

First i will make some introductory statements to this document. This document is not meant to be edited with perfect grammar. It is merely a stream of consciousness. There is no plan or rhyme or reason to what order i write this in.

Second of all i would like to note that the meme fastman is unrelated to the product Fastman which is probably a very great product at what it does. The fastman meme is actually now called the fastmeme.

I would like to start a little bit by talking about the environment. If you go onto youtube and search up the pile of plastic that is in the ocean, you will find something rather grim. The currents of the ocean tend to make much of the plastic floating through the ocean converge on one spot, which is this massive floating island of plastic. They can not find a person alive who doesn't have microplastics in every organ of their bodies including the brain and their reproductive organs. So this is some pretty bad stuff that we are doing to our planet.

If we were a species that still did everything with natural materials such as wool, cotton, linen, wood, and metal, as well as other materials such as copper etcetera, then there wouldn't be as big of an issue with the consumerism that we carry out today.

I would like to say that there are a couple of people who have embodied the true intent of the onebag movement as i intended it when i created it, and one of those is named rob greenfield. He did an experiment where he lived like a normal person and in the experiment he wore every single piece of trash that he produced. Before long he was a waddling behemoth covered in what seemed like a warcraftian paladins suit made out of garbage bags of trash.

I think that most humans have no conception of the amount of waste that we humans produce on average, much of it to do with the food that we consume, and much of it to do with the things that we purchase.

This is something that has weighed on me my whole life. I find myself refusing sheets of paper in the hospital, or i find myself depriving myself of things that others would normally allow themselves to have just so that i consume some less plastic or some less paper or something.

So i would like to say that this is one of the most important designs of the fastmeme: in order to become in balance with nature.

Every other animal on earth survives by carrying everything with them - in fact most carry nothing. It is true that some animals nest particularly by burrowing into the earth, but animals are rather light travellers.

Humans stand out in that we accumulate these *things*. Having things is not a sin or a crime. There is also something to be said about how a book can survive the collapse of a digital infrastructure. But i foresee a future where things like bookshelves are phased out by digital bookshelves and things like calendars are phased out by digital ones.

I do not foresee an end to the accumulation of things by humans, but i do see a partial end to the kinds of things that humans accumulate.

I do understand the merit of books. I understand the idea that if digital infrastructure dies then books will last. I also understand the value that reading a physical book brings over the value that a digital book brings. However we are starting to see headlines like “the death of the book.” Particularly amongst young men, readership of books has dropped drastically. This has been replaced by the video essay it seems for nonfiction, and by videogames and film for fiction.

People imagine someone like me as an evil techno wizard who is rubbing his hands together greedily saying, “yes! We will have technological progress no matter the consequences! Make everything a smart device! Give tablets to toddlers!” but this couldn’t be further than the truth.

This is just me calling a spade as a spade. It is obvious that the digital audio music replaced physical mediums. People often romanticize records which are better than digital music for the same reason that physical books are better than digital ones. But people often forget the time period where records were invented.

When artificial music played by machines was invented, people lamented the death of the physical musician. People were saying that something was lost by having a machine play music, rather than a human with an instrument. I think few people today would want to hire physical musician or else carry around an instrument every time that they wanted music. It is simply calling a spade a spade that records are more convenient than physical music, and that digital music without the need of a physical medium are more convenient than records.

People will cry “convenience is the killer of culture! We have lost something and we should return to medieval times!” most people confuse the medieval times with the renaissance, but there is nothing keeping you from living in a more traditional way. Many do.

I would argue that convenience is the killer of the culture of struggle, and so fastman, as we shall see in this text, is aimed to be the ultimate killer of the culture of struggle.

People argue that the phone consumes so much of our time throughout the day. But i would argue that if you track which objects each app is replacing, that it consumes much less time than we would think.

Television and movies on the phone are merely replacing the narrative storytelling that we once used to do around the campfire or around the television. We probably watch just as much television as we used to, it is just on one device.

Similarly much of the time on our devices is spent talking to our friends on apps like discord. I would argue that we probably spend just as much time talking with our friends either in real life or digitally, but much more of this is digital now. Particularly I have witnessed the rise in my lifetime the irreplaceable creation of a culture of people who can not find each other if it was not

for being online. This is not just a culture of niche fanatics of certain subcommunities like stamp collectors who can only find each other online, but in addition it is as communities of people who are more neurologically awake and aware who can only find each other online.

Then there is the absorption of social media, which has come to mean youtube videos and the shorts on various platforms. I will argue that shorts are the presence of a new thing which did not exist before, which has been abusive of humans through the use of malicious algorithms designed to entertain rather than to educate. When i look at the scrolling feeds of other peoples shorts apps i find true brainrot. However i have witnessed firsthand that in a fair shorts algorithm that a world of beauty, expression, and intellectual rigor can be shared through the medium. I find that what shines though on social media is the video essay format.

I often hear people lament that diving into video essays is an intense time trap. I would say it can be if you don't guard what you are digesting. But this is essentially akin to what learned men used to do by going to the library, picking up a book, and reading the essays there in that book.

The point which i have perhaps crudely made is that folks do not necessarily spend time on their phone that they didnt already used to spend on some external device or person in real life. When you take the screen time of a human and divide it up into categories, and then subtract from those categories time which used to be spent on very similar activities that predate the phone you may find that the amount of "screen time" hasn't actually wasted that much human time.

Does someone truly spend any more time on a calendar app than they would spend on a physical calendar? Do they spend more time on digital mail than they would normally spend on physical mail? I think not, for most people.

The most prominent selling feature for an iphone was the slogan "there's an app for that." meaning there are things in physical life that we currently do with physical objects that we can replace with apps. Previously if someone wanted to take vocal notes they would have to carry around a device called a voice recorder. I remember I lamented as a child when my precious voice recorder was stolen from me. I also remember how difficult it was to take voice notes and transfer them onto the computer.

Similarly for basic flashlights there is no need to purchase one unless it is a much stronger flashlight, because most smart devices come with a light, and for those that don't there are apps that turn the screen completely bright white.

I remember explaining the first ipad to my grandmother. "You will wake up to an alarm clock that is on your device. Then as you go into the kitchen and make breakfast you will be reading and watching the news on this device. Then in the car you will be listening to music on this device. Then as you go to work you will be checking your email on it. And you may even be able to get some work done on it one day. You'll come home once again listening to music on the device, and when you go to bed you will be watching television on it."

It should be clear from the previous description that this device i described wasn't taking up any more screen time than previously. Previously we still used alarm clocks, listened to and watched the news, listened to music, checked our emails, and watched movies. The difference was this would all be collected onto one device.

So this device in terms of our waste production can be a great liberator. No longer having to purchase books, dvds, magazines, physical music media, calendars, pens, and much else. This device has a great potential to help solve the problems humanity faces with the consumption that is destroying our planet.

Fastmeme is a furthering of this idea which is to think: "if we have a small pocketable tablet do we really need anything else?"

Most people seem to take offense to that statement. As if i am trying to strip their possessions from them. As if i am a greedy thief saying, "you don't deserve to have nice things." They cite *own nothing be happy* and say that i am in support of radical globalism.

There is a difference between people being forced to live out of a backpack or a trailer versus people naturally evolving to do this over time. My thought is that forcing people to live out of a backpack can be prevented, but over the course of time that it is inevitable that more people will choose to do it. Just as it was inevitable that digital music would replace physical music.

Going back to the idea of a bookshelf, we can clearly see that a bookshelf does not offer very much utility anymore. Sure, a bookshelf can prevent you from having your copy of 1984 deleted. I remember back when I used to read books as a young man (i lived during the time before the iphone before the internet was big). Most of the time the bookshelf sat there doing nothing for me. I very rarely revisited books, only reading a book once. And the majority of the books on my shelf i had never read. It is true that some of the books I would occasionally take off the shelf and peruse through the first couple of chapters but usually the topics in the books proved too advanced for me and so i would put them back on the shelf. Often times my reach for the kind of books i wanted to master was beyond my grasp. The point is that the bookshelf did very little for me.

And so I posit that we can go through the household and witness each thing and wonder, is this thing doomed to be removed the same way books have been removed?

A house can be divided into several sections: the kitchen, the laundry room, the bedrooms, the living room (couch room/tv room), the garage, and the office.

As someone who has grown up in a family with cars, who used a car for most of his adult life, and who quit using a car after some deliberate research, I can tell you that most people do not need a car.

You may say to me, “but i need a car!” That is unfortunate for you, and i hope that you always have access to the car that you need. after i learned how to live without a car i feel like i have been ripped off most of my life.

The vast majority of things i used a car for were going shopping, going out on the weekend, and going to work. For shopping that can all be done online. Even before the internet most shopping could be done in what was called shopping magazines which were similar to the idea of amazon but printed. For going out on the weekend, that can be done with carpooling. Other people are going out on the weekend so why cant i hook up with them and enjoy an adventure with them? The last thing to quit is the dreadful commute to work.

The cessation of the trip to work can be solved several ways. One of them is to get a job which you can bus to, one of them is to get a job where you can car pool, one of them is to get a job you can walk to, and one of them is to get a job which is remote.

You may say to me “choosing any of these options to stop commuting to work would likely result in a cut in pay.” Thats certainly true until you realize that a huge percentage of your money is likely going towards the cost of a car. A car doesn't just cost you in gas, it costs you in insurance and repairs, as well as tickets for those of us who do not drive responsibly. By cutting out the cost of a car it is definitely possible to take a payout.

And so this is the advice that can help you to quit your car: shop online, carpool on the weekend, and find a way to cut out your commute. It might not be something you want to hear and that is fine, but the majority of people who tried out this advice for six months could find that they could easily go without using their car for six months by relying on rides for the rare situations where they aren't shopping, going out on the weekend, or commuting to work.

So then this somewhat defeats the purpose of the garage in a home. You may say, “but a garage is still a place where tools to maintain the home are stored.” This is certainly true, although i believe a shed could replace the garage in this way.

The remaining rooms are the kitchen, the living room, the bedrooms, and the bathrooms.

Having lived this way sometime, i can say confidently that the majority of foods can be cooked over a stovetop, and that a stovetop can be replaced by a range or a campfire. The majority of foods have shelf stable versions which can be purchased with few preservatives and which arent much effort to switch towards cooking with, and that eliminates the need for a fridge or a freezer. So really, when you start cooking with a small camping cookset over a fire, and become skilled at cooking shelf stable foods on the range, you have little need for an entire room to cook food.

You may say to me, “but i love my kitchen, and i want to keep my kitchen!” Similar to the car i am happy for you that you love your kitchen, and i hope that your kitchen will always be available to you - that you can have your dream kitchen that you've always wanted.

My point is that when you have lived your whole life with cars, and when you learn to live without a car, you may feel like me that you were cheated or tricked into a lifestyle that you don't actually prefer. I much prefer the life i live now which does not come with the stress of getting into an accident or worrying about car payments or constant repairs. Most do not remember that early cars had around three hundred to five hundred parts, but how cars have thousands of parts. Its no wonder that my generation has largely not learned how to repair them, because they weren't kept simple, and they were designed to be difficult and expensive to repair.

If i want to get up the road I can merely walk up to the corner store and ask customers who come into the store which direction they are going and if they could give me a ride just two miles into town, which eventually i will find someone who can. I may not have the instantaneous gratification of being able to go there immediately without getting a ride, but we must remember that it is not actually so instantaneous. When we invest our time and energy into having a car we are trading our time now for the ability to have instantaneous rides later. And in my mind it just isnt worth my time and headache to have a car.

My thought is that most people if they learned how to live without a car they wouldn't want to go back. I think it is inevitable that at least for people that live anywhere near a small city or town like mine that they will inevitably end up giving up their cars, as the cars are not really needed.

I personally live in a small trailer. My trailer has a stovetop with propane and i normally keep propane in the stovetop. But it isnt significantly more inconvenient to merely make a fire out of twigs and cook my food over that twig fire - it takes a little more time to do it but it is significantly cheaper to do so. If I had to choose between the money it would take to add an additional room to a house, to add a fridge, and a dishwasher, and a sink or the choice to simply cook over a fire, i would rather save my money.

My thesis is that other people will come to the same conclusion. That there is little reason why people should require a kitchen when a small woodfire will do just fine. That people will simply abandon the kitchen part of the house, or that many people will, because they can simply go outside and start a fire over a firepit.

We may remember a time where people used to sit around fires communally, and I think that this somewhat replaces the idea of the living room. In the early houses of the medieval times the main room of the house was called the hall, and there was generally only one room in this style of house. As we started getting bigger houses with more and more rooms the hall became a small corridor between rooms rather than the main event. I think though it is still in our cultural memory the idea of a fireplace inside of a house which would not only provide heat, and cook our food, but would provide a communal place for us to sit round much like in a living room.

Similarly is the idea that we need an entire room for going to the bathroom or taking a shower. When i want to take a shower if it is summertime i will just repeatedly fill my water canteen with

water and rinse myself off. This is actually quite relieving in the heat of the day. However if it is winter i will heat some water up on the stove and take a rag bath with my shirt.

Some people will say, “how dare you! You are trying to deprive me of my shower!” I am trying to deprive you of nothing. I am not saying for you not to have a vehicle, or a living room, or a kitchen, or a fridge, or a shower. But when you look at the cost of a home and how simply a shower can be replaced, to me it just doesn’t seem worth the cost of the thing.

You can say, “But you will end up smelling worse!” That is absolutely true, i am not the best smelling person, and there i can say you somewhat have me beat. In that event i think that there may be the return of the public shower, or shared showers in a community which you pay to use.

But ultimately for bachelors such as myself who just play on the internet all day, I don’t think that the advent of the shower is something worth forking over tens of thousands of dollars just to have.

You may tell me, “but you’ll never get a woman without a shower!” That is absolutely true, so fuck them. Truly. If they are such a weak creature that they need fifty different kinds of lotion, a giant steel cage that will drive them around at death speeds, a freezer that keeps foods in artificial stasis, a machine that produces infinite streams of hot drinking water to wash her ass, and so on and so on, I just can’t tolerate the weakness of this creature. You can say to me, “that is sexist!” Yes, it is. Feminism is a spook. But that is a topic for a different document.

My thesis has to do with the idea that men will repeatedly do things in history that women may find silly but later on women come to adopt those things that men are doing. An example is science and philosophy. And so I foresee a time when women forego their consumerist mindset and realize that it is much better to have the time to enjoy your life rather than live as a slave to afford the conveniences of modern life.

As for going to the bathroom, this one is rather tricky. I can see four ways of handling this. One is communal bathrooms, which works if you live near a city. One is an outhouse. A much better solution than an outhouse is composting. And last of all one may defecate into a plastic shopping bag and throw it into the bin, which i am afraid I must say is what I have elected to do.

You may say to me, “people can’t be throwing their dookie into the bin!” People have been doing so for thousands of years. Childs diapers, adult diapers, pets dookie, as well as other foul things which are much more fowl than dookie. There is a reason why streets in the united ingdoms with lots that were meant for rubbish were often called shite street, even hundreds of years ago. The garbage system is already equipped to handle excrement. There are new versions of plastic being developed that bio–degrade. After a certain amount of time sitting in the trash heap it becomes more inert like soil, and is essentially compost.

And so even the great bathroom is not technically a necessary room in a home. I haven't had one for a long time.

The last remaining room is the bedroom, and for that i also have some bad news for you, or good news depending on how you feel about this document.

Campers who pitch a tent can construct a bed for themselves in minutes. That's right! The sacred bedroom is not actually a necessary thing to construct in order to have a happy life. In fact I think if you asked most people who went backpacking if they could do it indefinitely would they, and many say yes. There is a reason why backpacking in the woods is considered a vacation and not labor.

You may tell me, "But that is so incredibly uncomfortable - to sleep in a tent in the woods." Again, I am not telling you not to construct a bedroom and to use it. I am not telling you to go without a home. But i foresee a time in the future where humans will no longer feel the need or desire to have one.

One can merely hitch a ride to the area that they want to go. From there they can simply hike out to where they want to be, pitch a tent and now they have a bedroom. They can set up a campfire and now that is their hearth or living room. They can heat up some water and have a nice sponge bath with their shirt and get very clean.

I forgot to mention the laundry room. Lightweight clothing can be washed by hand in a plastic bag - there is no need for a washing machine. The ashes from a fire are stronger than soap and can be used to wash the dirty oil and bacteria out of your clothing.

You may tell me, "But you will burn yourself by touching the lye in ashes." I have never burned myself with it. I use only a small amount though, as i know it doesn't take much. Understand that the ashes from a wood fire are not the same as the alchemical lye that you can find from an industrial supermarket or from a chemistry factory.

You may tell me, "but if people were all chopping wood all the time to make fires, then this would cause the forest to break down!" Actually there is a historical precedent for people gathering twigs and branches to make fire rather than chopping down entire trees every time. It seems to be a more modern american tradition to chop down a tree and process and dry the wood every single time that you want to make a fire. There is no need to chop down the whole forest to have a warm fire or to cook food. Nature will provide enough twigs and dead trees to do this.

And so I foresee a time when a huge swath of humans may elect to forego homes entirely, and will choose to backpack all of the time.

Instead of photo albums they might have digital ones. If they were worried about their digital data being deleted they could protect that data using faraday bags.

Instead of expensive desktop computers people would use mobile pocketable tablets. The average 8 inch tablet today is \$250 and will fit in the average persons pockets. Or there are foldable tablets which are becoming cheaper all of the time.

The majority of games on steam already run on these tablets, as well as the majority of emulatable games – the only thing preventing most games from running is they are waiting for the processing power of these tablets to slowly catch up.

These devices are perfectly convenient as little home televisions that you keep in your pocket. There is no need for the grand monolithic television as the center of attention in a living room.

These devices can act as our personal art studios for drawing, animation, making music, and writing, especially with externals such as a pocketable folding keyboard. They can be our journals.

And these devices ive found are the best for getting out of our way when we want to be present with other people. Just slip it into your pocket and its gone.

Once you possess the gear in order to live out of a backpack the cost of your consumption goes way down, and is essentially relegated to lodgings and food. But if it was permitted in society to camp somewhere in town, which i believe one day it will be, the lodgings bill would go away. Then, the only bill remaining would be for food, and maybe for a cheap cellular plan. the unlimited plans get cheaper every few years, being at \$25 for the cheapest plans in america right now. That can be found at ting.com by the way.

Once you get past the initial investment of purchasing the gear, and learning how to use it to survive outside, then the cost of living goes way down, by a ridiculous level. You would have to work a fraction of the time that you normally do in order to survive.

Imagine a living scenario in the day of the life for this kind of being:

1. You wake up in your tent and you are already essentially home, since home is nowhere.
2. You travel to the store and purchase some shelf stable food to cook, and store it in your bag.
3. You charge a phone battery so that you can use your phone all day long
4. Now your chores are done for the day. You likely aren't working that day because you can easily live off of savings.
5. You are free to travel around town on your skateboard, scooter, or bicycle, talk to the locals, go to the pub, do something fun.
6. You can exercise with your bodyweight doing things like pushups, situps, pullups, and running. No need for the gym. You get enough exercise walking everywhere anyway.
7. You are free all day to go on your tablet and explore the sum of human knowledge and create and enjoy art, or to spend your time socializing with others, or whatever you prefer.

8. When nighttime comes you set up camp in some corner away from town, somewhere where no one will notice you for the night. You make a small fire and take a rag bath and wash your clothing, then you cook some food for the night to eat.
9. You eat your food, and then pop off to bed in your small tent or shelter.
10. In the morning when the sunlight hits your face and the birds are chirping, you make a quick getaway so no one comes and bothers you in the morning.

This kind of life, to me, sounds rather idyllic. And I've seen youtubers that already live this life. I saw a youtuber who was a camper in the United Kingdom who was living in a small tent by the shore. His day was a hike into town to purchase some food and charge his batteries, a hike back to his campsite, and an evening cooking session with his dog. To me this life seemed so idyllic.

I saw another fellow from the UK on YouTube who was doing more of a touring backpack life. He recounted, "I am just a guy walking down the road." He meant to imply that there was nothing more to what he was. That he was a self-contained unit. That everything he needed was with him. Both of these seemed to be very happy gentlemen living idyllic lives, compared to the lives of those that toil in the city.

I saw another fellow, also from the UK, who was travelling in China with just a backpack. He went into the outskirts of China into some remote town. He was approached by the police and immediately translated to them in his phone, "I am looking to camp on the outskirts of town." They explained to him that he could not do this, and they guided him to a public parking lot which was for the people in the town who lived in RVs and who camped. His life also seemed rather idyllic. He was accepted by the people in that town who gave him food, cigarettes, and lots of alcohol, and he had a boisterous drunken night enjoying food with them and making merry. That video had over one million views.

With a million people watching such a lifestyle, do you think that more people won't try to attain it? Do you think that there won't be copycats? That more won't want to abandon modernity for a life of travel and leisure, only having to worry about small costs like for food, cigarettes, and transportation by train, rather than worrying for the massive prices of western homes and automobiles?

I think the answer is clear. The number of people who do this is growing, especially young people.

I personally am heading up to that kind of lifestyle. I am preparing for the day when I can live totally on the street, but I am not sure if I ever will. I will certainly experiment with it.

Currently I live in a small camper like the kind that goes on the back of a pickup truck bed. I have a small loft area where I sleep and spend most of my time. Directly next to me is my living room which is also my kitchen - it has a booth to sit down at but I don't sit there long because it is cold and sitting hurts my back. There is a closet which I keep empty.

For the last few years I have been working to lower my expenses more and more, having to work less and less.

I haven't worked in the last six months, and when i get my taxes back it will be enough that I likely won't have to work for another four months. That is almost an entire year of not having to do hardly any work.

Occasionally I make some small money giving coding lessons to those who are willing, but this is something i enjoy doing. To me it is fun and brings me joy to teach code to someone who is eager to learn it. It is very rewarding to have them thank me when they stick through the lessons. It is a very small amount of money, but for me it goes a long way. I go to the food bank about once a month and this is enough to completely feed me. My rent to park this trailer on this spot is \$250/month, and it is my only bill.

But I am working towards living the life i outlined earlier - a life where everything I own fits on my back, and where I have no fixed location that I live.

To me this is an idyllic life. A life that is not wasted toiling away doing nothing. A life that is not tied down to one place or spot. A life that is filled with travel and adventure. And most importantly to me, a life spent on the computer, which is among my favorite things in this world. Exploring the internet. Playing games.

This book is dedicated towards my journey of discovering this lifestyle, choosing it for myself, and developing the techniques which I will describe here for living it.

My backstory