Twitter Thread by ■Entheos Energy■



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ERADICATING YOUR FORMER SELF TO FOCUS ON YOUR CREATIVE CRAFT

-- {THREAD} --

You don’t have to submit to the allure of the depressed artist crowd and hate your own craft to ‘fit in.’

You can enjoy a more worthwhile and productive creative existence.

Here’s how I woke up:

After being away from Twitter, I did some serious thinking about my health. Since the success of my novel, I had been wandering around depressed waiting for a divine answer. It wasn’t until I addressed my emotional mindset & took action that I pulled myself out of the void.



During the last two years in the online writing & music ‘community,’ I have come across a number of artists -- almost all of whom have emitted an aura of low self-esteem, lack of confidence, extreme hyper-anxiety and a yearning of validation/approval from others.

This aura is infectious and diffuses into your soul subconsciously, negatively programming you.

However, it is possible to escape the depressed writer asshole mentality leaving you with more time to write and take back control of your life from the vortex of online anxiety.

From this day forward, this account is dedicated to helping creatives overcome their burdens so they can live healthier lives and create more quality content calmly and productively while doing this.

Here are some tips:



One of the first things you need to do to unfuck your situation is clear your mind of anxious and depressed thoughts.

At its peak, my anxiety and depression were crippling, not only rendering my writing output non-existent, but also decimating my personal life.

GET MORE SUNLIGHT

First and foremost, you need to get more sunlight. A lack of sunlight is central to why people become depressed online. Your body needs sunlight to stabilise your mood and balance your endocrine system.



Sunlight, particularly in the morning, is integral to essential neurotransmitter production.

If you do not get enough sunlight, your emotional well-being will be non-existent.

Make it your mission to expose yourself to the waves of the solar projection, morning and afternoon.



Secondly, move away from scrolling the feed on Twitter and just focus on your work.

Don’t concern yourself with whether your work will be accepted by others.

Just produce content consistently without overthinking it. Unfollow anyone who consistently spreads negative thoughts.

NATURAL SUPPLEMENTATION

In addition to sunlight, you can also explore various nootropics & supplements to help mitigate the effects of negative emotions.

Magnesium, rhodiola rosea (pictured), l-theanine and ashwagandha have had a great effect on quietening my anxious thoughts.



For rhodiola, you can obtain quality spagyrics from @gnosiiis. For ashwagandha, you can start with reputable dealers that offer high quality such as @lostempireherbs.

Use this chart from @grimhood to avoid inferior quality mag forms that are not correctly absorbed by the body.



BREATHWORK

Another way you can become impervious to anxiety breakdowns is by improving your breathing.

Not a whole lot of people realise this, but the way we breathe in the 21st century is profoundly unhealthy.



Breathing too frequently through our mouths has serious implications for the amount of oxygen circulating in our bodies.

Basically, the less oxygen circulating due to poor breathing technique, the less healthy you are. To unfuck this, I recommend delving into breathwork.

Pranayama is good, the box breathing of Navy Seals is useful, but for me the Butekyo method is the best for improving energy and heightening calmness.

There are plenty of decent books out there on the methods, but I recommend you follow @BreatheLesss for a start.

ELIMINATE FEAR & ENABLE A POSITIVE MINDSET

Fear of failure, fear of acceptance, fear of not fitting it. Accept that none of this matters.

Your work is a catalyst to improve your life, an outlet to express emotion – it doesn't matter if it is accepted by others or not.



You need to eliminate fear to prosper.

If you continue to do the work and put positive energy and passion into it, your fear will dissipate.

Once your fear dissipates, strange things happen.

Suddenly, you break through the wall with sheer mental power.



When anxious and depressed thoughts govern you, it leaves you with an extremely negative mindset.

As such, as soon as you hit the smallest hurdle or mental block, you give in & cave to the pressure.

To escape this, you need to tell yourself you're more than worthy, you're a creative beast and nothing can stand in your way from achieving your goals.

No more 'FML' or 'I'm gonna cut myself tonight' – harness the positive and you will break through the wall of doubt.

@DejaRu22's Terminate is a worthwhile starting point to eliminate anxiety, depression and fear.

You owe it to yourself to instill positive beliefs in your brain. Get it here: https://t.co/xWRLoVOS5b

These are just some of the very first steps you can take to eradicate online anxiety & have more time and energy to dedicate to your craft.

However, to truly expand on these points, during my time away from Twitter I have been compiling an invaluable guide...



A guide that will help you build exceptional habits and banish any former ones that were atrocities.

A guide that will help you create more quality content, calmly and productively.



From this guide, you will uncover the ability to banish negativity and harness your creativity.

Ultimately, you will learn what is required to feed the aura of your creative mind.

You can get it here, now: https://t.co/WGxkUhkoFY

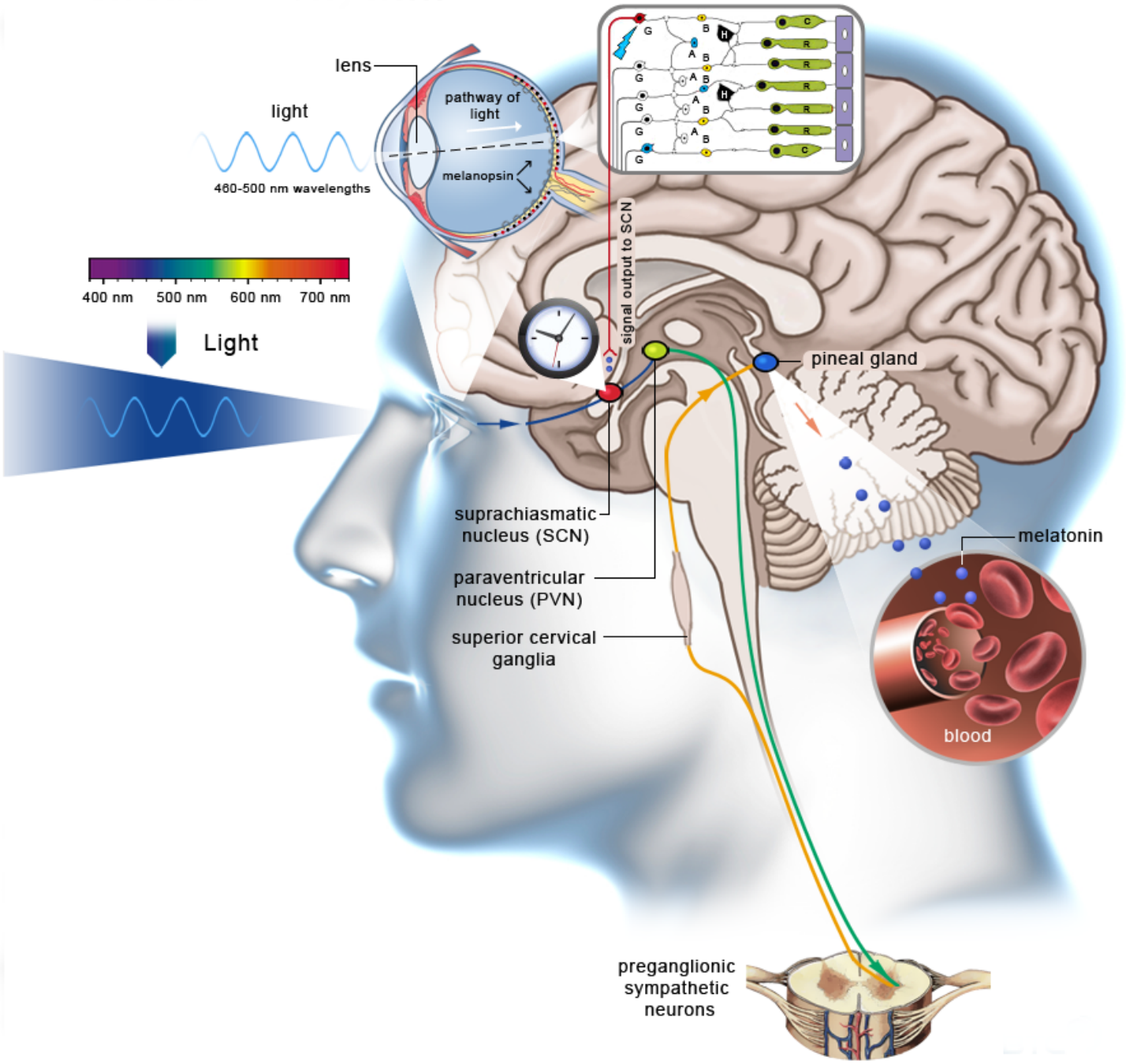
& purchase with $BTC at this link here (more content about the benefits of crypto to come on Twitter and to be found in the guide itself).

https://t.co/oWxpv29KlY

ALIGN YOUR CIRCADIAN RHYTHM

Writers used to write in the sunlight or the candlelight but then the internet came and annihilated this.

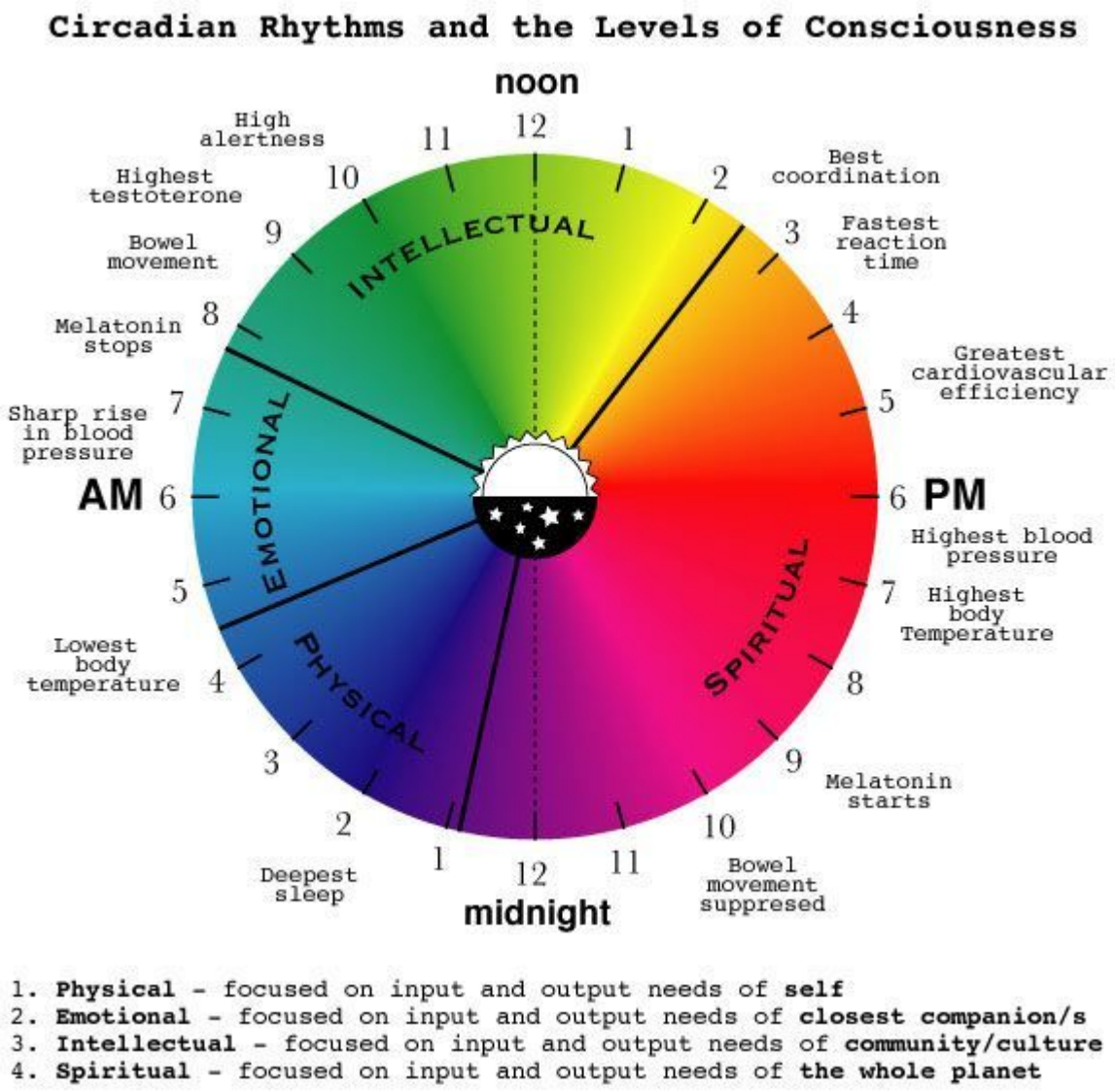
Sure, it’s way more convenient, but these blue light dopamine fixes leave us susceptible to stressors that decimate our internal compass.



What you need to do is simple.

Don’t write on a computer (or phone) after the sun sets -- the blue light of these devices disrupt your circadian rhythm leaving your hormones fried.

Get appropriate rest and use the waking hours more productively for your writing endeavours.



This also goes for EMF.

Turn your wi-fi router off when you sleep or when not in use. Limit use of your phone and make sure it is in airplane mode when on your body.

Follow @ck_eternity_ & @ngolotesla, both have further quality info on combatting EMF in the modern world.

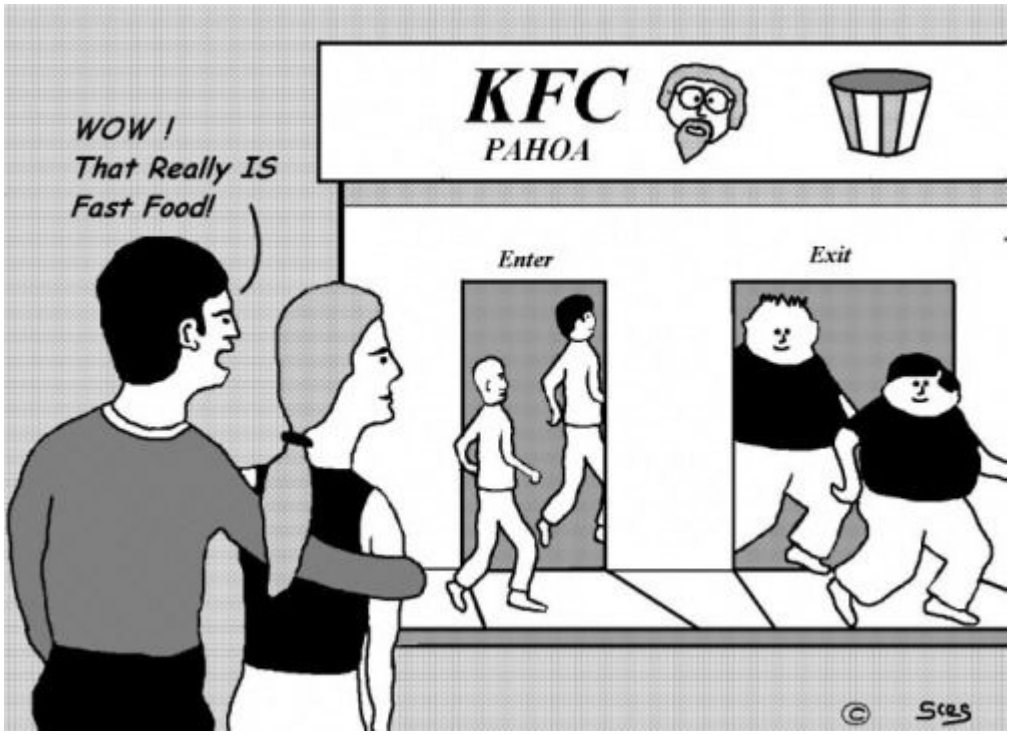
Aligning your circadian rhythm will drastically improve the way you curate your emotions.

Sleeping at appropriate hours and placing limits on blue light and EMF exposure will result in a radical improvement to your health and a heightened ability to focus on your craft.

EAT LIKE A PRIMAL GOD

Thread continued. So many online artists I have followed over the last 24 months post exclusively about the depressing delights of Taco Bell, KFC and Chipotle.

Constantly eating the cheapest, processed, rancid produce available and boasting about it.



I too had been guilty of devouring instant noodles & other various life limiting products over this same period.

But I stopped. You see, consuming mass amounts of vegetable oil fried foods, processed snacks and alcohol has left the online creative with doughy, inhuman bodies.

I learned that to overcome the chaos of the inner mind, you need to cleanse the physical.

The first step is to banish all processed and take out foods from your grasp; only consume whole foods in your diet.

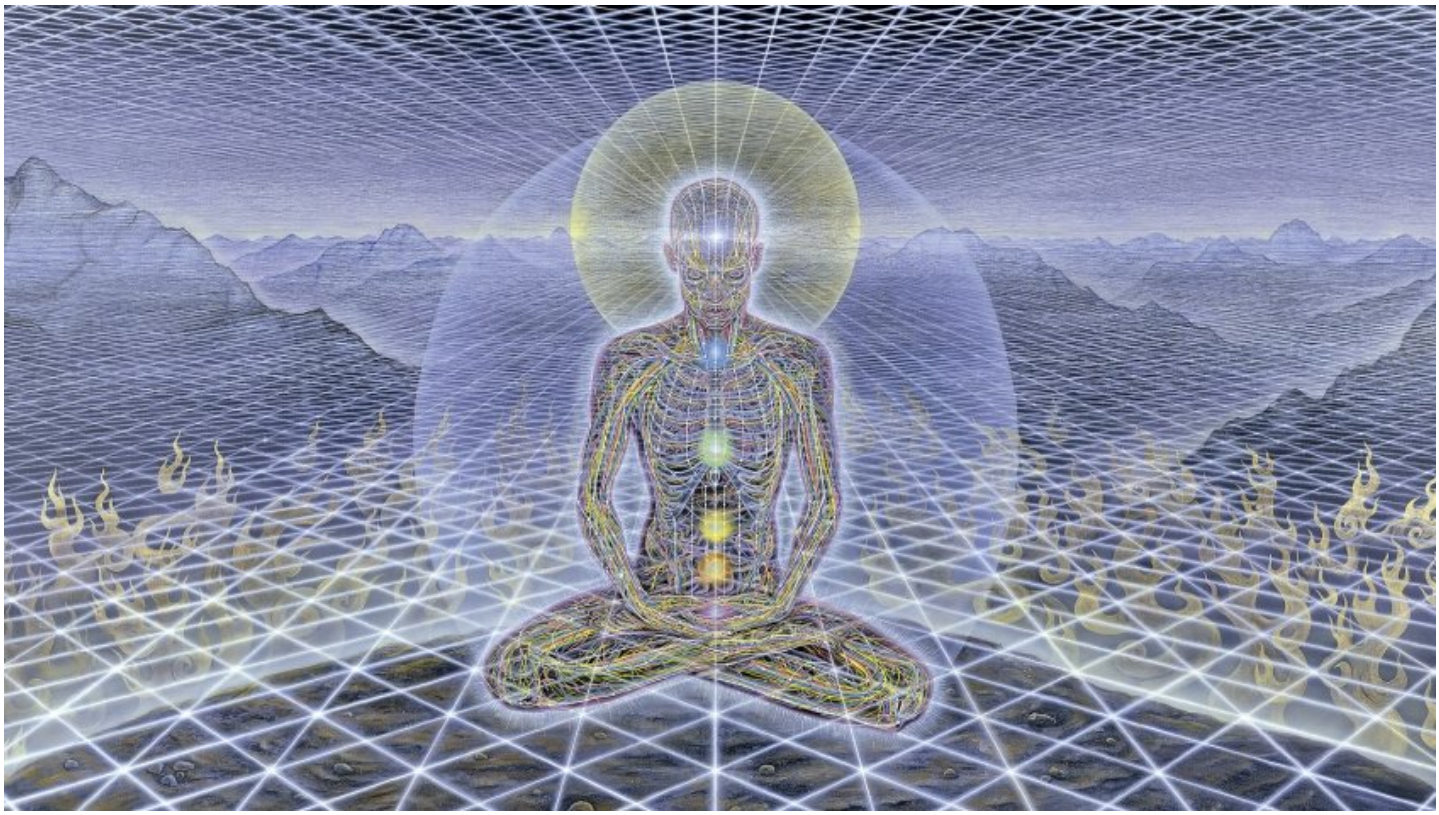
Here is a sample of what you can do inspired by Cooking with @SolBrah



GET OUT OF YOUR HEAD & INTO YOUR BODY

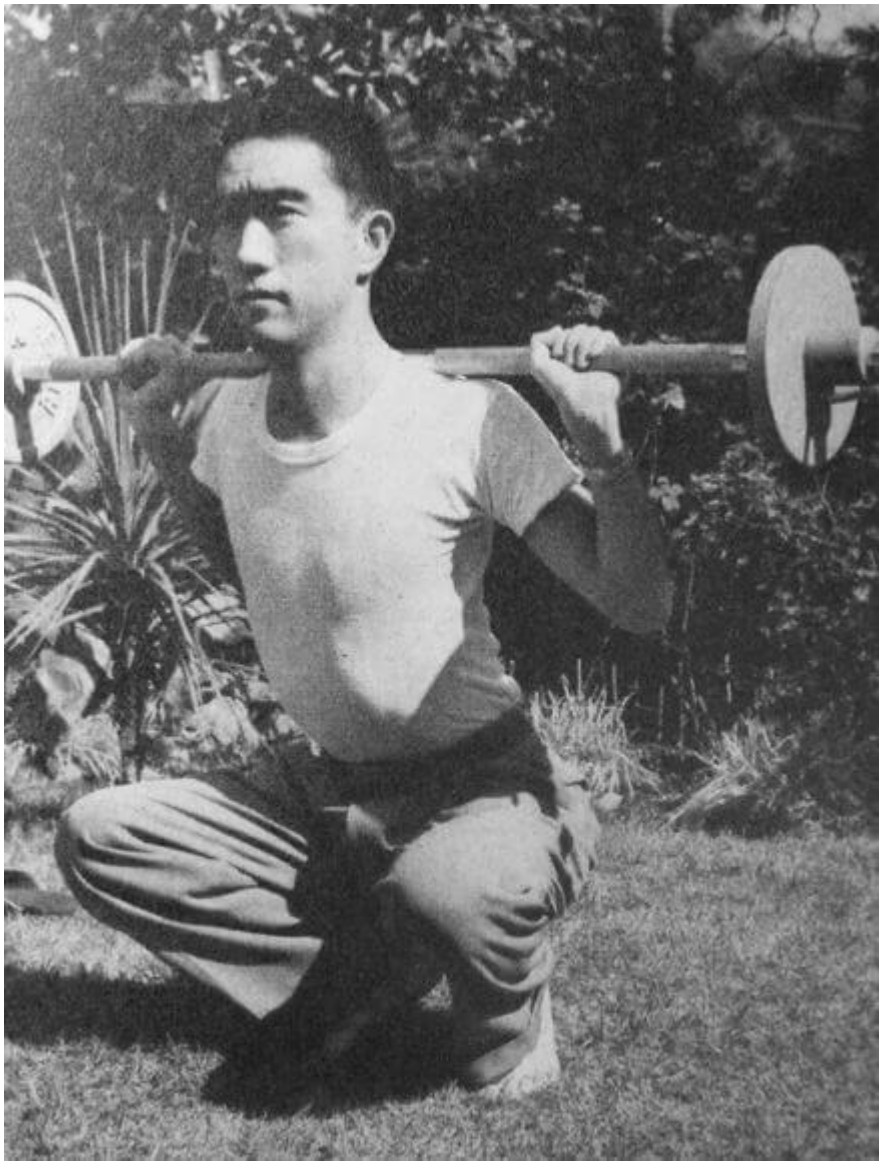
Another facet of why you're so mentally wrecked as a creative is that you're constantly 'in your head.'

You overthink things, you overcomplicate them, you go around in circles to the detriment of yourself. None of these thoughts help you.



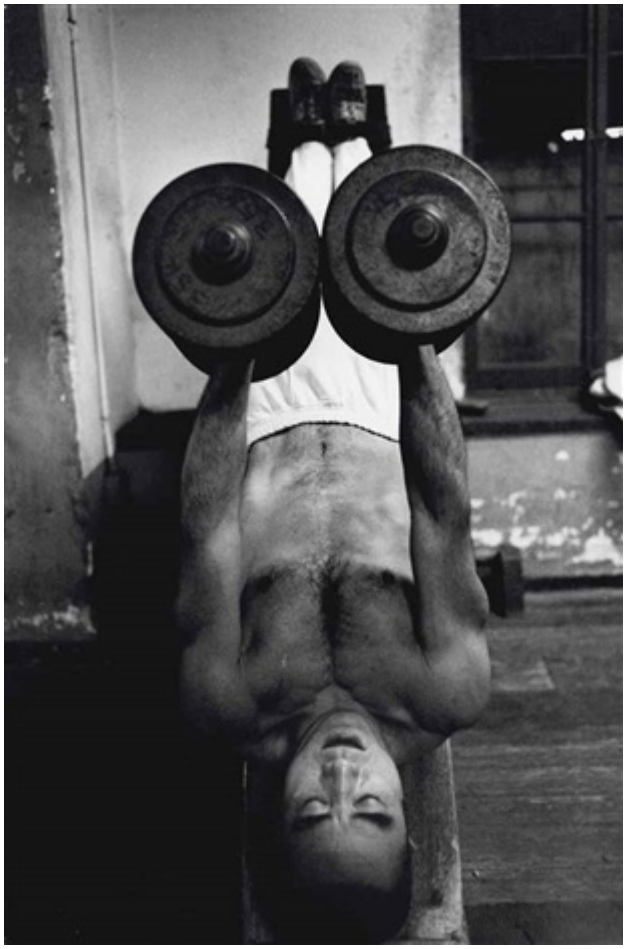
How did I get out of my head? Easy. I moved into my body. Remember, these steps may seem hard, but they're not – they're just new (as @waronweakness would say).

First thing you need to do is start resistance training. Doesn't have to be heavy, but just lift some fucking weights



I recommend following god-tier accounts like @LogFitz6 to get some ideas.

Whether you've made a mess of your mesomorphic frame due to too many years at the terminal, or you've soyed yourself to the point of skinny fat, a basic program to begin lifting will assist you to no end



However, to really get out of your own mind, you need to progress further than working out at home or at the gym.

You need to enter the flow state.

It’s called induced transient hypo frontality.

By having to concentrate on the external, your internal becomes silent.



So, what are the ways you can eliminate that little homunculus inside full of persistence and doubt?

Shit that gets you outside of your body.

Surfing, dancing, fighting, rock climbing, hunting, hiking.

For me, as part of the unfucking process, I commenced surfing & jiu jitsu



I made sure I shut that bastard up inside my mind.

Try it for yourself and you will feel refreshed and amazed, ready to tackle your next creative assignment.

More work out advice & other tips on how to boost your well-being & output here -- https://t.co/WGxkUhkoFY

KNOW MONEY IS NOT YOUR ENEMY

All of the above sounds great, right? You're ready to become more disciplined & productive in your creative life now.

But what of the cost of supplements, organic food & martial arts classes?

Well, you need to learn that money is not your enemy.



For many years as an artist, I was afraid of ‘selling out.’ Of losing my street cred by chasing the almighty dollar. Thinking it was edgy to be the struggling creative.

But let’s get real here.

Anarcho-capitalist, Neo-Marxist, whatever.

Accept the world is governed by money



If you can make money, you have a lot more time to give to your artistic endeavours.

Imagine not having the doldrums of a 9-5 or overnight gas station gig to contend with when creating your magnum opus?

You see where I'm going.

You need to develop side-hustle activity.

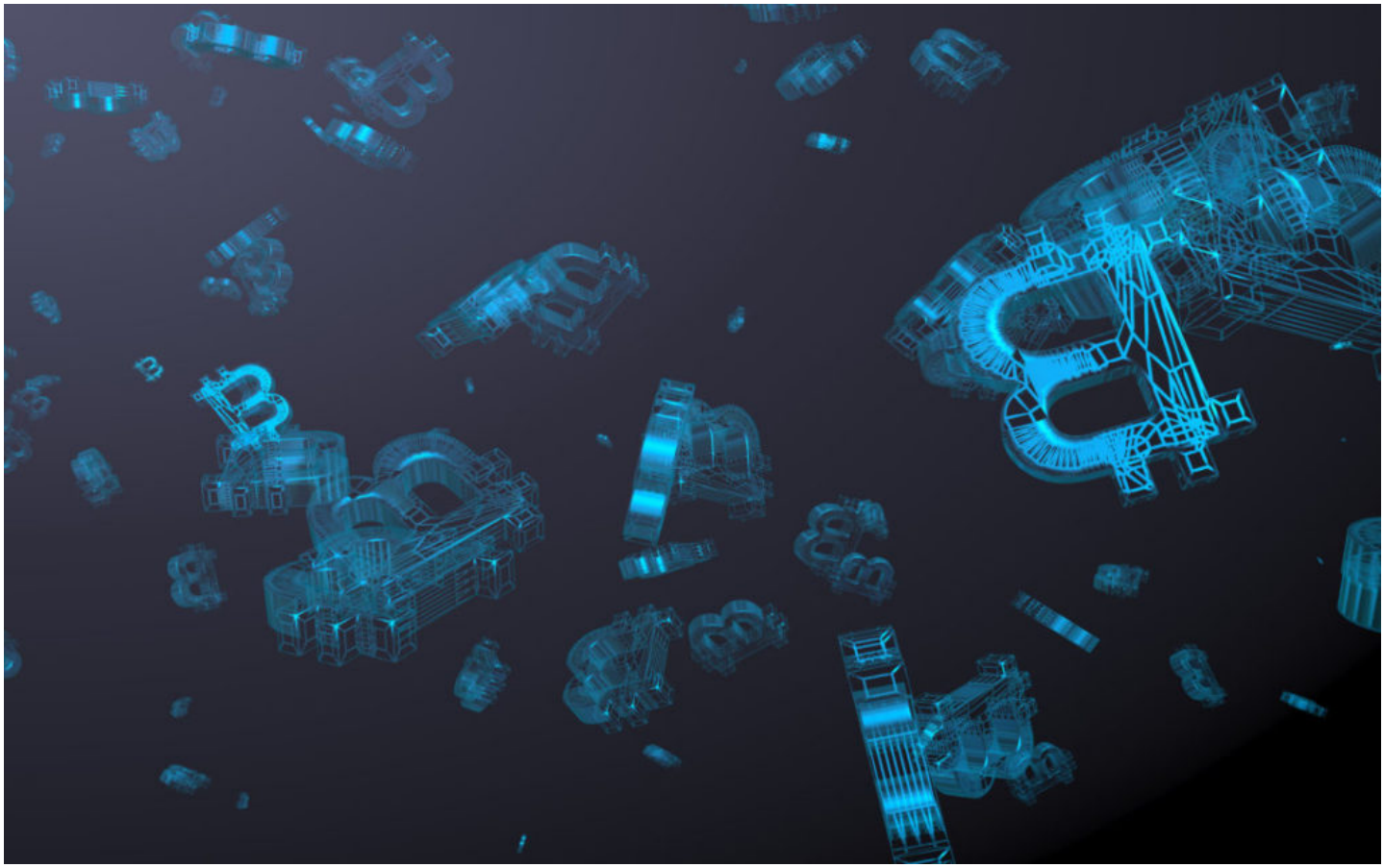
The way I do this? Through freelancing. Find a niche, do some research & sell the shit out of your service.

If you don't know where to start but can write, web design, code, photoshop etc. tap into the wisdom of people like @KATATHEGREAT & @Moneybaglives to leverage your skills

There are of course more passive ways to earn income than this.

For instance, I found out about Bitcoin in 2016 when it was $660. Now? Well, you can Duckduckgo it for yourself.

Cryptocurrency is a great avenue and opportunity for creatives to invest in their own future.



Not selling too many copies of your poetry zine or Bandcamp cassettes?

No problems, just use whatever royalties you get, dump them into crypto & multiply them exponentially over the next five years.

This shit is not even mainstream yet, get in now if you haven’t already.



Whatever side hustle you glean, learn how to sell yourself.

Stop being so introverted & unconfident. Never feel shame to sell the shit you’re good at.

So let's fucking ignite the fire -- it’s time to make the creative life glamorous again.



Some more recommended follows for the uninitiated creative that needs to up their self-confidence & side hustle game:

@DejaRu22
@FrazzleDazzzled
@thedulab
@EgoDriv
@WritingToRiches

If you enjoyed this quick money thread please like & RT.

Also, more content on optimising your health & wealth so you can concentrate on your artistic craft here:
https://t.co/WGxkUhkoFY