

# 2,458,03X

*Dealism; Four Quartets; Thought  
Bubbles; We're all Aliens*

## 0.1 Can I say that...?

Forget base-65 encoding, simply writing things down is enough to “encrypt” it from 50% of the world.

## 0.2 ImageMagick

To convert a JPG to PDF using ImageMagick, use `convert cover.png cover.pdf`

(I use this to get around the GIMP’s annoying habit of adding a 1-pixel line to the bottom of any picture it exports as PDF)

## 0.3 Brogue

#154,343,677

### 1.1 Dealism

Of course even when one can identify this frontier of wants, negotiations over organisation policies will still contain a “zero-sum” element of choosing a point on that frontier. Each change from one frontier point to another gives

some people more of what they want, at the cost of giving other people less. Even so, it can be quite useful for negotiators to know more about the location of this frontier, as moving the space of policies being considered toward the frontier offers the potential to give everyone more of what they want. And economic tools of analysis are quite directly useful for achieving this goal.

Overcoming bias, *Dealism, Futarchy, and Hypocrisy* (September 2017)

### 3.1 Enlightenment

Thus, I define **enlightenment** as permanently eliminating the basic perceptions that either duality or unity is the answer, and thus attaining to permanent non-dual realisations that are unshakeable.

Mastering the Core Teachings of the Buddha

## 3.2 Thought Bubbles

While trying out a concentration exercise from the Buddha book, I started disidentifying with my thoughts. That is, I thought about some things, then I watched them float away in bubbles so that I could get back to concentrating on the object of focus (my cellphone lying on my bed). I later noticed that I could make I-hate-myself thoughts float away, too. But there'd still be an "I" left even though the thoughts had gone away.

## 4.1 Four Quartets

Just finished Four Quartets by T. S. Eliot. It is mostly mysterious but has some nice turns of phrase e.g.

And last, the rending pain of re-enactment  
Of all that you have done, and been; the  
shame  
Of motives late revealed, and the awareness  
Of things ill done and done to others' harm  
Which once you took for exercise of virtue  
Then fools' approval stings, and honour  
stains.  
From wrong to wrong the exasperated spirit  
Proceeds, unless restored by that refining  
fire  
Where you must move in measure, like a  
dancer.

## 5.1 Life in a Gymnasium

Make it easy for me to reach every part of the house, unassisted e.g. put hooks in the

walls so I can reach the ceilings without a ladder.

## 5.2 How Friend 5 597 maintains his social circle

- + Facebook-friendly (and say how you met for the record)
- + engaging with people on social media
- + sharing events
- + organise monthly catch-up dinners
- No IM (but would go back to it when in a new city)

## 7.1 "The Little Stranger" by Sarah Waters

Finished reading "The Little Stranger" by Sarah Waters. A horror novel. But we never see any monsters, just see their effects. I liked it more for the period descriptions than for the horror, since there was precious little of it, and the conclusion was unsatisfying.

## 7.2 We're all Aliens

*"We'll burn her. Burn it out.  
We'll use the iron.  
"And then she'll be... perfect."*

The room was hushed as they stared at her a moment, not quite believing what they were hearing.

I believed her.

And the feeling I'd been trying to understand for days now finally came together for me.

I started to tremble as though standing naked in a rude December wind.

...

And I trembled, yes. With reason. With understanding.

I was captured by savages. I had lived with them. I'd been one of them.

No. Not savages. Not really.

Worse than that.

...

Like some other species altogether. Some intelligence that only looked human, but had no access to human feelings.

I stood among them swamped by otherness.

By evil.

Jack Ketchum.

*The Girl Next Door* (2005)

OMG this is why I read.

It reminds me of the feeling of alienness I felt after talking to Friend 6278 once when we were roommates and I realised I didn't understand him deeply.

## 8.1 Working out

FYI about a month ago I could not perform the following motions with a 4kg dumbbell (not including the bars) on each arm

- jumping jack motion. Lift dumbbells over the head and back.
- Mexican wave motion. Lift dumbbells from the hips overhead and back down

This morning I could do both. I still feel pain in my left shoulder even though the muscles in that area are measurably stronger.

I'm increasing the weights to 6.5kg each.

When we talk about cultural inculcation it isn't explicitly coded as: 'we should expect [the weak] to perform sexual favors' so much as 'maybe i don't have to personally examine what sexual predators are doing because it might not be that bad and i really can't afford to affront him.'

mr\_nope\_nope in the comments of BoingBoing's, "Gwyneth Paltrow to Letterman about Weinstein in 1998: 'He will coerce you to do a thing or two' " (Oct 2017)