of, which we would agree on, all the other aspects are unproblematic and individual preferences, and if they present a problem, we are to solve it, it's really pretty simple; if this book hasn't successfully solved something, you don't throw it away genius, we'll work on solving that thing).

#### **justifications for: path confidence**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: path speed & risk**

If you pick too *safe* and/or *slow* of a path, you can infect yourself with depression from not making progress quick enough since deep down (even if deep in your subconscious), *you'll know you're wasting time*. For example, I could've spent 4 years in college to get a degree and financial stability, and I chose to drop out to write this book, working a minimum wage job, contemplating/problem solving to myself at work, basically writing this book at work. So, sometimes, the true most viable path may have people telling you you're insane, but you should only reconsider it if they (or even you) present *valid arguments against the path that you can't argue*. I've made more progress than and am happier than I would've ever been staying in college 4 years wasting energy learning math I don't *currently* need for these goals. In fact, I firsthand experienced this "lack of path speed depression" when I was in college, *giving in to my fear* of this corrupt tyrannical society/economy instead of confronting it and finding the true most viable yet speedy path to undermining the shit. I fixed that depression by choosing to try and dismantle this tyranny faster instead, speed-running the true, ultimate goal. So just keep path confidence and path speed in the back of your mind, *always*. With it I've made ridiculous progress on my *real path*, so I'm now fulfilled at ridiculous levels I'd never have seen if I was appeasing this tyranny or wasting my time on some *overly safe* path. You must be *fearless* sometimes and confront what you really, deep down, think is the most viable path you *truly* want, and the law of motivations will *damningly* prove to you what you want most, *beware*. You must recognize all these extra bullshit wastes of time that don't align with your speed-running path to the best existence possible, as just that: wastes of time. You might find yourself forced into doing those wastes of time anyways, under *tyranny* in its different forms... But never lose sight of the reality this book has now awakened you to, for your own sake. Be absolutely and maximally *honest* with yourself, especially because of the law of motivations. When I say maximally honest, I mean you must consider even the most outrageous (but morally acceptable) paths: if you find you lack path speed, you're likely ready to take an *acceptably riskier*, but *faster* path, if it's more viable and *intelligent*. But do remember, it's important that you don't take *unintelligent* risks. Like don't *die*, but don't waste time on too much of a "safe but slow" path you know is unnecessarily slow. It'll make you depressed. That's the main idea here. The most viable pat-

h for you to be taking, is the path with the most intelligent combination of riskiness & speed. That's basically the f-ormula to "path viability": *max intelligent (healthy) risk + max intelligent (healthy) speed = max intelligent viability*.

#### **justifications for: path speed & risk**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: jog but don't sprint unless it's an emergency**

To avoid the exhaust and potential *burnout* from sprinting toward whatever goals you have, if you've got a choice, jog intelligently but painlessly toward accomplishing goals, rather than sprinting towards them. To jog "intelligently" means to just *follow the law of pain*, and do things in an efficient way. Aim to remain calm and focused on your goals, even when you're contemplating impossible-seeming issues. Sprinting *isn't* just limited to your *speed*; avoid sprinting by over-exerting yourself, and instead of procrastinating at any level when tired, try to fall asleep. If you can't, then aim to keep jogging. When you feel tempted to procrastinate, you confer with yourself until you truly *conclude that conference* with your next path step clear to you with *little to no temptation fog blocking your c-onfidence in that path*. Sometimes, taking another look at your strongest motivations can refresh your discipline. I know the law of motivations will make you "feel like chasing them at max speed", but it doesn't *say to do* that! All we can and *should* do, is follow the most intelligent, viable path we *can*, and *not* burning out *is* a piece of that path.

*(this entry has been sponsored and brought to you by the law of pain<sup>™</sup>; the law of pain<sup>™</sup>, approves this message)*

#### **justifications for: jog but don't sprint unless it's an emergency**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: the final step, choosing to be disciplined**

There comes a point in self-discipline when you've matured enough from finding enough *motivations* and matured enough in the methodology of being productive in an easy, *law of pain* way of "working smarter not harder" to the point the one thing maintaining self-discipline depends on, is your *choice* to maintain it and to maintain your focus.

#### **justifications for: the final step, choosing to be disciplined**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## CONTEMPLATION (JUSTIFICATIONS)

*Mirror of the book II chapter "Contemplation" containing any justifications.*

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### copy of: the chain reaction I

The dynamics to the best existence possible you already know of, are the most viable details for finding new dynamics to the best existence possible, like a chain reaction. You find a couple foundational, important dynamics in that subject, and you'll likely be able to apply those to other issues to find further dynamics of the path to the best existence possible. There've been countless impossible-seeming society-wide dilemmas I've seen defeated with this.

### justifications for: the chain reaction I

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: dynamics of thinking outside the box

Your ability to think outside the box on any specific issue depends on the relevance and volume of surrounding knowledge relating to your issue's topic you possess. Also known as "*the chain reaction I*". This is because, the more relevant surrounding details you know, the more points of connection (*lightbulbs*) your mind can potentially make. In other words, your mind is like a toolbox, and the problem you're facing might need a very specific tool to be fixed in the best way, so the more (relevant/valuable) tools (surrounding knowledge) you have, the more you may fix.

*So basically, you can develop "investigative tools" in practicing contemplation, tools like "compare & contrast", etc.*

### justifications for: dynamics of thinking outside the box

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: how to contemplate

It's literally just talking/thinking to yourself, whichever you prefer. There are two modes of contemplation: surface-level thinking and thinking outside the box. Surface-level thinking is just having a simple-minded, blunt conversation with yourself, where one side of you asks questions, and the other side answers without having to think very much, hence the term "blunt" conversation. You can do that for as long as you're still making progress, but it's important that you're able to recognize when it's time to think outside of the box; *recognize when you've reached the front door of a boss battle*. Thinking outside the box is really our only weapon against those, and your ability to do that, depends on how many valuable and relevant surrounding details to the specific topic you possess, since increased relevant surrounding details means increased potential connections (*lightbulbs*) that can go off in your head to defeat said boss. The greater the volume & value of details you have, the easier the boss battle can be, basically.

### **justifications for: how to contemplate**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: the sweeping method**

Unexpected new questions can appear in any given contemplation labyrinth you're navigating; contemplation isn't always just a straight path forward. The sweeping method just says leave little to no questions *relevant to your path to the best existence possible* unanswered when contemplating, allow little to none of those holes in your understanding. Many of these new questions may seem annoying, specifically these no effort, lazy seeming but yet so complicated ones like "why is this this way". Yet, questions like that are the keys to deepening and densifying your understanding of the topic at hand and how it connects to surrounding topics. These annoying surprise hallways of thought can lead to new, unexpected but very valuable conclusions and connections. Staying loyal to the sweeping method should strengthen "*the chain reaction I*" in you, due to your understanding becoming solid metal rather than Swiss cheese. The more you successfully contemplate and the more you deepen your understanding, the more power you can obtain. Just look at this *damned book* as proof; you never know what you'll find using this method...

### **justifications for: the sweeping method**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: the chain reaction II**

When proposing potential new path steps to a best existence possible, the harder the arguments or scenarios that argue against your proposed step you confront/disprove, the more potentially clearly proven your proposed step will seem, and the higher volume of easier arguments directly under those harder ones, will have been disproven. For example, to find that fairness is mostly objective, I had to confront the most difficult trolley problems imaginable, and in doing that, all the trolley problems under them, similar but easier, were thus confronted automatically.

*Yes, new arguments harder for a different reason than you expected may present themselves. Confront those too. For example, I not only had to confront human vs. human trolley problems, but "last chicken" vs human ones, too.*

### **justifications for: the chain reaction II**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: root solutions vs. surface solutions**

Surface solutions are called that because they're less viably aligned to achieving the best existence possible than others. My definition of *root solution* is this: "the more root a solution is, the more viably it aligns with our most root purpose: achieving the best existence possible". Aim to locate and follow, *the most potentially root solutions you can*. For example, one *surface* solution to littering might be to pick up trash on the streets in comparison to a more root solution of outlining a mindset which makes everyone actually want to get rid of all trash everywhere (if it works). This is just another way of me saying "follow the most viable path toward the best existence possible, at all times".

### **justifications for: root solutions vs. surface solutions**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## MORAL REALITY LAWS (JUSTIFICATIONS)

*Mirror of the book II chapter "Moral Reality Laws" containing any justifications.*

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### copy of: how to find a law of moral reality

laws of moral reality are found by applying the *chain reaction II* to your proposed law *on top* of applying the instructions to *finding a situation's moral reality*, since the only difference is that moral reality laws remain true in all, or nearly all situations. A proposed law must prove itself by holding up against all valid conceivable hardest scenarios.

### justifications for: how to find a law of moral reality

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: violence is only necessary in self-defense

Violence is not okay to use when someone verbally attacks you; there are ways to fully handle that verbally. By the way, self-defense can come in a couple different forms... For example, executing criminals for the safety of society, if rehab is absolutely not an option, perhaps it's already been tried to the max and the person is far too dangerous. Do not go taking matters into your own hands unless lives are *immediately* at risk. This "execution" refers to court.

### justifications for: violence is only necessary in self-defense

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: romantic rejection should only be inflicted with conclusively unargued valid reasons

If you sense reasons to romantically reject someone, you should have valid unargued reasons behind that rejection and should *be able to put those reasons into words for them*. Due to open-mindedness and the importance of the desire to achieve a best existence possible, other people *should* be willing to validly argue even against themselves despite wanting you, *and guess for you*, your valid reasoning behind your rejection *if* say, you somehow cannot put your reasons into words... But still, this is important in the interest of not only maintaining your self-esteem and reputation as being a *good person*, but also for preventing unnecessary animosity, loss of unity, and lack of mutual understanding between people. Rejecting others without communicable valid unargued reasoning should and *can*, morally, have the effect of opening you to valid criticism. Confront any valid counterarguments presented against your reasoning, not only in the interest of open-mindedness, but because they're *valid because you might want to not reject this person after all*, that's literally *why they'd be valid arguments in the first place* against your rejection! *This isn't as hard as it sounds*. Any time you're less than maximally happy to accept someone, there's reasons behind why; presentable by communication; and if all those valid reasons are disproven, you won't lack any happiness in accepting the person. The only exception I know of, is if you feel validly threatened by tyranny. For example... If you have valid reason to fear someone will get violent toward you from you rejecting them, use the *law of tyranny*.

**justifications for: romantic rejection should only be inflicted with conclusively unargued valid reasons**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.



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## FOUNDATIONS OF SOCIETY (JUSTIFICATIONS)

*Mirror of the book II chapter "Foundations of Society" containing any justifications.*

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### **copy of: everyone in society must be passed the first layer**

This is because of our current society's widespread lack of desire to "create the best existence possible". People are far more focused on self-centered instant gratification than the path to true max happiness would have them be, and the only barrier is them seeing that, aka, passing the first layer, since that proves someone *knows* and *desires* the *actual* path to max happiness. It's the most *uncorrupt* a person can get. This being absent from society is why the environment is in the shape it's in, why government corruption is rampant, as well as basically all other corruption. Such rampant corruption only reflects such a rampant ignorance of the true path to max happiness, so the only way to fix that is to make that path clear and known. People will actually *want* to max out every aspect of society. Be aware of the effects of this foundation not being followed. It is exactly what's led to the horrible state we're in...

### **justifications for: everyone in society must be passed the first layer**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy for: achieving near-complete ideological unity in society (how to "deal with" any ideology that opposes th...**

Our aim is to find the most viable path to the best existence possible, which we happen to share many crucially huge aspects of, even at an individual level. If anyone has an ideology different from the current one proven to align the most with the absolute "most viable path to the best existence possible", their unproven ideology must be compared to the *already proven* ideology, to verify which is truly the more viable path to the best existence possible.

*I didn't want to come right out and say it in the entry, but the "current proven ideology", I'd say, is likely this book's.*

The evidence should be examined behind whether their beliefs are true or not, and the rabbit hole of proving or disproving their beliefs, to find the *truth*, should be explored. It's not as hard as it sounds, and this book should give you the ammo you need for it. The goal here is to find out who's on the wrong path, and why, considering our collective purpose is to achieve the best existence possible, and considering said best existence possible for anyone has so many foundational aspects in common with every other person's. After the right path has been *unarguably* identified, it is the *definition of delusion* for whoever was on the wrong path to remain on their wrong path. Therefore, if they stay on it, they can validly be labelled as mentally ill, and perhaps even be sent into some rehab center.

It's fine to try out new beliefs, it's just not fine nor aligned to your actual path to max happiness, to remain living in delusion. It's mental illness, and should be addressed, *especially* if your false belief is causing you to break moral reality or is hindering your unity with the rest of society in major ways. This isn't just for society's benefit, but yours.

### **justification for: achieving near-complete ideological unity in society (how to "deal with" any ideology that op...**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## RELEVANT SPEECH (JUSTIFICATIONS)

*Mirror of the book II chapter "Relevant Speech" containing any justifications.*

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### copy of: relevant speech intro

This is how attention grabbing and attractive your speech is. Strong relevant speech is foundational to *literally everyone's* legendary self, so it's majorly important to strengthen your own deeply, as without a strong level of this trait, you'll be validly annoying. Relevant speech isn't understanding others' perspectives; they might be ignorant to what's truly most relevant to them according to reality. So, relevant speech is instead about understanding "reality's" perspective (what's most relevant to be saying *according to reality*, that reality *being* that our most *relevant* topic of discussion is: *things relevant to the most viable path to the best existence possible* of course) and communicating things relevant to that path *in a timely manner*, with as much clarity as possible. Keep in mind, humans share many major path steps on said "most viable path to the best existence possible", so subjectivity is no major issue.

### justifications for: relevant speech intro

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: the three core ingredients which determine overall speech relevance (importance, time, and clarity)

The three foundations of *relevant speech* which *determine the overall relevance of your speech*, are these: the first, is your speech's *relevance to the most viable path to the best existence possible*, because that's the most relevant topic anybody can be talking about at any time, according to reality. This is measurable by communicable logic and reason; in other words, you can determine how important and relevant what you're saying is to said most viable path simply by examining and contemplating the logic behind your opinion for its relevance, and confronting any valid counterarguments... *similar to how you'd find a situation's moral reality*. You're just open-mindedly locating the "reality" of how important what you're saying truly is to the "most viable path toward the best existence possible".

The *second* foundational ingredient which determines the overall relevance of your speech, is time. Communicating your ideas in as timely a manner as is possible without negatively affecting the clarity of your ideas. This can be improved by a number of tips and tricks; I'll try to list good ones I know in this chapter. Nobody likes wasted time... The *final* foundational ingredient is clarity of your ideas. Clarity refers to how easy to understand and how organized your communication of your ideas is, how well it all fits. Like timeliness, this can be improved by tips and tricks.

### justifications for: the three core ingredients which determine overall speech relevance (importance, time, and...

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: clarity tip – don't try to fumble when explaining your logic

If you can't fully and clearly enough explain the full context and proof behind your claim, don't try and "make up" or speed contemplate those proofs. Just admit you don't yet know with absolute certainty. There's a *high* chance you'll just be saying some incorrect bullshit, and instead of cleverly convincing others you're right, you'll just make them think you've gone crazy. It basically fucks your speech's clarity, due to *high risk of you being wrong*. This may also *validly* lessen the listener's opinion of you, and their tolerance to listen in the future. If you haven't polished the context or proof behind your claims, just *accept that, say it to them, and end it there* rather than fumbling. It's not going to make you look like a waste of time, if you don't waste their time, and you say this *immediately* instead. If you start fumbling, it means you've obviously still got connections to find and contemplate on your own. So do it.

Maybe just try to *fully verify* your claims enough with yourself and any counterarguments you can possibly imagine *before* presenting them to others *confidently*. Like, if you're going to say your claims so *confidently*, maybe you should try to make sure that confidence you're expressing with the claims is *warranted* by first *really testing* those claims yourself during contemplation, with arguments *for & especially against them*. If unverified, you contemplate...

### justifications for: clarity tip – don't try to fumble when explaining your logic

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: the relevant speech nonfiction format

This is the format to use when you've got a rabbit hole you believe others should look into. This is the format to present the rabbit hole in, and if you don't follow this format, then you shouldn't expect them to look very far into it, because you won't be presenting the info in the most relevant and proper form in terms of your "relevant speech-". You'll be presenting irrelevant information to them if you don't follow this format, since you'll be presenting things in the wrong order. *The right order*, is from the most important, relevant info, to the least, and it's not the reader's fault if you're over here shoving less important things at them first (basically wasting their time); not their fault you placed the irrelevant stuff before the more important stuff in your presentation of this rabbit hole... They're expecting this proper order of most relevant info to least relevant and if you don't follow that, expect zero readers.

So, this format is composed of three sections. The first, is the "attention grabbing thesis", which presents your *most important main idea*, main point you're trying to communicate; the main idea as to why what you're proposing is relevant and important to their path to a best existence possible enough for them to spend time reading what you're telling them to. The second section is the "important textbook" containing all the most important "formulas", plan steps, and any other important info. And finally, the third section, is the "ocean of extra context textbook", containing any useful extra context or answers to valid arguments and doubts others may have. All the extra context that isn't important *enough* to make it into the "important textbook" but is still important enough to be *provided* to those reading, *if they need it, findable via the highly organized table(s) of contents*. You decide what goes in where.

For organization, your whole "book" (the compilation of all three sections), should use table(s) of contents (for each section big enough to need one). Aim to put everything in the entire book in the order of most relevant/important/interesting to the least; from which entries are listed first inside chapters, to which chapters are listed first inside sections. This whole format is basically intended to be an organized walk in the park for readers; this format will take your "rabbit hole" and present it in the absolute most maximally interesting way to them, purely because this format is in the order of what's most interesting (*important/relevant*) to mention, to what's *least* relevant, and is fully organized. You see, that's the reason it's the proper format, because if you want to ask someone to spend time looking into a rabbit hole of info, this is the correct way to do it, by making sure it's following relevant speech and not wasting their time; making sure to share the most important info *right away*, and then keep that pattern going.

This is the one true format for *literally any time anyone tells you to look into any rabbit hole, ever*. The author of the presentation of that rabbit hole must follow this format and show how it aligns viably enough with your path to a best existence possible for you to spend time to keep looking into and reading the presentation or you can leave.

*The longer name for this is the “proper, required, relevant speech nonfiction rabbit hole book presentation format”.*

#### **justifications for: the relevant speech nonfiction format**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: someone presenting unarguable reasons for the irrelevance of your presentation doesn’t need to hear...**

If someone can say a valid reason why your proposed rabbit hole of information or book you recommended doesn’t follow this format, in other words, showing valid reasons why it isn’t following relevant enough speech to keep hearing, they are not breaking moral reality. They’re telling you that you need to organize your info properly, and why, or they’ll tell you your main thesis and path you’ve presented isn’t important enough in the scope of the path they’re *already on* and why, or whatever. Do not expect someone to look into your rabbit holes if you don’t follow this format well enough and are presented with unarguable evidence that you truthfully aren’t. So go fix your stuff.

*To make your writing itself relevant, simply follow the three cores of relevant speech: importance, time, and clarity.*

#### **justifications for: someone presenting unarguable reasons for the irrelevance of your presentation doesn’t need...**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: clarity tip – quality of vocabulary**

(Immersion of vocabulary:) Aim to communicate using words that most effectively immerse the listener into your exact perspective emotionally, instead of, for example, (complexity of vocabulary:) aiming to sound smarter using *overly* complex vocabulary they have to go waste time defining. Don’t let your ego get in the way... (Attractiveness of vocabulary:) Aim also to use wording that is contextually attractive to imagine and hear out loud instead of wording that makes others gag or validly think you’re some mentally deranged psychopath from how unattractive it is.

#### **justifications for: clarity tip – quality of vocabulary**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: time tip – abbreviating words**

This refers to using abbreviations of words whenever it won’t negatively impact the *clarity* of your message. For example, saying “aren’t” instead of “are not”. On a rare occasion, the longer version (“are not”) may seem better for emotional emphasis, but most times, you’ll find the abbreviation to seemingly improve the “*relevant speech*” of your message. Abbreviation is majorly beneficial in attractive text/writing, & minorly beneficial in attractive *speech*.

#### **justifications for: time tip – abbreviating words**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: joking and other forms of communication like anti-toxicity can still be relevant depending on their value**

Jokes and other forms of communication can still be relevant if they're warranted in the scope of still following the law of motivations. What determines their relevancy, is their value, if you know how to make funny enough (high value enough) jokes, of course. Relevant speech isn't about only having robotic, productive, humorless conversations. That would take a lot of fun out of life, and would be hypocrisy in the scope of our goal of truly achieving a best existence possible. It wouldn't follow the law of pain, either. Just because you aren't discussing something "extremely productive" or extremely relevant to your goals and self-discipline path, doesn't necessarily mean what you're discussing is irrelevant. You have to remember the entry "*jog but don't sprint*". What matters is that you simply don't let yourself forget the warning the law of motivations tells you, at even the slightest level, so you don't actually fall victim to it. Good enough jokes, or just getting to know someone by asking questions about their individual dreams and goals, can align with your path to a best existence possible (these things can be smart and ok to express) if say, you've calculated if they're still warranted in the scope of the law of motivations and the *direness of your situation* (you're not hiding from a murderer for example). And like I said, how *actually* funny of a joke it is can determine how aligned with your path to the best life possible it is to say it. Getting to know someone, and forming relationships, *especially* romantic ones, are such major parts of anyone's "best life possible", I'd be dumb to deny it.

#### **justifications for: joking and other forms of communication like anti-toxicity can still be relevant depending on...**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## MISCELLANEOUS (JUSTIFICATIONS)

*Mirror of the book II chapter "Miscellaneous" containing any justifications.*

<----->

**copy of: even if you've seen "proof of an afterlife", know the danger dying can open you up to**

When you see the potential this life holds, you'll definitely not even want to take a chance of losing it by being wrong about there being an afterlife; letting your physical body die only to be met with potentially nothing, or worse, something hellish. So, even if you've seen what you'd call "proof of an afterlife", you'll want to at least also witness all the potential you'd be losing by letting your body die physically and being wrong, and you might want to also remember all the pain and suffering possible in this existence that could potentially meet you on the other side as well. My point is, we don't know what comes after death, so we should aim to *prevent death*, and, instead, *advance technology to the point we can expose the truth about this existence*, answer all these questions *without risking our entire existence*, risking losing access to all of life's potential for happiness, or risk subjugating yourself to any kind of hell. And *I'm warning you*, when you see enough of life's potential for both, you'll very likely agree with this.

**justifications for: even if you've seen "proof of an afterlife", know the danger dying can open you up to**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## CONTEMPLATION NOTEPADS (JUSTIFICATIONS)

*Mirror of the book II chapter "Contemplation Notepads" containing any justifications.*

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### **copy of: value of digital notepads**

Digital notepads can be used as a waiting room for things you need to confront when you get the time, a record of important memories, a to-do list, a record what you contemplate and solutions you've found, or more. This chapter shares how I use these to contemplate/solve problems, develop theories, plans, and deepen my understanding. It's basically an "industrial *factory*" for dynamics of near utopia and a best existence possible so yes, it's important.

### **justifications for: value of digital notepads**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: use speech to text**

There's a nice tool on many phones that lets you press a microphone icon and just speak into your phone and have your speech semi-accurately converted into text. This makes recording extremely detailed/long notes much easier, especially when I'm at work and can't waste time. As long as you speak clearly, these notes can reflect your dialect.

### **justifications for: use speech to text**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: security for accidental deletions**

I've got a bot which records every time I edit or delete a message/note in any one of these notepads. It pastes the entire message in its own little notepad, too, not just the edited or deleted part. I do this cause I very much value recordkeeping of these topics and conversations of contemplating solutions, for history. The only thing that isn't backed up is basically the out-loud verbal conversations I didn't type where I just talked to myself, but the conclusions to those talks often if not always are typed out so I remember them, so even those solutions get recorded. A bot is just my idea, you do whatever you can. This is like with the "backing up [Judged] playlists", just my method/idea.

### **justifications for: security for accidental deletions**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: the confrontation list notepad**

If any question pops up in your head relevant to your path to max happiness that you feel you might want to contemplate/find an answer to, as long as you aren't *on fire* or *bleeding to death*, you should put that question into this notepad (you wouldn't put "clean your room" in this notepad, there's nothing there to contemplate, that's a concluded plan, not a *complicated question* requiring contemplation). Yeah, you may find it annoying the number of difficult-to-answer questions that pop up all at once whenever you're sorting through your unsorted notes and you revisit some theory you came up with ages ago you didn't fully contemplate... But still, put those difficult questions in here, unless you're prepared to *fully* contemplate them *right away*... I say this because for example, I contemplate better at work than at home; so, find a convenient time for you, I find it more convenient to put things in this notepad unless I *know I will* knock them out right away; your choice. Just remember to follow the *sweeping method*.

Also, I sometimes end up including a lot of context in each confrontation list entry because that's what was needed to truly answer its question, so if you do too, it can make it easier to repeat the main question of the entry at the end of the entry, again, separated from the huge mass of context involved in it, so you can see the exact question you want answered, immediately, and clearly. This can make the confrontation list smoother to make progress on.

*By putting things you haven't answered or can't remember the answer to into your confrontation list, you'll be training your memory to remember the solutions you come up with, so if my memory fails me, I might re-contemplate.*

### **justifications for: the confrontation list notepad**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: the storage document**

This is a text file containing *anything and everything you no longer need*. Outdated/disproven theories, completed to-do list tasks, storage for old important memories, and more. I'm pretty generous with what I put here. It's more of a tool to ensure that my notepad's history is recorded, so you may even see things put in here twice, since the concern really isn't on this document's size; but purely on ensuring I have every single outdated thing pasted here as recorded history. If it takes two pastes on different occasions for me to remember for sure it's in there, that is ok.

*Since it can be right next to my other notepads, I also use a "storage notepad" as a place to compile outdated notes eventually into massive blocks of text, which I can then paste into the storage document all at once. It saves time.*

### **justifications for: the storage document**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: the important memories notepad**

I use this for long term important memories; not as a to-do-list. I usually recite, in fairly great detail, times I was impacted by the *law of motivations*; exactly what I saw in the motivation/song/whatever impacted me, so when I'm viewing the words and attached media in this notepad in the future, I'll be as accurately reminded as possible; hopefully transported back to that exact experience (kinda unrealistic expectations). This is obviously because I'd be impacted again, it can have a re-motivating effect. That's been my main use for this notepad. Aside from that, I m-



ay write notes about imagined places or creative concepts I come up with, like “the stone city”, if I come up with some new dynamic for how that place would function or whatever. All these notepads are just the way I do things...

When I want to empty the important memories notepad into the storage document, I just type “important memory” at the beginning of each note, so when I paste all of them into the storage document, each one will have the words “important memory” at their beginning so I can just “CTRL + F” and search “important memory”, which will display every instance of those words occurring throughout the entire storage document, for me to find all of them...

#### **justifications for: the important memories notepad**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: the conclusions notepad**

This is for answered/concluded questions from the confrontation list, as well as from anywhere else, like the internet for example. I simply treat this as somewhat of an “unsorted notepad” because once a question from the confrontation list is answered and put here, I then have to decide whether the information I found by answering the confronted entry is important enough to be a new vexyricon entry, or whether it leads to new questions/has to be put back into the confrontation list in some way, or whether it isn’t needed anymore and can go to the storage notepad, for example. The main idea here is that this is the pool of unsorted conclusions and findings from all places.

#### **justifications for: the conclusions notepad**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: 【Vexyricon】**

Treat this with as much importance as the 【Favorite Music List】 entry from the judgement list method chapter. This is the “*most important conclusions*” notepad. For me, it’s a book I named the Vexyricon. You name your “most important conclusions” notepad whatever you want. Just like the favorite music list, this is one of the most important possessions you will ever own. Good luck finding better conclusions than this book shares... I’d say just use this.

When something in the conclusions notepad shows it’s important enough to be here, I just cut and paste it here, and then make it seem concise & square. Its logic should already be sensible and polished fully, otherwise it’d either go back into the confrontation list or I’d confront (contemplate) it right then and there. Similar to how I made “bio-mes” of songs and blended the thumbnail colors of all my favorite music list’s songs to make a sort of rainbow effect as you scroll through it, I put effort into making my “*most important conclusions*” notepad (vexyricon) look good.

#### **justifications for: 【Vexyricon】**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

**copy of: the control center notepad**

This is like an “important memories” notepad but for more urgent and immediately relevant notes, like important reminders. If I find a really important new discovery, I might put it here, or if I find a new strategy for solving a problem I must remember to practice each day, I might put it here, it’s really up to your judgement what you put here.

**justifications for: the control center notepad**

I’m pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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## THE JUDGEMENT LIST METHOD (JUSTIFICATIONS)

*Mirror of the book II chapter "The Judgement List Method" containing any justifications.*

<----->

### copy of: intro requirement (passing the first layer)

To even *be* impacted on a deeper level, you need to have been educated on enough of life's potential; passed the first layer enough, as stated in the *dynamics of motivational impact*. That's how your sensitivity to impact can be increased, and how to make the judgement list method maximally useful to you. The "bigger picture" all this book's "first layer passing" contents paint is a powerful enough image to increase your sensitivity to impact significantly to where you can be impacted on an extreme level by songs you find, and their imagery. Many times, it's the imagery combined with the audio of a song that leads to more impact rather than just audio; this is because the more angles of potential you're perceiving, the more impact you can feel. Remember, that's literally how *passing the first layer* works. The more potential you're being reminded of at any time from any angle of your perception, sight, hearing, smell, feeling understood, feeling human connection, hope, purpose, justice, confidence, you name it, determines how much it impacts you; the bigger the picture it paints, the more impacted you can be. Therefore, this entry is just explaining the sensitivity to impact required to use the judgement list method effectively in the first place, to even *be able* to feel/perceive high impact *at all*. Without doing this, high impact will be rare, if it *ever even occurs*...

### justifications for: intro requirement (passing the first layer)

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: the judgement list method

The judgement list method is that I use YouTube playlists to process/sort every song I judge, to *farm new impactful songs*, increasing my motivation and ability to wake up to the *law of motivations*. I'll put one headphone in at work, and an eight-hour shift may sometimes yield 100 judged songs. The longer you've been judging songs, the more impactful artists you'll have found, and the more channels of new, good songs you'll have that you can add to your judgement list; the more fruitful your judgement list will be. *After passing the first layer*, this is a profitable activity.

### justifications for: the judgement list method

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### copy of: [Judgement List] playlist

Where new, unheard songs go. I set it so new songs are added to the bottom, obviously, and remove judged songs. In the judgement list, I let myself judge with only one headphone in; but when re-judging, I'll use two headphones.

#### **justifications for: [Judgement List] playlist**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: multiselect chrome extension**

Adding/removing songs from the judgement list is a pain unless you get a multiselect tool for YouTube, where you can copy/paste hundreds of songs fast/remove duplicates. This is just an example obviously; get the tool you want.

#### **justifications for: multiselect chrome extension**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: timestamp playlists 0, :30, :40, :50, 1:00, 1:10, 5:00, 23:59:10**

When I'm listening to the judgement list, and I hear a good enough part of a song I feel I need to re-judge, I'll put it in one of these. If the good part happens at 2:05 in the song for example, I'll put it in the 2:00 playlist. I have playlists for 0-5:00 by default, for each 10 second interval. If a song has a timestamp at later than 5:00, I make a new temporary timestamp playlist for it until I re-judge its timestamp, then I'll delete it since it's past 5:00. This helps lots.

#### **justifications for: timestamp playlists 0, :30, :40, :50, 1:00, 1:10, 5:00, 23:59:10**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: [Judgement List 2] playlist**

If enough of a song is good, instead of putting it in timestamp playlists, I'll just put it in here. This is for entire songs I need to re-judge, not timestamps. The whole thing. This gets re-judged first since it's got the highest success rate.

#### **justifications for: [Judgement List 2] playlist**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: [Favorite Music List]**

These are the best and most impactful songs you've ever heard. My FML has genuinely been one of the main and sometimes only reasons why I didn't fall asleep on some bullshit and forget about the law of motivations. It just kept waking me back up when I listened to it, and still does, now more than ever since it's only gotten stronger. This is why passing the first layer is important and why this judgement list method is important, because your FML is such a resource to wake you back up to the law of motivations. *This is one of the most important possessions you will ever own.* Put the whole damn playlist, in full HD, in an EMP-proof bag and bury the fucker in an underground bunker so a nuke can't even destroy it. The bunker is a joke, but the bag isn't, and neither is the importance of this...

*As of judging 15000 songs, I'd found around 300 FML-quality impactful songs (w/targeted judgement not random).*

#### **justifications for: 【Favorite Music List】**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: [Make Soundbank] playlist**

A "soundbank" is my term for when I cut the good parts out of a song and re-upload the song with only those in it. I title the upload "soundbank (notes triggering memory of any liminal or impactful imagery) (exact title of origin video)", so I can copy and paste that exact title into the search bar if I ever need to find that exact origin video again.

#### **justifications for: [Make Soundbank] playlist**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: [Make Soundbank] save-for-later method**

When saving a video for later to get it out of clogging my playlists, I first leave the song in its respective timestamped playlists, then I download the song and rename the file to be for example "make soundbank 0, 1:10, Shadow Corridor(影廊)bgm「靈魂の淵叢」720p30.mp4", making sure to put the timestamps in the file name since obviously I'm now taking the video out of all of its playlists on YouTube. In this example, 720p is the song's quality, and 30 is its frame rate. Once downloaded, now that I've recorded all timestamps into the file name, I can take it out of its timestamped playlists on YouTube, take it out of [Make Soundbank], put the origin in [Edit Origins] and then put the file somewhere for later when I'm ready to make it into a soundbank. Obviously, I try to find the most HD video.

#### **justifications for: [Make Soundbank] save-for-later method**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

#### **copy of: [Soundbanks] playlist**

This is for all *made* soundbanks. [Soundbanks] is organized into 3 sections. How I define those sections' boundaries is I literally just uploaded a video of a door 3 different times, yes, thank you for the applause, extreme genius, I know. The top section of the playlist is gold, then silver, then bronze soundbanks. Aside from the FML, this is the only other playlist I back up by downloading. They're in three files, gold, silver, and bronze, and my file system seems to order them based on name; alphabetical order, so, I make sure the YouTube list perfectly reflects that exact order. If I stop caring about a soundbank, I'll rename the upload to "deadbank (its title)", then remove it from all playlists.

#### **justifications for: [Soundbanks] playlist**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: [Judged] playlist(s)**

Songs I've heard that I don't care about get put here. It's an indicator for me to not accidentally put them in the [Judgement List] again. The only reason I can't just have one single [Judged] for all the trash to go into and am forced to have like [Judged 1], [Judged 2] etc. is because YouTube has a limit of 5000 videos per playlist. It is to be fixed.

### **justifications for: [Judged] playlist(s)**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: backing up non-downloaded playlists**

You'll probably want to use *both of these methods*, because unjust channel termination is unfortunately a real threat in this tyranny and unjust-censorship infected society. I've lost thousands of songs of progress because of that.

Text file (safest) method: go to the playlist, make sure the entire playlist is loaded on your tab. Hit CTRL+A (which selects everything on the entire page). Hit CTRL+C to copy every word selected (in blue) on the page, then go and create a "new text file" in your computer files. Then paste everything with CTRL+V. What you should then see in the text file is, some extra text to delete possibly, then under it, a list of each video's title, channel that uploaded it, its length, its views, and even what number video it is in the playlist. I say do this for each non-downloaded playlist. I usually put the date the backup was made in the text file's name and keep all old file versions in a separate folder.

Alt channel (most convenient) method: use the multiselect chrome extension to load the entire playlist on another YouTube account and just paste all the videos into that alt account's version of the playlist. Easy, done. So now, if they terminate your main, you can just copy and paste the most recently backed up twin version of that list from your alt. The phantom ban evader. The only annoying thing about this is how you'll make a backup and a month later you may have 1000+ new songs in your main channel you now need to add to the alt's twin of said [Judged] list, because you'll need to load the entire main's playlist on your screen, and loading thousands of videos can be laggy.

### **justifications for: backing up non-downloaded playlists**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

### **copy of: saved song playlists [Gold Songs], [Silver Songs], [Bronze Songs]**

[Gold Songs] is for... gee I wonder, [Silver Songs] is for... gee, I wonder? And [Bronze Songs] is for songs that *may or may not be rejected upon applying for a minimum wage job*. Please don't tell me I actually have to explain these playlists to you, they are literally so obvious... I used to treat my judgement list method very "black and white", saying "it's either an FML song or a "judged" one, and this system is better... Judging songs isn't *that* black & white. You'll find segments that are only 5 seconds long in an otherwise terrible song, and those 5 seconds might be the most impactful 5 seconds you've heard all week. The most legendary soundbanks I have, are as good as FML songs.

### **justifications for: saved song playlists [Gold Songs], [Silver Songs], [Bronze Songs]**

I'm pretty sure there is no more justification necessary for this and it explains itself with enough detail in the entry.

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “READING TIPS” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “FOUNDATIONS OF THE INDIVIDUAL” CHAPTER

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Nothing Here Yet

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<=====

-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “MORAL REALITY” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “ANTI – CENSORSHIP” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “ECONOMICS” CHAPTER

<----->

Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “ANTI – TOXICITY” CHAPTER

<=====

Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “WEAPON LAWS” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “OPEN – MINDEDNESS” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “EXTREME POSITIVE ENERGY” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “GENDER ATTRACTIVENESS IMBALANCE” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “EYE FOR AN EYE DYNAMICS” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “SELF – DISCIPLINE” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “CONTEMPLATION” CHAPTER

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Nothing Here Yet

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=-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----=

FOR THE “MORAL REALITY LAWS” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “FOUNDATIONS OF SOCIETY” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “RELEVANT SPEECH” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “MISCELLANEOUS” CHAPTER

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Nothing Here Yet

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-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----

FOR THE “CONTEMPLATION NOTEPADS” CHAPTER

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Nothing Here Yet

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=-----=ALL OTHER EXTRA & MINOR CONTEXT ENTRIES=-----=

FOR THE “JUDGEMENT LIST METHOD” CHAPTER

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Nothing Here Yet

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*This marks the end of the “ocean of context” textbook version, “the shield”, and the end of the entire vexyricon.*

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