

## Thinking Is for Idiots: Live from Your Instincts

So one funny thought I had today is about thinking. When I see that statue of *The Thinker* outside the Rodin Museum here in Philadelphia on the Benjamin Franklin Parkway, I can't help but wonder—

**How the hell is this guy coming up with any thoughts just sitting there on his ass?**

Anytime I feel like sitting down, it's because I'm tired. And when my physical body is tired, my metabolism slows down, my hormones stop firing, and to be honest with you—I start to overthink.

If I'm just sitting there passively—especially indoors, surrounded by four corners and a ceiling, in an air-conditioned box—something feels off. This way of being, sitting down in modern condos and apartments, it's like locking yourself in a cage. Like a zoo animal.

And when you're sitting on your ass, thinking, it's almost as if the thoughts hit the ceiling and bounce back. They don't go anywhere. You just sit there wallowing in your head, playing things over and over again.

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### Depression = Sitting Down

Look at the word *depression*. It's wild to think about it literally—**being pressed down**. When you're sitting, the laws of physics have you confined. You're in a state of compression. You are being *de-pressed*.

But when you're **outside**, in fresh air, walking in nature—preferably on a trail, surrounded by trees, hearing birds and insects hum—you feel **alive**. You feel spiritedness inside.

**And through that spiritedness, you rediscover your instincts.**

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### **Live from Your Heart**

The most blissful state of being? Just being **outside**, with the freedom to move. Walking with your two legs. Sunlight on your skin. Wind in your face. That's bliss.

I follow the light. I move through life with my gut and my heart.

#### **By following my bliss, my love for life increases.**

Anything that keeps me confined inside will slowly kill my soul. It drains me. Zaps my energy. Traps me in a mental loop. But when I'm moving—**becoming**—trusting my gut, following my heart, I feel full of love, energy, and life.

Any thought that comes to me in that state is **primal, instinctual**, and **pure**. Not overthought. Not filtered. Just real.

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### **The Modern World Wants You Docile (And in Your Head All Day)**

Just look at modern work trends:

Eight hours inside, sitting at a computer, doing tedious tasks.

#### **This is no way to live—especially as a man.**

And now? We've got weird VR goggles, Metaverse experiences, and people glued to screens all day, consuming mindless junk and slowly becoming vegetables.

The trend is toward **denying the body** and **praising the mind**. But what's the joy in that? Personally, I'd rather walk around all day and experience life on the front lines than sit inside, motionless, while my brain gets digitally projected across the world.

#### **Why is there this obsession with being in your head?**

Why not return to the real? The physical? The primal?

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### **The World Is a Prison—But You Have the Keys**

Remember public school growing up?

Metal detectors. X-ray machines. Security guards in the halls. Forced to sit for hours and regurgitate info you'd forget the next day. That's not education. That's a **prison system**.

It trained us to sit still, think too much, obey passively.

But I remember rejecting all that.

Sneaking out the back door. Walking through the park nearby.

Doing my work on my own time, when I felt like it.

**That's when I was free.**

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### **Don't Trust People Who Don't Lift Weights**

Here's a funny thought:

**Don't trust anyone who doesn't lift weights.**

Or better—don't trust people who eat junk food.

Why?

Because **you are what you consume**.

If someone eats junk, they're inputting junk. And their output—their **thoughts**—will be junk too.

But if someone is strong, lifts weights, eats clean...

Their thoughts will be clean too.

Their head won't be clouded. Their body won't be fogged with toxins.

**Clean input = clean signal. Clean body = clean mind.**

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### **The Moral of the Story**

Just do and follow what you love.

**Through love, you'll find spiritedness. Power. Energy.**

And your instincts will guide you the rest of the way.