

Future

So one thing that is endlessly fascinating to me is the future ... thinking about the future, predicting the future, and more importantly, being part of the future. Now why does this matter?

First, we have to think of and consider our children. I actually think that... The path of the way of the future is obviously our children. And you think intelligently is to consider our kids kids kids, and when our kids kids kids have kids.

Therefore from a simple perspective, I don't really give much Credence to anybody who talks about stuff who doesn't have kids. Why? Their time horizon is too limited. They are stuck on a simple present moment, which is currently littered with fake news sensationalism, all parts of the political spectrum.

Now why does this matter? No assuming that English is now the operating system language of the planet, what that then means is that as our children grow up, I really think that critical and skeptical thinking is the future. Now whenever I hear any news about anything, I always doubt The velocity of it. Because even the real news is misconstrued, often used as a political weapon to promote some sort of ideology.

The facts are real but the narrative is fake.

How to verify human

So one of the virtues of the new version of Twitter X is that if you pay the \$50 a month thing, you get the blue checkmark which is significant because at least it confirms that you are probably most likely a real human being. Certainly it is still true that you could create a bot but, at least there is a little bit more skin in the game.

I think the problem about the Internet is that my thought is about 100% the Internet is now just all AI agents and bots. The Internet only has robots.

It's funny I was thinking about it, even though I am very very critical of Facebook, but at least one of the virtues is that at least most people on it are real. For example if you've been on it since college, it is most likely you are real.

But the problem is it becomes a wild garden... Facebook is very antagonistic to being open, and as a consequence, you can't really search it or index it.

My thought is AI is obviously the future, and even now with the touring test, even I am having a hard time discerning what is real and what is not real. I'm actually starting to understand the nuances of how AI gets confused or hallucinates. essentially what happens is this:

First, you ask it something and then it covers the Internet for it... But then it takes two adjacent ideas, which are mostly similar, creates a new narrative, and actually the narrative is actually not true but kind of true. It actually becomes more metaphorical, And **aspirational**.

Now whenever I use ChatGPT, I assume that all the information that is giving me is actually wrong, but... It gives me a possibility or a glimpse of what is *possible*.

so now what

I encourage all Americans to at least experiment with a new ChatGPT 03 pro , \$200 for a month. Seven dollars a day come on you could afford it.

The general idea is just kind of play with it and figure out what it is good for and what it is not good for, and my general thought is anything you would otherwise Google just ChatGPT it.

There is no second best AI.

America

So it looks like the American dream is dead. Even me I'm an Eagle Scout I am becoming very bearish on America.

I think the critical issue here is that, at least when I was a kid, immigration was seen as a good thing. The general idea is that all the smart people should come to America because America is a land of opportunity.

But now that we have cyber space and bitcoin... The new land of opportunity is now in cyberspace not a physical space.

So then I suppose, as long as you have access to bitcoin, and you live in a place that you could actually buy and purchase bitcoin the world is yours.

AI

My bold prediction is that an AI will never replace humans because it is like a calculator without an operator. Or an excavator without a human operator.

All values are human, and therefore, ultimately all and outcomes are human centric.

So what that then means is that, no no no... There is no idea such as the end of the world, why? **The reason is because all people in power have no incentive for the world to end.**

For example, if I am a rich patriarch, I don't want to die. Or my kids to die. I also want to keep enjoying my Rolls-Royce, my Lamborghinis, my fine whiskey from Japan, A5 while you etc. Kim Jung Un enjoys his Maybach collection, and apparently is also really into American culture.

It's also good about being in Cambodia is that when you get a truly global perspective, you find out that everyone is actually very cool. For example I happen to meet this one guy very friendly, essentially a mainland Chinese ambassador to help poor villages in Cambodia from the Chinese government, he was extremely Kind and fluent in English, even back home he had a kid in Jordan. I asked why his name was Jordan and he said... *Like Michael Jordan?*

Everyone is your friend

We all left, dance, have kids, enjoy family good food, wine etc. I still think that the real built-in here is media. All media, Social or not, it is all bad.

In fact, I have a simple notion of like a digital detox, or better yet... Just quit the news. To me the news is like the worst vice on the planet because it purports itself to be virtuous, reality... **You're just instigating eyeballs for advertising revenue.**

In fact Google is the real bad guy here. As long as you keep clicking on stuff, Google continues to operate her razor thin margins, **now that her stock is destroyed, my idea is we will continue to see more fake news.**

Shield

Who is the most ethical superhero... I think Captain America. Why? His only weapon is his shield, and the reason why this matters is because a shield is a good metaphor to life.

As a parent... The best you think you could do to your for your kids is to shield them from bad stuff. The best thing I've done as a parent is Seneca has never watched YouTube in his four years of life, never watched any television movies never consume sugar. Fruit beverages, candy cakes pastries, nothing.

Even for myself, I'm still shocked... Am I the only millennial who doesn't even own AirPods?

Also am I the only American who doesn't have Instagram TikTok, or an iPhone Pro? My ultimate badge of honor is that I just have a \$300 iPhone SE.

Also with my 508 kg lift, I don't even consume protein powder, and I do it fasted, hundred percent carnivore dinner . No Breakfast no lunch.

So now what

Create your own entertainment, do it through ChatGPT. It is mostly fake but very entertaining. And I think it is actually more virtuous for you to create your own entertainment rather than pay someone else for it.

Also... The trim virtuality is physical. If you walk like 30,000 steps a day, go to the gym once a day, swim, do hot sauna , yoga, rack pulls, have barefoot shoes, talk to real humans, isn't that good?

Health

In corpus, mens.

In a healthy body a healthy mind .

In a sick body a sick mind.

Detox. Delete Instagram Facebook TikTok YouTube Spotify, podcast, Joe Rogan, Twitter X, when you go home turn your iPhone completely off and just put it in a drawer. Or turn it off and just lock it inside your glove compartment in your car and go to bed.

Better yet, give your iPhone Pro to somebody in need, and just buy an old \$300 iPhone SE.

Also throw your AirPods into the trash.

Media is toxic

When you go to the gym do not put condoms in your ears .

Also, Have a funny idea for Jim. The idea is the gym is free, but when you check in you must lock your iPhone and AirPods into the locker, and the gym has no music no televisions. It will be powered by bitcoin.

Also no rules. You could sign a waiver and you can work out topless, without shoes, flex all you want. The caveat is all personal, if you hurt yourself it is your own responsibility. Also no mirrors because mirrors are distracting.

More ideas

I think the most interesting thing you do as a parent is when you're at home or at the park with her kid, turn your iPad and iPhone 100% off. Let the world wait for you.

I really think that phones are like crack cocaine for us. But worse because it makes you depressed.

Also this is a hard one... Quit Reddit. Reddit is toxic.

Lego technics

By yourself the \$500 Lamborghini Lego technic set... And let this occupy your self rather than all this bad media.

What else

So the new GoPro ultra wide camera is out... My personal thought is **point of view is the future**. not Apple Vision Pro.

People do not like things on their heads. Even myself I don't even like my glasses . The next time I get new frames I'm just gonna get the ultra light Lindberg invisible frames, with \$1000 light Essilor lenses... on your face and on your head and for your eyes, even a single gram makes a difference.

what else

Don't upgrade your iPhone just buy ChatGPT pro . 100000x your own Archimedes lever.

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the joy of vision

Walking along the water path waterfront In Phnom Penh,,, 6am... bliss!

I recently updated my lens power, and now... I could see everything in like HD. It's like so insanely beautiful, to simply see and meditate on the ripples of the water in the early hours -- pure bliss!

My thought is vision is everything. I think actually now that I think about it... Street photography may be the most virtuous of them all because it has to deal with embodied reality and joy.