

## Ignore Hollywood and Social Media

The more I meditate on the current state of culture, the more I recognize **the insane stranglehold Hollywood and social media have on the general population.** They create a lifestyle where people share their lives in the most curated, aesthetic way possible on platforms like Instagram. The sad truth? These platforms offer *nothing of value* except temporary fame in exchange for your attention.

**People become hamsters on a wheel, forever chasing after a sliver of cheese—a dopamine hit.** Meanwhile, you could be in the gym, taking a cold shower, or challenging yourself with physical activities to receive a far more rewarding sensation.

*"Dear God, I wonder, can you save me?"*

*"Illuminati want my mind, soul, and my body." – Jay-Z*

## Modern Notions of Success Are a Scam

We let Hollywood and the media dictate what success should look like. Fancy clothes, flashy cars, and celebrity homes—*these are not true indicators of success.* Once you remove the value of these external, material things, you tap back into your physiology and the natural order of what it means to be human.

I believe most people are *way too comfortable with the state of their existence.* They go to work, come home, watch TV, go to sleep, repeat. We chase money, sacrificing our physical and mental health in the process.

## Create Your Own Media Empire. Ignore the Rest.

*True success* doesn't come from media's shallow ideals. Build your own world, create your own media empire, and focus on what truly matters. Ignore the rest.