

You Must Destroy Yourself to Create Anew

I consider **destruction as creation**. When I think of the fall of Rome, I can't help but imagine how we would've never reached this point in history without it. Perhaps modernity itself is the result of the fall of Rome.

Destroy Your Past Self

Being nostalgic for the past is ill-advised. It seems wise to forgive and forget, to hold no regrets for past actions or wrongs done upon you. **To move on and evolve requires the destruction of your past self.**

Become a Super Soldier

Imagine that you're funded by the United States military, using every moment of your life to become the future Spartans of the world. **How will you live your life?**

To Create More Is to Become More

Once you become a Spartan, channel all of your energy into increasing strength, charisma, and courage. *Beautiful art should be created by beautiful people.* Remove any degeneracy from your life—whether it's alcohol, smoking, weed, or porn. **We should not indulge in these earthly pleasures.**

Let the Chips Fall as They May

Once you've destroyed yourself and are ready to become more, it's time to **embrace the chaos**. Speak the truth, be playful, but take no sleights from people. Follow your gut instinct, your curiosity, and have no fear. *Let the chips fall as they may and create something out of nothing.*

