

Raw Power

For the past week, I've been experimenting with drinking raw milk, and I've even been mixing it with raw honey. I've been practicing a 100% carnivore diet for two and a half years now, and I've never felt this powerful in my entire life. But ever since I started training at a boxing gym six weeks ago—alongside some HIIT training and Ashtanga yoga—I've been upping the intensity on top of my morning strength training. Because of this, I'm starting to think more about recovery, longevity, and new protocols for muscle repair.

The Importance of Recovery

Every morning and night, I take hot baths with Epsom salt followed by cold showers. As I lay in the hot, boiling water and start to sweat, I feel so rejuvenated after stepping out of the cold. What I've realized is this: if you take proper recovery measures, you don't even need to take rest days. You can just keep going—with raw power, vitality—and the Epsom salt baths seem to be playing a major role.

In the morning, I like to hydrate with water and take a small dab of raw honey mixed with pink Himalayan salt. It feels like salt helps carry the minerals through the body, and combining it with honey—or with my new evening ritual of raw milk—seems to genuinely help with recovery.

I'm starting to feel something insatiable growing in me—this overpowering energy. The surprising thing is, I've been feeling this power while remaining completely fasted all day until sunset. I train on an empty stomach and eat only one meal a day. But when you fill your body with real nutrients—meat, liver, salt, water, raw milk, raw honey, raw cheese—you tap into the most ancient, primal source of force and power you can possibly consume.

The Land of Milk and Honey

I find it interesting that the Promised Land—Israel—is called the land of milk and honey. There may be deep truth to this. A land of milk speaks to richness and nourishment from cattle, while honey is a symbol of delicacy and luxury. But the Promised Land, I think, is more than a geographic location or a metaphysical heaven—it's an internal state.

We create heaven on earth. The Kingdom is within. There's a reason why Jesus said this.

If you're waking up each morning dreading the day, stuck in a life you hate, pacifying yourself with TV and junk food at night, that's hell on earth. But if you rise with raw power, vitality, curiosity, and eagerness—fueling your day with love for what you do—you've created paradise.

To create heaven on earth, you must obey and listen to the highest power: God. Everything else falls into place.

Listen to the Inner Voice

Take Moses leading the Israelites out of slavery. At the border of the Promised Land, God tells Moses to *ask* the rocks for water. But Moses doesn't listen—he strikes the rocks instead. And because of this disobedience, he never enters the Promised Land.

What I take from this is: you must listen to God—not society, not politicians, teachers, friends, parents. Your intuition may seem “crazy” like speaking to rocks, but it's your direct line to the divine.

That voice inside you is the path to the Kingdom.

Follow Your Intuition

We all have this godlike intuition, but the noise of modern life drowns it out. The city, the phone, the screens, the algorithm—it confuses people, blinds them to what they truly want.

The only way to hear that voice is to step away.

Go into the wilderness. Literally. Walk the nature path. Surround yourself with beauty. Silence the chatter and you'll hear the call. But if you drown that voice in consumption and distraction, you'll never find it.

I can only speak for myself, but I genuinely believe I've found heaven on earth. I was doing social media work that drained my soul. So I quit. I was jobless for over a year. But in that silence, I listened to God.

And it led me to a life I resonate with on the deepest level. Now I work a job I love. I've found inner peace. It all came from obeying the voice within—without fear.

You need courage to listen to intuition. Cancel the noise, and you'll finally hear it. And once you hear it, obey it. Submit to it. Then life unfolds the way it should. And in that unfolding, you'll find peace, clarity, purpose, and meaning.

The Eternal Return

If you had to relive today for the rest of eternity—would you thrive?

This is the ultimate existential question. Even more important than confronting death. Because when you accept mortality, you ask: *Am I living well?*

You realize life is repetition. So you better live in a way that you can affirm it—again and again.

Wake up eager to see the sunrise. Eager to move your body. Eager to walk forward. Think of Sisyphus rolling the stone uphill, again and again. Is life suffering? Maybe. But can you affirm it? Yes.

I believe true freedom only comes from true physical vitality.

Cultivate Courage

When David faced Goliath, he was just a small shepherd boy. But he had courage. He armed himself with God and stepped into the unknown. One clean shot. The beast fell.

Without courage, David would've never become King.

So muster courage. Face what's in front of you. Overcome it. Become King of your own internal kingdom.

Create paradise.

Be the creator.

Why waste your time squandering your potential when you could live meaningfully?

Time is our greatest currency. Spend it well.

Because you could die tomorrow.

So ask yourself:

Would you rather die a good boy—on time, obedient, and forgettable?

Or would you rather die knowing you moved forward with raw power, vitality, and purpose—carving your own path, living a life that meant something?