

a premise with which to start is that life is what you make of it, and that the meaning of life is to experience it and to react to that experience. you make your own way in life and you ultimately decide what it is that you want to do with your life.

one can point at a very physically fit person such as david goggins and say, "this is the pinnacle of life! he is an unstoppable man who can run 24 hours straight without stopping." yet many having acknowledged this would not choose such a life. many would not put in the hours he has put in to achieve such a body and mind, choosing instead to have leisure and luxury.

i myself admire andrew tate for achieving a very top position in life of wealth and luxury. and yet tate says he spends all of his time working to sustain of it and spends very little of his time enjoying what he has earned. he enjoys the grind. if he were to lay about and live in luxury over what he has already earned then he could not live with himself. he cant tolerate a version of himself that isnt maximally hard working and disciplined, which is part of how he has achieved so much.

many of the greatest men in history were never truly satiable. they could never be satisfied with what they had achieved. they were always trying to achieve something better.

in our lives we often find that we are missing some state of being. we are hungry and desire tasty food. we are fat and desire to deprive ourselves. we are poor and want to work for money. we are overworked and strive to earn some time off. we are bad at a videogame and want to get better. we have mastered a game and want a new novel experience - a new game to learn and get good at.

ultimately we almost all want something to fill our time with. and we do fill our time. in fact we are so good at filling our time that we often find ourselves running out of time. time slips through our fingers. Money slips through our fingers.

people ask themselves, "how can I get more time? how can I get more money?"

what some eventually realize about this kind of question is that there is never enough money to satisfy their desire. and that the more they chase money trying to satisfy their desire, the more that they run out of time. until you become like andrew tate where you have no time but alot of money.

and so some wise people begin to ask the question "how do I exit out of this rat race? how have I become hooked on this money thing that I can never get enough of? how has all of my time been robbed from me?"

we can look at the idea of money as something that is desire based. something new and shiny and hard to get is placed on the market. and because that thing is new and shiny and hard to get, the person who has it is able to place a big pricetag on that thing. and we find ourselves wanting those things.

but as soon as we purchase that thing we wanted we often forget about the thing. women buy new clothing that they nearly never wear. men have games that sit in their steam library never played, and resort to the same few games. the glory of purchasing the thing fades.

so then we can reason that we never truly wanted the thing in the first place. sometimes we do want the thing. sometimes we save up for a soccer ball and we end up playing soccer every day. but this often isn't the case. often we quickly forget about a thing once we have it.

so some wise people ask, "how do I quit this ratrace? how do I cure myself of perpetually spending money on things I never truly wanted? how can I quell my desire?"

so they turn to philosophy and spirituality to learn what desire is and how to quell the part of themselves that wants things.

what you may learn at the end of this journey is explainable in a story.

the young aspiring monk travels to a guru and asks the guru how to quell their desires and to become totally satisfied. the guru tells them to meditate until their desire is quelled.

the student ends up meditating for days, weeks, months, or sometimes years. and they ultimately find that there is still dissatisfaction within them. they find that they cannot quell their desire. or that even if they can quell their desire that they can not quell their desire to quell their desire. I should note that the word quell means to satiate, to satisfy, or to make good on something that upsets you. to quell a feeling is to make that feeling die down like quelling a fire.

and so the student goes to their master and says, "no matter how hard or long or fervently I meditate I cannot quell my desire." and the guru smiles and says "I was waiting for you to say that!"

dissatisfaction is not something that can be satisfied, not eternally. you can not stop yourself from being dissatisfied any more than you can avoid defecating. you cannot avoid that your foot will eventually become itchy. you cannot avoid that if you don't eat that your stomach will become uncomfortable. you can't avoid that no matter how holy you become that some onlookers will mock you or degrade you or try to tear you down or be mean spirited towards you accusing you of folly. there will always be dissatisfying parts of life.

what the guru has learned is to accept about themselves that a flaw in themselves is that they have desire and that they become dissatisfied. this is similar to the idea that there may be a stain in the wall in your house but as you see this stain every day you eventually overlook it.

this does not mean that the guru does not ever try to improve themselves. but the guru understand that improving themselves does not lead towards a perfect serene state where there is no desire and perfect satisfaction. it is in the nature of a mammal to experience dissatisfaction.

just as the sun rises and the sun sets, you will become hungry, and then you will eat and temporarily satisfy yourself, only to become hungry once again. just as you accept that the sun will rise and set so too you accept about yourself that you are imperfect. just as you accept that in the winter you will be cold, and in the summer you will be hot.

so then the wise person might ask, "then what is the point of the knowledge of the monk if it won't help one to satisfy their desires."

the answer is like so. when you are cooking and your hands are clean you may have the desire to scratch your ass. but you overcome this desire to keep the food clean. similarly if you are working with a chemical that burns your eyes, you may quickly learn that you can't rub your eyes while this chemical is on your hand or you will burn yourself.

similarly when we chase after our desires sometimes we can get burned or spoil our lives. we can eat too much and get fat. we can buy more than we afford. we can waste all of our time.

we solve this not by preventing ourselves from having desire, but by developing self control. by maturing such that we can withhold pleasure from ourselves to get something we prefer.

many people already realize this in some capacity, and they deprive themselves of purchases that they want and food they prefer so that they can afford to live, but they find that they are still just scraping by in 2026 as I write this. people find that even when they live in what they perceive as poverty levels of moderation that they still cannot get ahead.

the reason for this is several parts. first of all, since currency can be debased, or printed in a money printer infinitely, the value of our money has kept going down. despite this, the minimum wage has not kept track with how fast that the value of money is falling. so even if you get a raise of a dollar or two, you still might have less spending power than before because of how fast money has been losing its value. and this loss of our spending power relative to our wages has kept up since about 1969. since that year, our spending power has dropped by over 80%. that means that our grandparents could buy 80% more with their minimum wage than we can with ours, because their currency was more valuable than ours is today, because not as much was printed. and this debasement of our currency is how we have been secretly taxed for decades without most people realizing it.

the second trick that has been played on us is that the price of housing has been kept artificially high. we can look at the price of a shed and a storage unit and see how much it would truly cost to house one person comfortably. truly there is nothing stopping any adult from learning to make a grubenhause for free. there isn't a reason on paper why a small apartment today should be unaffordable to a minimum wage factory worker when that same apartment was affordable to our grandparents on minimum wage. the design of the apartment hasn't significantly changed, but for a multitude of reasons the cost of housing has been kept artificially high.

the third trick that has been played on us is that we have been kept from purchasing the cars we prefer. the cars in the times of our great grandfathers costed significantly less to build. they had between five hundred to seven hundred parts total, including the mirrors. that means the average man could learn every part and how to replace it. those cars were simple to repair, and thus were more value per dollar. regulations have been put in place to make that kind of simple high value car illegal. cars have become extremely expensive, and so too the mandatory insurance has become extremely expensive. now few can afford the payments to a new car, and few can understand or afford the repairs to any car.

the fourth trick that has been played on us is that our societies have been designed to be largely unlivable without a house and a car. schools, workplaces, and shops are kept a huge distance from our housing by zoning laws. dress codes at work require clothing that must be washed in a washing machine and ironed. we are expected to shower completely clean daily, but public showers are far and few between. for a multitude of other reasons it is exceedingly difficult to learn to navigate life without a house or a car.

the fifth and final trick that has been played on us is that a house and car have been kept so artificially expensive, and our wages have been debased by so much, that a worker must work nearly their entire lives away just to be able to afford to live. this is wage slavery. it keeps you in the mindset that you must toil your entire life away for the maximum hours and do whatever your boss says even if it is unethical or unsafe or unhealthy. this trick has been played on us to forcibly extract the maximum labor from us for the minimum reward.

so a wise person might ask "how do I escape from this rat race." and they would find that simply depriving themselves of purchases they prefer isnt enough if they still have to pay for a house and a car.

one might find that monks have escaped this race. they dont work endlessly for corporate profits, nor do they pay ungodly sums for housing.

the fastmonk guide is an attempt to modernize and secularize the monks lifestyle and make it accessible to the every day person so that they do not have to toil away endlessly at the behest of mad men.

first imagine a society which made it illegal to consume food. such a society should surely face revolts, and thus in history many such societies end up with their leaders being killed by the people. and thus very few societies succeed indefinitely at keeping food illegal or inaccessible.

second, imagine that when you become hungry enough you become very creative in terms of what you are willing to do to get food. I have met people who struggle to afford food, and suggested to them to the food bank for food, and nearly every one of them refused. a growing number of people in the west refuse to eat unless every single meal contains meat. consider a woman I met in the hospital from iraq. she said that their diets consisted almost entirely of plain

bread, and that each of them only ate an amount of meat the size of a ping pong ball once per week. yet she said that they were happy. they were content.

do people deserve to have the food they prefer? absolutely yes. the question is, are you willing to become a lifetime slave just to have the type of food that you prefer. a wise person might say, unequivocally no. a wise person might realize that 20 pounds of rice today costs around eleven dollars, and that more than half of their meals could be plain rice. moreover they could live somewhat on food they get for free. travelling to a soup kitchen, a church, or a sikh temple for free meals. going to a food bank or a food program. growing potatoes in their own garden. harvesting wild nuts or wild berries. fishing in the river. begging for food. or even fasting and going a time without food, and feasting when there is excess food. these are all ways of getting food more cheaply than the majority of people have never tried. if you became hungry enough you would try these things. if you became hungry enough you would become very creative in getting food.

now consider the following. as long as you eat, drink water, and stay warm, you will live. there are rare exceptions to this. as long as you keep yourself fed your body will continue to function for a long long time.

now consider this: if you can get access to a \$100 smart tablet, and find someplace that has wifi, you can get access to infinite free entertainment. you can watch tv for free on tubi tv and youtube. you can get music for free on pandora. you can play infinite video games, and have access to a wide range of reading materials. you can make art make music, write, or do all manner of other creative activities with a tablet. you can socialize and make friends and spend time with your family with a tablet using calling and texting and social media. with a tablet and with wifi, you are able to achieve all the entertainment you could want. all for the cost of \$100 once every four to five years. thats just a few cents per day. the only trouble is finding some free or some cheap wifi.

so you can survive if you can eat. if you are willing to humble yourself and be creative you'll survive. you can fill your time with joy with a tablet. if you are willing to humble yourself you can entertain yourself. whats missing from the equation is safe warm lodings.

owning your own house or apartment is not affordable without being a wage slave. and so there are only three other methods. one is to sleep outside in dark corners and risk your safety or arrest. one is to live in an illegal structure like a car or a shed or a trailer. and one is to live off the kindness of others, continually couchsurfing and looking for more stable situations where you can stay for longer periods.

and this is essentially the fast way. find some creative way to feed yourself preferring cheaper or free food. entertain yourself with a tablet using it as your window into the world. seek alternative housing and refuse to pay into the slave system.

i should mention how to live without a car. essentially: walk, use the bus, shop online, carpool with friends for weekend fun, ask for rides, pay for rides in emergencies, and try not to travel any more than you have to. work closer to home or online, or someplace where you can bus or carpool. keep your expenses low so you dont have to work as much. a car is very expensive. so naturally if you cut out the cost of a car, you can take a massive paycut and still fare the same. similarly housing is very expensive. so if you can choose some form of alternative housing, then you can take a massive paycut and still fare the same.

this is the fast philosophy: eat very meagrely and modestly, use a tablet for fun, refuse to slave for a house, and refuse to slave for a car. potentially a motorcycle can be a way to afford to get around without a car as well.

what does this afford you? time. i saves you from wage slavery. it gives you free time that your grandparents were once afforded when wages were better. and it allows you to keep from contributing to a system that is trying to maximally exploit you and trying to prevent you from having the option to avoid it. the fastmonk way is that option.

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