START HERE: Read text blocks (1) through (11) in that order. Text blocks (6) and (7) below describe the functions and philosophy of 8-pistons.

Powered by Curiosity, Truth, Logic, Science, Honest Reasoning, Trust Reciprocity, Symmetricity, Non-Demagoguery, Justice, Ethics, Gratitude, Freedom, and Mercy

Munzer's 8 Pistons - Game of Life

Yes, You Can

We promote MEI (Merritt, Excellence & Intelligence) first, then (DEI) (Diversity, Equity & Inclusion)

Yes, I Can

Your Life, Your Choice => **Path to "The 1%"** (of US) **and-Better Club; A Holistic View of Eudaimonic Life Philosophy and Practices**

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WARNING: Some truths in this poster are bitter, painful, & depressing. You will be [proportional to] the average of the 5 people you spend the most time with. – Jim Rohn

Inspired by: "As a Man Thinketh" by James Allen, Jim Rohn's "Walkaway from the 97%" AND above all by Curiosity, Passion for Truth, Science, Logic & Reason

(4) ★★★ CMVS: Using science, reason, truth and critical thinking manufacture your own Core Moral Value System to live by. Balance 1) egoism, effective altruism and utilitarianism; 2) consequentialism, intentionalism and deontology; 3) compassion vs reason based help; 4) justice and forgiveness; 5) axiology and epistemology; 6) rationalism and empiricism; 7) remembering self and experiencing self; 8) anthropocentricity, truth and facts; 9) social and perceptual facts; 10) capitalism and socialism; 11) democracy and communism; 12) total and restricted freedom; 13) competition and cooperation; 14) Aristocracy, Meritocracy and Equity; 15) while realizing that not all conundrums are solved, and that Free Will, meaning and purpose of life are only useful and essential illusions but use your passion to make meaning out of it anyway – Paradox solved. (See item 30 "Life" in text block 7)

(1) How to read and benefit from "Munzer's 8 Pistons - Game of Life" Poster

This poster is jam packed with useful and thought-provoking information, ideas & practices in a jigsaw puzzle format. This poster doesn't explain everything in detail but just shows ideas and pointers. It is the reader's itching curiosity that's supposed to make them think, ponder, fill in the blanks, connect the dots, solve the jigsaw puzzle of ideas, and put these into actions. ● Some of these truths are bitter and painful to swallow, others require intense critical thinking. Do you want to know the TRUTH or just looking for confirmation of your beliefs and wishes? ● **Information: I = Log2(1/Pi) binit.** Pi is the probability of the new idea to be true in your mind before you are convinced of the new (surprising) idea. ● It is recommended that you spend hours staring at this poster, read, let your mind wonder and wander a little bit on the key topics. Do research, Youtube, Google each of the new key words, terms you encounter. Readers are encouraged to think and debate over these topics over several months and find coherency, consistency, connections among many seemingly scattered, random ideas or find contradiction if any exists in the poster. If something makes sense, then practice it in your daily life and spread the message. Please volunteer for MMA.

(2) EMMA Foundation Goal and Mission Statement - 1/2

EMMA Foundation is a US based, non-profit, IRS 501(c)(3) global philanthropic organization. Its entire accounting system is open to its members, 100% transparent. Its goal is to enable individuals to reach their maximum potential through founder's modeled 8 Pistons – Game of Life. EMMA Foundation provides 7-tiers of daily and/or weekly, non-denominational preaching and education to the general public in pursuit of health, wealth, **enlightenment**, **eudaemonic, ascetic, stoic, balanced-epicurean lifestyle**, with proper diet, exercise, self-mastery, yoga, and meditation to benefit oneself and people around us. ● Most charity organizations feed the body by providing food to the hungry and shelter to the homeless, which are all good for urgent and temporary relief, but EMMA wants to feed human soul, spirit, subconscious and conscious mind. ● **EMMA** believes that the root causes of the problem are the bad ideas, belief, value system that are ingrained in one's own mind that one never questioned, examined nor recalibrated. ● That is why EMMA spend smaller percentage of its fund for material and physical help and larger percentage of its fund to feed the mind, the soul. ● **EMMA's** founder doesn't believe in **Free Will**, therefore he is against death penalty but is for jail terms for deterrent, rehabilitation, and restitution purpose but never for punishment, revenge or retribution. ● Everyone should be given **initial** equal opportunity and respect, but everyone is not created equal AND among those who are created equal do not attain equal socio-economic status, intellect or wisdom.

(3) EMMA Foundation Goal and Mission Statement - 2/2

To reach one's maximum potential to tackle worldly problems, material and spiritual, one must first enlighten one's own mind by replacing his/her bad ideas with good ones, with well thought out logical ideas based on 21st century's science, (21CS) reason and truth and sometimes with a slight touch of myth when necessary. ● **EMMA wants to feed the Soul – the mind, through which one figures out good from bad, right from wrong, and truth from lies.** EMMA's founder practices 8 Pistons and have achieved great results. EMMA is propagating its value and the process to make the world a little better place. We favor objective meritocracy (with some charity) over blind equity. **Any and All ideas in this poster can be modified as society changes or human, AI, ASI, AGI hybrids emerge.**

Local, state, federal governments, Technofeudalism, UNO, IMF, WTO, WEF, corporations, Hollywood, educational systems, social media, virtue signaling, woke-ism, cancel culture, snowflake, safe-space, trigger warning, euphemism, SJW, DEI, equal outcome (equity), your job, even places of worship won't help you to be independent, smart, healthy, wealthy, self-reliant and self-sufficient. Therefore, you have to do it yourself. Think independently, avoid "collective illusion", inadequate equilibria and "unhealthy social norm". **EMMA's goal is to help you get there, to high 8PQ.**

For each piston we have local meetup group, such as for Health: Hygieia Club; for wealth: CLAP club; you can improve your health, make money by entrepreneurship and investing. To start your own local chapter please contact us.

(5)

Adjust your goals according to your age and personal situation

Normalize your goals for physical fitness according to your age, height and medical lab tests measurements

Health (1)

Maintain mental and physical homeostasis, interoception, proprioception, hormesis, sleep, circadian rhythm, calisthenics, serotonin, nora-drenaline (nore-pinephrine), and dopamine. Practice deep breathing, meditate. Pay attention to microbiome, HBOT, neuroscopy, bio-hack, full body MRI & placenta/umbilical stem cell therapy, diet, exercise, sports, medical tests, OMAD, fasting, supplements, Osteo-Calcium, autophagy, Modified Wim Hof method, mind-body link, hot & cold shower, osteo-strong, Ambrosia, hormone therapy; then live for 100+ years with AGI.

Wealth (2)

Enjoy the power of money Responsibly

No 9-5 job with golden handcuffs, do not trade time for money, make a lot of money, be in the investor class. Don't always walk on the Hedonic Treadmill. Plan and act upon it, persuade, join CLAP (Caishen, Lakshmi, Abundantia, Plutus) Investment Club; Net Worth = (Assets – Liabilities) + risk handling capacity + social capital + free time. Live richly, dream big, ignore the jealous friends. Accept lonely at the top – you will be the target. Learn about dollar, gold, crypto, NFT, art, metaverse, philosophy of money, power and war.

Intellect (3)

System 2 Front Door

Eudaimonic Self + Group Survival, IQ, G-Factor, Wisdom, 14 Billion Neurons, Claustrum, Curiosity, Phronesis, Liquid and Crystalized Intelligence

200,000 yrs. of evolution, slow but deliberate, conscious mind, wisdom, awareness, virtue, ascetic, epicurean, discipline, syllogism, discerning, logic, compendious, perspicacity, sagacious indefectibility, persuasion, group selection, phronēsis. Use Core Moral Value System. Do brain exercise, puzzle, game theory, philosophy. Read, write & think broad subject matter. Be curious, reason, fair, just, compassionate & symmetrical.

Family/Love (4)

Like many other animals, human is also social animal. We need others. Family, friends, relationship, children upbringing and their education. Accumulate social capital, sacrifice, compassion, sympathy. Do favors, forgive, Live-Love-Learn. Volunteer, social activities, charity. Want respect? Earn it. Ignore small flaws in others. Join local in-person meetup groups, party, dine out with friends & family.

Travel (5)

Take expeditions with family to remote islands/ locations, Antarctica, Arctic Circle, Iceland, African safari, Amazon jungles, Himalayas, Down under etc. Interact with different cultures, explore, adventure, activities in nature, mountain hiking, have fun, enjoy with loved ones and in solitude. Appreciate urban places, manmade marvelous structures.

Philosophy Flourishment (6)

Travel between the real world and Metaverse. Think Agrippa's trilemma, human, animal, AI/ sentient Rights. Using system 1 & 2 construct your CMVS: Core Moral Value System. Purpose, meaning, search for truth, ethics, honesty, science, math, logic, reason, Still NO FREE WILL. Live Love Learn, Behavioral economics; Ponder about death. Ontology. man, god, nature, relationship, self-reflection, spirituality, values, morality, epistemology, psychology, universe, solipsism. Existentialism. Ponder: when to compromise your CMVS

Self-Mastery (7)

System 1 Back Door

Ascetic + Stoic Self Survival EQ, Qualia

72 Billion neurons, Limited conscious reprogramming of Autonomic Nervous System, Tummo, Habit

100+ millions of years of evolution, 800 times faster than System 2, anger, love, interoception, proprioception, instinct, meditation, power of myth, sadness, faith, aesthetic, intrinsic drive, selfish selection, gut feeling, modified Wim Hof method, cold shower, breath holding, fasting, curiosity, state of flow, grit, joy, hate, endurance, reptilian brain, Take MBTI Test, epigenetic, connectome, tummo, polyvagal, coping with great losses

Philanthropy (8)

Smart philanthropy: Feed the soul (the Mind), help change peoples' beliefs and habit. Teach, persuade, reason, truth, empathy, compassion but with tough love. Help others to earn, not handouts. Spread hard and smart work, self-reliance, discipline. Think Big. Help those first who wants to help themselves.

Scales for 8 goals

8 Dials

Eight desired scale, height (goals), one for each piston

Watch your actions not just words. Excluding sleeping, eating, hygiene, survival hrs., the percentage of the remaining 12 - 14 hrs./day, your discretionary time, that you spend on each piston will tell you about your self-deception. Expose your lies and go through purgatory now for enlightened life.

(6) *Consider this poster is your serendipity event today*

1) Piston numbers DO NOT represent it's importance, order or priority. Those will change based upon situations.
2) According to your age, height, and personal situation you set your desired goal, toward "The 1%" and better; set the scale height for each piston separately (At different target height). Remember Mathew 25:29
3) Using just one hand pull each piston up. As soon as you release a piston it will slowly go down at various rates.
4) One hand implies you have limited time, resources and energy to distribute among all the pistons of life.
5) Your job is to come back and pull the pistons up again and again to keep the sum of the distances between your target heights and current heights of corresponding pistons to a minimum. --- Prepare for human and AI, ASI, AGI merger
6) Pistons imply continuous effort; If you become complacent about any piston then that will go down.
7) Know your own numbers AND numbers of "The 1%" (US) and better for these 8 pistons in the real world out there.
8) Then *"Show me the Beef"* by showing objectively measured numbers for yourself (The Result). Be inquisitive and learn.
9) Expose your self-deception and delusion by measurements and go through purgatory now. If you can't measure it, you can't improve it. Important: Some measurements may be subjective, abstract, low resolution and fuzzy.
10) Strive for better but also learn to live with imperfect self for which you can't do anything. Engage in autotelic activities.
11) Do not chase happiness. Happiness, joy, love, peace, and even money will follow you as byproducts of your higher purpose via ascetic eudaemonic, epicurean and stoic lifestyle (not hedonic life). Joy, Love, Peace are "inside jobs".
12) Use piston 3, [system 2] to tame (reprogram) the elephant in piston 7 [system 1]. Systems 1 & 2 work together. Systems 1 & 2 are terms coined by Noble laureate behavioral economist Daniel Kahneman. Get into flow state.
13) Reasons most people do not achieve their highest potential are a) Self-deception, Lies b) Want things for free and now c) Shallow & narrow, tunnel vision d) Lack of critical thinking and logic processing e) Lack of emotional control
14) Money makes a bad person worse and a good person better. Make a lot of money. Have possessions but never let possessions posses you. You can't take your wealth to grave. Enjoy more by doing than having, Piston # 5.
15) **Piston 2:** Join our **CLAP Club** = **C**aishen, **L**akshmi, **A**bundantia, **P**lutus to make money. Enjoy your wealth **responsibly**.
16) Use Qualified, 3rd Party, Double Blind, Iterative (Successive Approximation) Statistical, Methodology = **Q3** for short, use subjective and objective measurements. **Judge everything using your well thought out CMVS (As defined above)**
17) No pleasure without pain; Practice pain endurance; Don't let pain make you suffer; Develop mental strength. Piston # 7
18) Ditch your "Fixed Mindset" for "Growth Mindset"; Read, write and think. As you think, so you become. Be a polymath.

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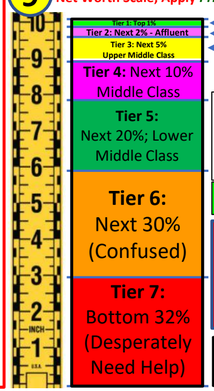
19) Most important piston is # 3: (System 2 – The Front Door) – Use the illusion of Free Will to act upon your CMVS. Pre-Frontal Cortex (PFC) (via Front Door), the conscious mind, claustrum, Self-reflection, science, logic, critical thinking, wisdom, crystalized and fluid intelligence, Inductive and deducting reasoning, discerning, morality, awareness; Welcome to the brave new world of the 21st Century's "*Science*" that includes everything, material, non-material, spiritual, any and all ideas & faith. Triggers for curiosity, passion and love for the truth are originated from Piston 7 will drive your Piston 3.
20) There are 86 billion neurons in human brain. 16% are in PFC, in the Thinking Brain, The Front Door. This is what differentiates homo sapience from all other lifeforms that we know of. Leave the front door wide open most of the time.
21) Second Most Important Piston is # 7: (System 1 – The Back Door) Mentally prepare yourself for aging and lamina decay Subconscious mind: (**via Back Door**) Limbic system, amygdala, basal ganglia, hypothalamus, feelings, passion, curiosity, love, empathy, compassion, anger, calm, music, instinct, microbiome, grit, modified Wim Hof method, autonomic system, habit, effects of meditation, aesthetic, proprioception, any spice on any food etc. Guard your backdoor like your life depends upon it. Open your backdoor wisely when necessary for short durations of time and only in safe space.
22) 84% of all neurons are in System 1 / Limbic System (LS). **LS** is 800 times faster than PFC. Reptilian brain is part of System 1 These include neurons in your gut, heart and entire body. Intrinsic Drive comes from there. – Be Autodidact
23) Challenge your mind & CMVS: Would you kill baby Hitler (By time travel)? Solve Trolley, Monty Hall and other Problems.
24) **You need others for your own joy & happiness, but you will still be [proportional to] the average of the 5 people you hang around with. the most.** Form your own social, economical, political, religious and other opinions using CMVS, gut feeling, science and logic.
25) Using Ethos, Pathos, Logos & Mythos Practice Human Relationship (HR) overcome cognitive consonance/dissonance
26) 97% of the population are self-deceptive, walking, talking, non-thinking, short-term pleasure-seeking zombies in the Matrix. Don't be like them. *Price's Law:* 50% of the output is created by the square root of that population.
27) Do not sit along just to get along, to sing along the same mantra of group think just to please yourself and others.
28) Good times create weak men; weak men create bad times; bad times create strong men; and strong men create good times,
29) Oh' God (Nature) give me the power to change the things that I can, give me the serenity to accept the things that I can't and give me the wisdom to understand the difference between them. **Live, Love, Learn.** – Observer created reality
30) Life is a journey; just be a passenger, when necessary, an observer in a fastmoving train, looking through a window, appreciate the beauty, the good, the bad and the ugliness of raw nature. All you can do is take it all in, Free Will is only an illusion anyway.

(8) *For donations, please contact us at Emma@EmmaFoundation.net*

1) Not the IQ, EQ or GQ but 8PQ (8 Pistons Quotient) is the true measure of the things that we should be interested in, measure and strive to improve = Success.
2) Spectrum of Metaverse? Movies, soccer/football games, enjoying high price brand name products, dreaming, Meta-headset! Just be aware of when you are in Metaverse.

(9) Net Worth Scale; Apply *Price's Law;* US Pop.: 335 Million (Yr. 2023)



Tier 1: Top 1% of US Population

Tier 2: Next 2% - Affluent

Tier 3: Next 5% - Upper Middle Class

7 Tiers (Net Worth Wise) of Interactions and Mentoring. Same 7 tiers concept can be applied to any of the 8 pistons

On the principle of "You will be the average of the 5 people you hang around with", Tier 1 (top 1%) will mingle with Tier 2 (the next 2%); Tier 2 will mingle with Tier 1 AND 3; Tier 3 will mingle with tier 2 AND 4 and so on.

Lack of 8 Pistons	Munzer's 8 Pistons
Fat, Poor, Dumb	Health, Wealth, Intellect
Single parent, Multiple marriages	Family/Love
Locked in the rotten neighborhood	Travel
No value system, No philosophy	Philosophy/Purpose
No self-discipline	Self-Mastery
Can't give	Can give / Philanthropy

Philosophy/Spirituality

10
9. Politics/Force/War
8. Economy/Finance
7. Sociology
6. Psychology
5. Biology
4. Chemistry
3. Physics
2. Math
1. Consciousness/ Qualia

(11)

Besides, to survive and reproduce, humans want 'Power over Others' and the means are:

5. Money
4. Keep them dependent upon you
3. Force / Wars
2. Control Other's Mind, Sell them Hopium
1. Control your own mind (Soul) and body (health)

What about Love & Compassion?

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