

Safeguarding the Flame

How Every Education Should Begin

Get this right, and the good life ALWAYS follows. Get this wrong, and you'll never know who you really are, what you're capable of, what your purpose is, or what happiness is.

These truths are of no profit to the businesses that prey upon the people and the planet.

These truths are of inestimable profit to the people that refuse to be preyed upon for life.

Guiding Principle #1: Develop Discipline

Obedience to your own will. You have to start there. If you can't do what you intend to do, you have nothing. If you can't trust yourself, good life is impossible. Which is why discipline is inseparable from the self-love form of pride, because when you know that it's in your best interest to do something and you determine to do it but are unable, you always lose respect for yourself, which is the same as losing love for yourself, and love is the generative force from which all goodness grows. There's no way to attract who and what you want without the discipline delivering self-love. Self-love is the gravitational metaphysical force attracting the power and love of all that we desire.

Another perspective upon this primary principle:

Discipline is the difference between knowing what's right and doing what's right, between having successfully determined the right course of action and having the strength required to follow it. Without the discipline to apply it, knowledge is fruitless. Discipline is the force by which all potential value is translated into applicable value; the force by which quality of life is delivered to its devotees.

Guiding Principle #2: Safeguard Health

Everything comes down to how you feel. Feeling is not some sentimental thing, it's the first contact point for thinking and knowing everything; the source light reflected off of every thought and action. It's the primary force from which everything unfolds. Every moment you experience is a product of how you felt whilst having it. The quality of every thought and action is predicated upon how you feel whilst they're occurring. And how you feel long term is **HEALTH**. Health is nothing less than your state of existence. It's a product of many inputs, but none of them are more important than ingestion, especially when food and medicine are the same. If your food isn't your medicine, it's your chronic poison. You cannot know your fullest self whilst what you consume makes you weaker, diminishing your flame. Thus does the truest education begin with learning about how to partner with nature in cultivating health, fueling and safeguarding the inner flame, the vital force of being.

The Foundation Metaphor

'Build from the Ground Up' is a perpetually-recurring, governing metaphor. Most people make the mistake of trying to build their lives upon unstable or incomplete foundations. Until you get the fundamentals right, nothing will be right. Visions of soaring towers, penthouses and views past the horizon can never be realized without building upon a complete foundation. The foundation is *naturalization*; health; partnering with Mother Nature. Without this you're unnatural relative to its lack, and every existence alienated from its own nature is debilitated and detrimental to its purpose.

And so the undeniable chain of causal truth goes: essential knowledge growing through discipline into the vitality that cultivates the self-love mounting into the gravitational force attracting all desire.

Ultimately, it boils down to VITALITY; to the ability of the body to conduct **THE LIFEFORCE**.

In conjunction, the quality of our lives depends upon **THE FILTER**. Filter out everything that drains your life force without adding to it, which is most things, and focus your attention on the select means by which to cultivate that life force. Without this filter you're always spread too thin and drained of energy and potential, as the dominant force of modern life is selling us those things which we don't need; society parasitically feeds off of our life force, every such parasite reducing existence.

Which is why safeguarding vitality and the good life and true self all equal LESS IS MORE.

Another way to think about these interconnected, primary principles, in relation to love:

Everyone wants to be worthy of who and what they love. They want it so much that they secretly, subconsciously deny themselves love until they believe in their worthiness to receive love. Until you become your full self, you won't feel worthy, and from this feeling will the denial of love continue.

Until you feel whole you can't have a whole life.

Until you love yourself you can't attract love; at least, not the fullest form of love reflecting true self.

And the beginning of all of this, of everything leading to complete self, is **WHAT YOU INGEST**.

From extensive study backed by experience the ideal, most natural form of human consumption is a gatherer-fisher diet, a diet born from our most ancient ancestry, aka: **Raw-Focused Pesca Paleo**.

OUTLINE OF THE IDEAL DIET:

Built around wild seafood and organic and raw (entirely intact and non-inflammatory) organic fruits and vegetables. It's all about consuming the freshest, *raw* produce; produce left fully natural and intact, and *not* denatured by cooking or any form of processing, and ideally sourced as locally as possible. The more of your diet consists of raw, organic fruit and veggies, the more vitality provided.

As a culinary strategy, focus on the sauce that can be used on both the raw produce and the wild seafood, separately or when mixed together, but NOT used to cook the food in, rather, added atop.

Kombucha, coffee, tea, cold-pressed juice and water to drink. Nuts and dark chocolate as snacks.

Include medicinal and fermented foods, such as kimchi and sauerkraut, and by simmering ginger and turmeric into coconut milk sauces etc. Applying the knowledge of medicinal foods to your meals makes them that much greater at generating and safeguarding the vital essence feeding everything.

Inherent to this strategy, and to most Paleo strategies: no starches, grains, dairy, inflammatory forms of oil or processed or cooked products (except lightly cooking the seafood) allowed, and no CAFO animal products (no tortured animals). When you consume the tortured and unnatural, your body absorbs the tortured and unnatural, taking on the same properties relative to said consumption. The point of any truly healthy diet is to filter out every modern, artificial 'food' that diminishes life force.

Minimal wine consumption is permissible. It's recommended that you don't consume beer, because, due to being fermented from grain, it's simply more inflammatory than wine, *especially* if you have any grain intolerance, which most people do, often without knowing it; often with that intolerance simply being a part of their chronically sick 'normality.' If you're taking any type of hard drug, it should go without saying that you'll pay the highest price: LOSS OF LIFE. And, for most, the door to hard drugs opens with *alcohol consumption*. Alcohol is actually the most common 'gateway drug,' that which lowers the self-protection of positive freedom, leading to debilitating dependencies; to unnatural forms of false 'need.' By controlling alcohol consumption, you're far less likely to develop every form of dependency that sells your vital force for some dissipating pleasure worth FAR less.

Limited use of marijuana is possible, so far as it isn't excessive and is used medicinally, to reduce stress and anxiety, assist with sleep, enhance creative capacity and increase the tendency to explore.

Resistance to, and, ideally, abstinence from pornography and masturbation is recommended. As Napoleon Hill emphasizes in *Think & Grow Rich*, the sex impulse is one of the greatest energies available to humanity, especially to males, and it can equally turn into dissipating self-destruction or into a force for progress, depending upon whether it's harnessed or turned into gratuitousness. Sex transmutation is a critical practice for preventing dissipation, for progress, and for guarding vitality.

Other elements of naturalization:

- Regular physical activity, as bodily intended, preferably in natural environments.
- Spending as much of your life as possible in natural environments, knowing the irrefutable causal law that states that the more time you spend in nature, the more natural you become, and the more time you spend in man's artificial 'reality,' the more unnatural you become.
- Forming true communities, as man's nature is communal, and this nature is largely denied to us by countless concealed forms of divide and conquer traditional rulership, preventing all sense of connection and community for the sake of keeping us weak enough to prey upon.
- Finding any way possible to own your work and your dwelling and the land you live upon and thereby being self-reliant, protecting you and your brethren from being subject to the endless incursions of capitalism and corporatism that gradually erode vitality and hide truth.
- Replacing chemical symptom concealers (pharmaceuticals) with true, natural medicines. If you don't become your own doctor, you become a patient to the parasites of profiteering.

Being 'alive' is a relative term. Life is a byproduct of wellness, or the lack thereof.