

## How to Become a Demigod

Becoming a demigod isn't about chasing things—it's about simplifying, strengthening, and grounding yourself in nature and purpose. Here's the path to becoming your strongest self.

### Praise the Sun God

First and foremost, **get sun exposure every single day**. Spend as much time outdoors as possible, with minimal clothing to maximize your body's connection to the sun. Even in colder climates, embrace the sunlight with a good winter jacket. Your circadian rhythm depends on morning sun exposure, so start every day by stepping outside and letting the sun fuel your energy.

***"Set your circadian rhythm every day and get your ass in the sun."***

### The Truth About Sugar

**Sugar hijacks your body and slowly kills you.** The gut-brain connection is often overlooked, but your gut plays a crucial role in your health. A healthy gut communicates with your brain, supporting focus and well-being. Foods like kimchi, with its probiotics, strengthen this connection. But when you crave processed foods like cookies, chips, and candy, it's a sign something's off. These should repulse you, not attract you.

***"Your gut should be speaking to your brain, saying, 'Please do not put this in my body.'"***

### To Walk Is to Be Human

Humans are bipedal for a reason. We were designed to move, hunt, and gather—**to walk is to be human**. Spend your days moving outdoors as much as possible. Embrace the elements, and if it rains, find indoor spaces to walk. Avoid sitting; we weren't made for it. Let machines handle the sedentary work—your body is designed to move.

### **Death to the Media**

Modern consumerism has become the world's new religion. Sitting in front of screens all day is now the norm, but **if you want to become more human, step away.** Avoid the news, movies, TV shows, social media, and podcasts. Delete your Instagram, stop watching YouTube, and *get outside*. Watching TV is baffling when you could be out in the real world. Instead, focus on creating—build your own media, or simply watch the sky.

***"Do not consume garbage, whether it's media or food. I'd rather stare at the sky and watch the clouds than any screen."***

### **Drugs and Alcohol Are for Losers**

Consuming alcohol, weed, or other substances is a sign of detachment from the true self. Every sip of alcohol is a poison—don't fall into society's trap. Surround yourself with good people and stay clear of negative social influences. **Avoid social contagion like the plague.**

### **Focus on Becoming Strong**

Strength is essential. Your body should be capable—able to lift heavy things, do pull-ups, push-ups, and maintain flexibility. Your core should be rock-solid. **As men, it is our duty to be strong.** This is about honoring our physical potential and building resilience.

### **Fast All Day and Eat Red Meat**

What's the antidote to modernity? **Mimic the lifestyle of our ancestors.** Keep yourself fasted until the end of the day and consume red meat. Live like a Spartan, simulating the endurance of a full day of hunting before your first meal. Fasting clears toxins and sharpens focus, while red meat provides strength.

***"We are strong and capable of fasting. Clear your body and start eating red meat to focus and grow stronger."***

### **Demigod Goals**

The goal is simple: lose fat, gain muscle, and become as resilient as an ancient Greek demigod. **Eat more red meat, get quality sleep, soak up the sun, and lift weights.** Avoid sugar, media, and negative influences. Strive to emulate the strength and discipline of our ancestors.

### **Subtraction Is More Powerful Than Addition**

To become a demigod, remove what's unnecessary:

- **No porn, no fap**
- **No smoking, no alcohol**
- **No breakfast, no lunch**
- **No news, no social media**
- **No sunglasses, no hats**
- **No AirPods in public**

### **The Simple Things Go a Long Way**

Building a demigod lifestyle is about focusing on the basics:

- **More sleep**
- **More sunlight**
- **More walking**
- **More weightlifting**
- **More red meat**
- **More smiling**

**Embrace strength, simplicity, and purpose.** Remove the distractions, fuel your body with nature, and let every day bring you closer to your best self.