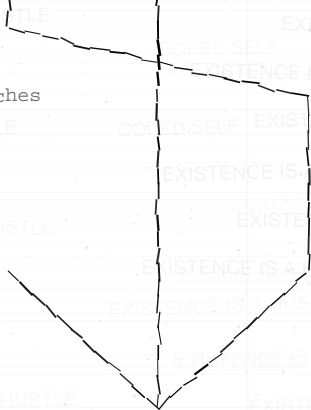


SCRAP BOOK

DISPATCHES FROM THE FEED

a curated wreckage of signal & noise
body protocols - mind hacks - love dispatches
wealth philosophy - raw internet aphorism
saved because something landed.



MAGDEL CENTS

MIND

SELF



I.

this is the only phase in human history where you could make an occupation out of what you love using nothing but your phone and a wifi connection. virtually zero overhead. virtually zero paperwork. one-man show. completely remote. geography-independent. create your art and take a second to learn how to market it - plenty of those out there, literally all over the world, even if it were incredibly niche. today, choose to celebrate existence. choose delusional optimism. you'll be rewarded for it a hundredfold.

- @BlondB00

Your identity is just patterns you repeated enough times that your basal ganglia automated them and your hippocampus filed them as 'who I am.' You're not wired to wake up late or be bad with money or avoid public speaking. You just did it enough times that your brain made it automatic.

- @INFLUENC...

Don't follow crowds. Follow the innate feelings inside of you. Do what you feel not what you think. You have the best ideas. Other people's opinions are usually more distractive than informative. Follow your own vision. When you first wake up don't hop right on the phone or internet for up to an hour if possible. Just be still and enjoy your own imagination. It's better than any movie.

- @kanyewest

People write incomprehensibly not because they have deep thoughts, but because they lack the discipline to think them through.

- @Kpaxs

A writing tip from Joan Didion: write 'xx' if you can't think of the precise word - come back to find it later so as not to interrupt the flow. The precise words are already there, simply taking their time to arise.

- @lapislagoons

We must be competent. Study 18+ hours a day. Goethe. Leibniz. Socrates. Brutal competence in ur field. Mind so sharp others bleed if they try 2 play w/ it.

- @LandsharkRides

BODY

PROTO

II.

- NEVER-SICK STACK -

Ginger - Turmeric - Onion - Garlic - Lemon - Cayenne Pepper - Honey - ACV. Consume on a regular basis and you'll never know what illness is. Add them to smoothies etc.

- @DejaRu22

- SPRINT PROTOCOL -

The following increases human growth hormone production by 771%: Sprint 20-30 sec. Rest 90 sec. Repeat x8.

- @DejaRu22

- ELECTROLYTES & BRAIN FOG -

Sodium, potassium, magnesium are essential for action potentials and neurotransmitter release. Chronic dehydration with electrolyte depletion causes brain fog that no nootropic fixes. 1-2g sodium, 400mg potassium, 300mg magnesium daily minimum. Salt your food aggressively.

- @BasedBioh...

- VITAMIN D + K2 -

K2 prevents calcification - directs calcium to bones not arteries/kidneys. Increases bone density. Lowers inflammation. Non-negotiable alongside Vit D because D massively upregulates calcium absorption. 10,000-25,000 IU/day from sunlight. If you aren't getting enough sun: supplement accordingly.

- @DejaRu22

- 3 THAT ACTUALLY MOVE THE NEEDLE -

Magnesium Glycinate (calm, sleep, recovery) - Omega-3 (inflammation, cognition, metabolism) - Vitamin D3+K2 (energy, immunity, hormone support). Everything else is window dressing until these are locked.

- @LeddyLLC

- EVIDENCE RANKING -

Exercise A+ / Vit D A / Magnesium A- / Omega-3 A- / NAC B+ / Creatine B+ / Glycine B / Taurine B- / Vit B1 C+ / Greens powder F

Not a prescription - what has been researched to have the most benefit in humans.

- @Analyze & Optimize

- RESET PROTOCOL -

Until you feel your brain is back: drink only tea and water. Delete social media. Fast from music. Fast 48h/week. Cardio + sauna daily. Time in nature. Single ingredient foods. Cilantro & Chlorella. Milk thistle. Mullein. Black seed oil + magnesium. NAC. Turmeric.

- @DejaRu22

"milk thistle, NAC, and thiamine are all god-tier."

- @DejaRu22

- HYDRATION -

Most people have never been hydrated a day in their life. Most don't drink 2L daily - yet that's how much you lose just existing. Get in: raw sugar cane juice, coconut water, lemon water, pomegranate/cranberry juice. 33rd degree Freemason occult secret: hydrate properly. Mineral water, sparkling, Celtic salt.

- @DejaRu22

MONEY

LEVERAGE

III.

- THE LOOP -

Dad buys stock at \$250K.

It grows to \$12M.

If he sells: \$11.75M tax hit.

Instead - put it in a trust.

Borrow against it.

Borrowing is not income. So no tax.

He lives on loans. Never sells.

He dies holding the asset.

Kids inherit at a \$12M basis.

RS GETS \$



- @chaleitscecil

- LINKEDIN LURK HACK -

LinkedIn shows who viewed your profile. View every decision maker at your target accounts 4-5x over two weeks. Just lurk. They'll start recognizing your name. Some will connect first. Cold outreach into warm inbound - all you did was click.

- @pipelineabuser

- OLD MONEY RULES -

1. keep assets boring. pleasures private. 2. never look expensive, look unbothered. 3. power never over-explains. 4. cash=emergencies, credit=opportunities. 5. loud+emotional = already a bad deal. 6. friends: useful / neutral / entertainment. 7. silence safer than honesty in most rooms. 8. learn taxes before multiplication tables. 9. you work hard early to stop later. 10. always have an exit plan.

If you bring a problem, bring context. If context, bring options. If options, bring a recommendation. People trust people who help them think. Anyone can spot an issue - few can move things forward.

- @blakeaburge

Leverage knowledge, structured ideas and execution can out-earn conventional jobs with minimal tools.

- @Kareem / Male UGC Creator

DISCIPLINE WINNING

IV.

There is NO SITUATION that is NOT improved by bringing ENERGY and PASSION to it.

There is no future. There is no past. There is ONLY an ever unfolding NOW.

- @DejaRu22

In order to become a Champion: You must think like a champion. Plan like a champion. Act like a champion. It must become your life 24/7 365. A whole mind-body performance practiced infinitely, engrained so deeply it becomes the only way you know.

- @DejaRu22

MOTIVATION IS A SCAM

Delete the idea of needing to be 'motivated.' It's a scam. You are never going to be permanently motivated to do ANYTHING. Take emotion out of the equation. HOW YOU FEEL IS UNIMPORTANT. DO WHAT YOU NEED, IRRESPECTIVE OF HOW YOU FEEL.

- @DejaRu22

Seek to stack the little wins. Momentum snowballs and compounds. Little wins. Instead of of little defeats.

- @DejaRu22

The reason most people see NEGLIGIBLE results comes down to a lack of INTENSITY. While training: shirt should be SOAKED in sweat, blood pumping so heavily there's an EDM rave in your temple, heart should be RACING. THAT'S how you see results. Avoiding pain is avoiding PROGRESS.

- @DejaRu22



The gym is basically a model for everything else in life: geek out on subject -> put together a plan -> execute

-> see results. Just more visceral bc you can see it in your fizeek.

- @rektdiomedes

Decision fatigue accumulates from trivial choices - standardize the small stuff, pre-plan meals, pre-pack the bag, use templates for replies. Save your best executive control for the few decisions that actually change outcomes.

- @SpartanPsyche

SLEEP

RECOVERY

V.

EARLY BED



=EARLY DOMINANCE

if your sleep pattern is chaos, try this:

BED 8:00 PM	->	RISE 3:30 AM
BED 9:00 PM	->	RISE 4:30 AM
BED 10:00 PM	->	RISE 5:30 AM
BED 10:30 PM	->	RISE 6:00 AM
BED 11:00 PM	->	RISE 6:30 AM
BED 11:30 PM	->	RISE 7:00 AM
BED 12:00 AM	->	RISE 7:30 AM

~~Lock in consistent 7.5-8 hours. Pick one and stick.~~

While the weak scroll into the night,
you recharge to rule the dawn.

LOVE PEOPLE

VI.

When you fall in love with someone you realize they contain infinite selves. People who have only been in 1-3 year relationships often talk about getting 'bored' of each other as an inevitability, but if you maintain curiosity and stay with someone for 5 years, 10 years, 15 years, you realize you never have to get bored, never have to subsume to tedium - you can continue to reinvent and discover each other over and over again. Even a tiny speck of dirt contains all infinity within it. The person you love is much more than that - a universe of potentiality, an ever present and unyielding depth.

The real issue is people do not want to make friends outside of work. When you have a balanced life and community outside of work, you don't place misplaced beliefs and expectations on people in the workplace.

- @itsthewealth4me

All of ur pain is due to a version of her that never existed, that YOU generated, that YOU fell in love with, that YOU created. You broke your OWN heart - the pain is your self-generated fantasy colliding back down to reality. Love u bro. go find ur actual wife.

~~"You should be selective about your friends - and hope they are selective about theirs. You should be trading up all the time. But not deceptively!"~~

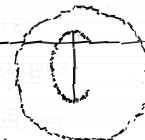
- Warren Buffett via @TheTranscript_



SIGNAL

VII.

MOVEMENT IS CURRENCY



STAGNATION is POISON. STAGNANT WATER becomes HARMFUL WATER. Everything in NATURE is in MOVEMENT. LIFE REWARDS ACTION. MOVE.

- @EsotericaHQ

The essence of our existence lies in the perpetual state of transformation. As we navigate the unpredictable currents of life, we are both shaped and moulded - either constantly evolving or regressing. It's a choice. Change is the only constant. Embrace it or suffer eternally.

- @DejaRu22

Where you go in life will depend on how you see things and who and what you feel connected to - your family, your community, your country, mankind, the whole ecosystem, everything. You will have to decide to what extent you will put the interests of others above your own, and which others you will choose to do so for.

- Ray Dalio

It's a marathon not a sprint. Too many people SPRINT to make exhaustive judgements without investigating properly. Underrated mark of maturity: being able to say 'It seems to me like it's XYZ but I haven't looked at enough data to form a conclusive opinion yet.'

- @DejaRu22

"Life is fucking electric. Don't fall for the doomer shit. Walk around like God od sent you and smile at everyone you see. Spread light and abundance."

A COMPLETE MAN MUST BE

AN ARTIST, A WARRIOR, A PHILOSOPHER.

- Benvenuto Cellini

END OF SCRAPBOOK