

SEEK POWER: The Pursuit of Strength and Self-Mastery

Perhaps it is wise for us to seek power first and foremost. Not the power of money, fame, or influence over others, but raw, physical power. A power that comes from within—power that derives from the body and reflects in the mind. This is the type of power we should strive for as men.

Become a Greek Demigod

Imagine sculpting your body into that of a Greek Demigod. To do this, you become both the **artist and the art**, the sculptor and the sculpture. You are the hero within, shaping yourself through discipline, strength, and resilience. Becoming a modern Hercules, or a figure worthy of a Greek statue, is within reach for each of us—it all comes down to the decisions we make, the things we consume, and the actions we choose not to take.

To reach this state, we must make our bodies as powerful as they can be.

Weightlifting, red meat, deep sleep, and sunlight are the cornerstones of building strength and resilience. Keep your body in motion—stand, walk, lift, and move continuously. Like the heroes of old, such as Hercules, we admire their strength, courage, and resilience. Why not aim to become our own living sculptures?

"Become both the sculptor and the sculpture, crafting yourself into a figure of strength."

Strength is Happiness

There's a direct link between strength and happiness. **Weakness leaves you feeling powerless, while strength brings a sense of boundless possibility.** As you grow stronger, happiness follows; each challenge you overcome adds to your sense of fulfillment. When you feel power, you feel capable of facing anything. Strength isn't just physical—it's a mental and emotional state of resilience.

Reject Weakness, Embrace Strength

The pursuit of power is about rejecting weakness and embracing the strength that comes from pushing your limits. With each weight lifted, each fear conquered, and each bit of resistance overcome, you get closer to reaching your full potential. I know I feel my best when I'm increasing my strength, overcoming challenges, and seeing the results of my hard work.

Key Takeaways

- **Seek raw, physical power:** Focus on building a resilient body as the source of your strength.
- **Become your own sculpture:** Channel the spirit of the Greek Demigods by training and refining yourself.
- **Strength leads to happiness:** A powerful body creates a powerful mind, leading to resilience and joy.
- **Embrace strength, reject weakness:** Make the choice each day to overcome resistance and grow stronger.

By seeking power within, we don't just build a stronger body—we build a stronger self. Embrace the pursuit of strength, resilience, and self-mastery, and you'll find that the power you seek is already within you.