

EPIISODE

1.13

PEACEFUL WARRIOR TOP TIPS

1. YOU CAN LIVE YOUR WHOLE LIFE AND NEVER WAKE UP...

...OR NEVER BE FULLY HUMAN

Being awake entails:

- Being nowhere but here and at no time but now.
- Emptying your mind of thoughts, emotions, and thoughts of the past or future.
- Recognizing there are NO ordinary moments.
- Break the routines that keep your mind asleep and encourage the spontaneity of the moment

"Your feelings and reactions, Dan, are automatic and predictable; mine are not. I create my life spontaneously; yours is determined by your thoughts, your emotions, your past."

- Socrates, [The Way of the Peaceful Warrior](#).

2. THE BIRTH OF THE MIND IS THE DEATH OF THE SENSES

Rebirth the senses:

- Use the body to quiet the mind.
- Keep the body burning clean by only providing it the cleanest fuel - eating well, minimizing overly dramatic situations, don't put more information into the system until you are living life spontaneously.
- Process your emotions through exercise, and clean living to more easily live in the instant.

3. THERE IS NO PATH TO HAPPINESS. HAPPINESS IS THE PATH.

- We are not going anywhere. There is no destination where we suddenly become happy.
- All we are in right here.
- Our body is our tool to recognize the state of happiness, not the fleeting experience of 'happy'.

4. HUMOR IS EXCEPTIONALLY IMPORTANT

- What does God call his nose? God knows.