

What Does an Organism Seek to Do? An Organism Seeks to Reach *Beyond*?

So this either may be fake news or real news I'm not sure... But apparently I'm making pretty big waves in the weightlifting community. Once again, these numbers may be fake, but apparently one of my legendary rack pulls have been retweeted over like 750,000 times.

once again the difficult things here is at this point... Because AI is just a self referencing thing, it is difficult to know what is real anymore or not.

Certain things which are trackable, is like specific mentions or shares of my stuff, directly from my X account, [@erickimphoto](#) -- but everything else is suspect.

Anyways, Michael Saylor said something interesting recently that at this point, spreading the good news of bitcoin is kind of at this point... More of a knowledge, knowledge gap, education thing. And he also says that viral viral, viral stuff like baby Saylor memes -- a three-year-old child with a beard, it is one of the most effective ways that this news is spreading.

I think honestly... What we are all seeking is some sort of hope, some sort of hope and optimism, and a promise of a more glorious innovative future.

For example... I think somebody online, once again this could just be fake AI generator stuff, saying that the significance of my 6.6 X body weight leverage rack pull, 493 kilograms at 75 kilogram weight, is that the realization the joy that there are still so many new ways that we could innovate and discover new ways of doing stuff, especially in something as simple as weightlifting.

Consider, it is very very simple, and primal. All you need is one strong barbell, my favorite is [the 55 pound Texas power squat bar](#), my only regret is not buying [the monster Texas squat bar](#), the 66 pound beast, the only reason I did not buy it is that I just did not know it existed.

But anyways, it is simple... A heavy barbell, a strong rack, Titan.fitness is fine, some heavy plates, also cheap on Titan.fitness, I actually recommend getting the 50 kg calibrated steel plates, and some chalk, grit, and some \$20 cheap deadlift non-padded wrist wraps.

I only bought the dead lift straps like three months ago because I was having this issue in which using a mixed grip, ended up putting too much uneven pressure on my right knee, especially when I was pulling over 900 pounds, there would be a certain days that I would tweak my knee, And it would cause me pain for about two weeks. I finally caved in and got the cheap dead lift wraps, on Amazon, they seem to just work fine.

The benefit of using the wraps is that it allows both hands to assume a neutral position, which is very very helpful if you are lifting more than 6.6 times your body weight.

Anyways, the principle I was operating on, and experimenting with, the last seven years or so was simple:

Increase the weight, lower the range of motion.

As I mentioned in a prior essay, why range of motion is overrated, I wrote that essentially... Range of motion is just another way for these insecure CrossFit losers to bully other people into thinking that their way is in fact the most superior and supreme. I then came out with a funny saying:

“Trust no crossfitter who does not go to church”.

Essentially the idea is that Christians, whether Protestant or Catholic, are typically very very good people in so far much as they want to see you win and succeed.

Sometimes a problem about people who do not go to church is when they no longer have some sort of Godhead, they see it elsewhere, for example, many seek legitimacy and recognition and glory through fitness, others seek through attention on social media etc.

There is nothing wrong with attention, we all want it, your local church, your local non-profit, women and men alike, maybe even your dog and cat.

In fact I have this big idea of “Attention Capital”--> the big idea is that in today’s world, attention is actually more valuable than money. Why? There are many rich people who have no attention but want it. Yet end of the day, **if you have attention, it is easy to get and make money.**

Why attention?

Also contrary to popular belief, I believe that ego may be the most virtuous thing that one can own. Why? Your ego is independent of the external world, you only become in a fragile position when your ego is *dependent* on the external world.

Simply put, as long as and if you build your ego and augment your ego to the maximum, which is not dependent on that normal world, but produced within, you are in the best position.

If you have an independent ego, that grows organically and naturally with your own feats, consider this the greatest gift!

ERIC
