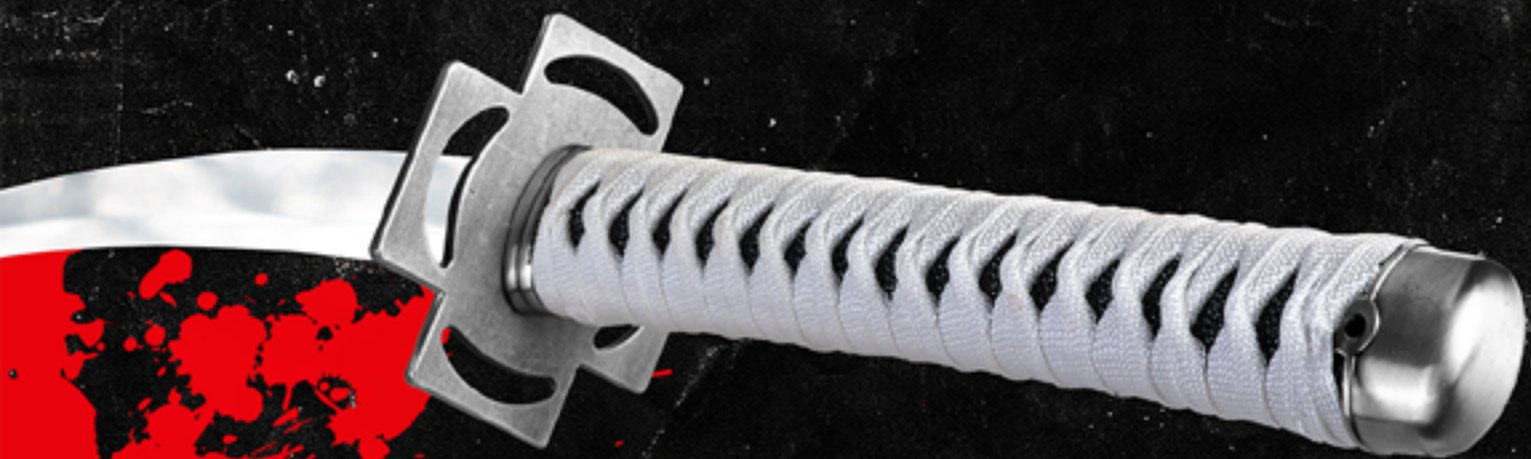


FROM THE MAN BEHIND *BOLD & DETERMINED*

MONK MODE

THE PATH OF THE ULTIMATE
AND THE KEY TO SELF-MASTERY



VICTOR PRIDE

MONK MODE

**THE PATH OF THE ULTIMATE
AND THE KEY TO SELF-MASTERY**

VICTOR PRIDE

SUPERDRIVE PUBLISHING

Version 1.3

Copyright © 2019 Victor Pride, LLC

All rights reserved.

This book is licensed for your personal use only and may not be sold or given away.

No part of this book may be reproduced, displayed, modified or distributed without the prior and express written permission of the publisher.

All inquiries to help@boldanddetermined.com

Published by Superdrive Publishing Limited

www.boldanddetermined.com

ISBN-13: 978-0-9990261-9-9

contents



PREFACE.....1

1 THE BASICS OF MONK MODE.....5

2 MONK MODE FAQs.....8

3 HOW TO CONTROL YOUR OWN MIND.....14

4 RECONNECTING WITH NATURE.....19

5 THE BASIC TRAINING OF THE MONK.....22

 THE MONK MODE ROUTINE.....23

6 THE MONK MEAL.....25

 RULES OF THE MEAL.....27

 THE BENEFITS OF BLESSING YOUR FOOD.....31

7	THE MONK STRETCH AND MOBILITY ROUTINE.....	34
	THE MONK STRETCHES.....	35
8	MONK MEDITATION.....	38
	MORNING MEDITATION.....	41
	AFTERNOON MEDITATION.....	42
	EVENING MEDITATION.....	44
	CULTIVATING DETACHMENT.....	45
9	BRAHMACHARAY THE PATH OF THE ULTIMATE.....	46
10	OVERCOMING ADDICTION.....	52
11	MONK MODE DOPAMINE REBOOT.....	59
12	MONK MODE HARD RESET.....	63
13	MONK MODE RECAP.....	65





preface



A man is climbing mount Everest.

He has prepared for this moment for all his life.

He has sacrificed everything to get to the top.

On the mountain he is in a very harsh climate - seemingly denying himself the great pleasures of life.

On the great mountain he has no comfort, he has no family, he has no girlfriend, he has no friends, he has no lattes or flat screen TVs.

On the climb up the mountain he has absolutely nothing that most people in everyday life want to have.

He denies himself all the comforts of the world so that he may climb the mountain.

But is the mountain man really denying himself anything?

Monk Mode

Or...

Is he making another possibility happen?

Climbing to the top of the greatest mountain in the world is something that average people can never imagine.

They are all willing to settle for small things - phones, cars, sugary junk food, some apparent status in the community.

When these average people see the mountain man in everyday life, preparing to climb the highest of mountains, these people see only a man denying himself.

They cannot understand why you should ever deny yourself immediate pleasures.

To them, the thought of delayed gratification is an alien concept. Denial to them is a horrible travesty.

But what they never see is what the seeming denial has given the man who is on the path to the ultimate.

What they cannot see is that it was not a denial at all.

It was a sacrifice.

The man gave one thing to get another thing.

Anybody who has created anything great has first denied themselves some simple pleasures of life.

The reason why you deny yourself is because you want to create something.

To create something - to be on the path to the ultimate - your attention must be diverted from the simple pleasures that other people think are valuable.

The concept of sacrifice is something all great religions of the past talk about.

But modern man misunderstands the concept of sacrifice.

Victor Pride

When we hear about sacrifice we think of sacrificing a chicken to the sun god to make it rain and then the natives do a rain dance.

That is not what sacrifice is.

Sacrifice is the act of giving one thing to get another thing.

In Thailand, the people might sacrifice a refreshing drink to a local spirit so that they may get good luck or not anger the spirit.

The mountain climber will sacrifice his simple pleasures so that he may prepare to achieve the ultimate and climb the highest mountain.

When he is finally on top of the mountain, what do you think he is thinking?

Is he thinking...

“I wish I had my smartphone, my latte, my fast car, my Bluetooth radio, I wish I had Becky to have sex with, I wish I had some internet porn, I wish I had some fast food...”

Or...

Is he thinking...

“I did it. I finally did it. All the sacrifice finally paid off. I’m here. I’m home.”

Perhaps he cries tears of joy.

Perhaps he smiles and basks in the glow of his ultimate bliss.

Perhaps he thinks nothing at all as he has been so steadfast that the moment has not hit him.

One thing I can guarantee he is not thinking about: Regret.

When you follow the path to the ultimate you have no regret for the simple pleasures you sacrificed.

Monk Mode

The gods and the spirits wanted you to sacrifice those simple pleasures to them and in return they gave you the ultimate.

Ask yourself a simple question.

Which is more important...

Simple pleasures today

Or...

Achieving the ultimate tomorrow.

If you chose the ultimate, welcome to Monk Mode.

Monk Mode is your guide to self-mastery and the path to the ultimate.

If you follow the plans laid out in Monk Mode, you can expect to be on top of the mountain in the future.



THE BASICS OF MONK MODE

How many times have you wished you could accomplish this goal or that goal, but something always stopped you?

How many times were you fired up to accomplish something but then you watched internet porn and your will to do the work vanished?

How many times have you wanted to start a big project, but ate a sugary/fatty meal first like McDonalds and then had to take a rest first?

How many times have you wanted to become an entrepreneur but instead went out drinking beer with your friends?

Many times, surely.

Doesn't it seem like every time you try to accomplish something, something stands in your way?

Victor Pride

Doesn't it seem like some short-term pleasure always gets in the way of your long-term goals?

Every time you feel like accomplishing something, you seem to crave this pleasure or that pleasure.

Then when you indulge that pleasure, any sense of will or achievement you previously had just vanishes.

Why is that?

These things happen because you've become accustomed to the dopamine hits that simple pleasures give you.

But those simple pleasures never seem to give you long-term benefits, do they?

In fact, each time you partake in short-term pleasures and get your dopamine hits, you feel worse after.

After "indulging" in bad food, bad drugs or alcohol, or in the obsession with sex, you feel tired, drained, brain-fogged, lethargic, and depressed.

The will to achieve disappears when you indulge in simple pleasures. In the end, these pleasures give you equal amounts of pain.

But even when you try to give up the simple pleasures, distractions always come up that call your name to the quest for pleasure.

Wouldn't it be better to get rid of those distractions so that you may focus on achieving your ultimate goal?

Good news...

Monk Mode KILLS those distractions that stop you from achieving the ultimate.

Monk Mode puts the ultimate within your grasp.

But only if you follow the plan.

Monk Mode

The plan is to ruthlessly get rid of distractions for 30 days.

What are some distractions that rob you of your goals?

Addictions to internet porn, masturbation, addictions to sex, addictions to food, and other simple pleasures that feel good now but feel terrible later.

Because of these addictions you develop a lack of mental clarity and the work becomes too hard to do, so you often quit.

The Monk Mode program is designed to break the habit of nasty addictions and to give you total mental clarity.

The goal of Monk Mode is to achieve the ultimate.

two



MONK MODE FAQs

What is the ultimate goal?

No one can say that except for you.

Do you want to climb a mountain? Start a great blog like Victor Pride? Write a perfect book like Lao Tzu? Start a great YouTube channel like PewDiePie? Become a better public speaker like Tony Robbins?

You provide the goal; Monk Mode provides the way to achieve the goal.

Muhammad Ali, Michael Jordan, Tony Robbins, Gandhi, Gautama Buddha, Mary Kay, all have reached the ultimate.

The field is irrelevant. The goal is irrelevant. The only relevance is what the goal has

to you.

Monk Mode is a magical formula that will allow you to accomplish something you didn't think you could do.

Whether it be training for a competition, building an online business, or working to improve your skills or knowledge...

Monk Mode is the way you can make it happen.

So, what exactly is Monk Mode?

Monk Mode is private time you take for yourself with the specific aim to achieve a goal.

Whatever the goal is, is not important. The goal is yours alone.

But to accomplish any goal, one thing is always required: **focused attention**.

Monk Mode will give you the time you need to give your goal focused attention.

Is Monk Mode a religious program?

Yes and no.

The word "monk" obviously connotes religion, but there is no set religion in Monk Mode.

Monk Mode is designed to give you ultimate productivity, ultimate mental clarity, and ultimate physical energy.

In the process, it becomes a spiritual journey.

You may quickly find that if you follow the steps, you seem to become more in tune with nature, the divine, and the world beyond what we can see.

At the end, when you reach the top, you can find bliss.

"But Monks don't do this or that..."

Monk Mode

Many tactics in Monk Mode are based on what real monks do, but many tactics in Monk More are not based on what real monks do.

In fact, what real monks do or do not do is irrelevant to our goals.

We are here to take what works and amplify it and discard everything that gets in our way.

Monk Mode may sound like a nice way to create world peace, but the reality is that Monk Mode is a ruthless way to achieve your own goals.

Again, it doesn't matter what your goals are.

Your goals can be world peace and unity or your goals can be goals of personal power or revenge.

The goal is yours and yours alone. Monk Mode is the way you achieve it.

We are here to do what actually works.

We are not here to do what should work in a "perfect world." Monk Mode is what works in this world.

Any resemblance to Buddhist monks or Christian Monks is purely coincidental.

We take from them only the name Monk and leave them everything else.

So why is it named Monk Mode?

When you think of a monk you think of someone who lives in solitude.

People on the outside cannot understand solitude, but that is for a good reason.

Many people on the outside live for pleasure, and it is pleasurable to be around people.

Victor Pride

But it takes solitude to create something that is great.

Beethoven, Mozart, Tesla, and Michelangelo all required solitude to create their works of genius.

Great work cannot be created with distractions and Monk Mode removes the distraction for a limited period of time so that you can work towards your ultimate goal.

What many cannot understand is that solitude is selfish.

Solitude is a selfish desire to work on your goals uninterrupted.

When you are not selfish with your time you never truly allow yourself the time you need to accomplish your goals..

It takes solitude to get things built. Monk Mode is the program that builds you.

You must develop yourself without the incessant influence of friends and family and other regular people.

You must work on yourself and to work on yourself you must take alone time.

This does not mean that you must be alone at all time, but it does mean you give your focused attention to the tactics outlined in Monk Mode and not give time to outside influences that do not help you achieve your goals.

From Julius Evola we learn:

“Solitude should not be a burden, something that is suffered, that is born involuntary, or in which refuge is taken by force of circumstances. But rather a natural, simple and free disposition ... Solitude is called wisdom. He who is alone will find that he is happy.”

A lot of good can come from solitude if you have an understanding of your mind and use solitude for a purpose.

Moses, Prophet Muhammad, and Gautama Buddha all pursued their interests in

Monk Mode

solitude.

Moses received his commandments on an isolated mountain in the Sinai Peninsula.

When Prophet Muhammad received his message by the angel Gabriel he was in an isolated cave.

Buddha received his wisdom by meditating in isolation.

How long does Monk Mode last?

Monk Mode is not a rush.

You cannot advance faster than the steps.

If you try to move in advance the only thing that will happen is, you will hinder your own progress and it will take longer.

Rushing to finish faster, ensures you will finish slower (or never).

Don't rush, be patient. In time, you will understand the magic power of Monk Mode.

Give yourself 30 days.

If you want to do it longer, you can.

Shorter than 30 days and you are wasting your time.

Nothing is ever accomplished in less than 30 days.

And Monk Mode is not a regular 30 days, but 30 days of pure focused attention. But it is very important that you follow the Monk Mode plan as it is outlined.

If you do not follow the plan you cannot expect to get the results I have described.

And the results I have described are very minimal to what the results truly are.

What are the true results of Monk Mode?

Life-changing.

Blissful.

Completely productive and never unproductive.

Monk Mode is not designed to do either good or bad in this world..

Monk Mode is designed to enlighten you and wake up your eyes to reality and to wake your soul up to achievement.

Monk Mode is the path of the ultimate.

Monk Mode may wake up your soul and your blood.

Monk Mode may show you who you are.

Monk Mode may open your eyes to your true nature.

Monk Mode may help you become who you are.

In short, Monk Mode is magic.

To create magic, you first have to have control of your own mind.



HOW TO CONTROL YOUR OWN MIND

Did you ever wonder why when you go to the grocery store people seem to be on auto-pilot?

It's like they're not really there.

They do things that hurt them but never do things that help them, and they don't even notice it.

You see great big fat people filling their shopping carts with boxes of foodstuffs that were produced in a factory.

What they eat has no nutrition whatsoever, but they buy it because the box says "fat free."

The box says fat free, but their bodies tell a different story.

Monk Mode

How could somebody be so blind to eat processed foods that say fat-free, when in reality these foods put immense amounts of toxic fat on their bodies?

I'll tell you why.

Mind control is real.

These people you see in the super-markets buying piles of junk food are under mind control.

Specifically, they are not in control of their own minds.

If you don't control your mind, somebody else will.

The television and advertising propaganda campaigns have been so successful they have literally taken over the minds of most people in America.

When you travel to other countries you interact with people who seem real and genuine and then you notice a distinct lack of advertising.

But...

Many other countries around the world are beginning to see the same effects of American advertising propaganda and are becoming the same sort of mind-controlled zombies.

How does mind control work?

It's easy.

They tell you what to do and you do it.

How do they tell you what to do?

They don't hide it, it's right in front of your face.

In the past the word was propaganda, today the word is called...

Advertising.

Victor Pride

Advertising exists for one reason: To get you to buy something you would not buy otherwise.

The factory owners and corporation shareholders face a dilemma:

“How do we get people to buy things they don’t need? How do we get people to buy things that don’t help them at all? How do we get people to buy things that end up killing them?”

And they found a perfect answer.

A nonstop assault of advertising propaganda.

You cannot go anywhere in the United States without coming across advertising of one form or another.

And what does advertising actually do?

It tells you what to do.

And it has been very effective.

Go outside to any store and you will see people who do not seem to be aware of what they are doing, only that they need to buy this product or that product.

As a monk in training, you will be forced to take back control of your own mind.

For the next 30 days you are not allowed to watch television whatsoever, you are not allowed to consume any mass media whatsoever.

Mass media exists for one sole reason: To get you to do unnatural things.

You have to learn how to be natural and in tune with your own spirit and that cannot happen if you are still under mass media mind control.

You are here to learn control of your own mind.

Your mind is a very powerful tool but only if you know how to use it.

Monk Mode

In the next 30 days you will learn how to use it.

When you eliminate internet porn, mass media, television and other mass media advertising, when you eliminate eating food constantly, when you train your mind 3 times per day via meditation, when you stretch 3 times per day, when you prepare your food outside and eat it outside, when you bless your food before you eat it, your mind will awaken.

You will become in control of your own mind instead of being a willing victim of mind control.

Monk Mode will ensure that your mind and soul will awaken.

Nothing *extra* needs to be done to gain control of your mind.

It is not a matter of adding things to gain control.

To gain control - it is a matter of removing the harmful agents.

No television, no internet porn, no masturbation, no snacking, no food outside of your one hour eating window, no drugs of any kind, no alcohol, no cigarettes, no dopamine producing agents of any kind, and if you're strong enough - no sex or sexual thoughts.

For 30 days.

If you do this, your mind will come alive perhaps for the first time in your life.

You will awaken the spirit you knew when you were a child.

And you will learn one very important tool in this 30-day challenge...

You will learn how to control your own thoughts.

And this will be put to the test.

One main tenet of Monk Mode is the practice of Brahmacharya.

Brahmacharya is mistakenly understood as nothing but celibacy - but it is so much

more.

It is a sacrifice of simple pleasures today so that you may achieve something greater later.

To accomplish the ultimate takes immense mind control.

It is true that, like real monks, you will remain celibate for 30 days.

But if your body remains celibate while your mind remains in lust mode, nothing will be accomplished.

You must train your mind to remove thoughts of lust.

When you do get thoughts of lust, you must use mind control to change your thoughts to another topic.

All power of thought lies within you, you are not a victim to your thoughts.

You are the creator of your thoughts and when a thought comes to your mind that is not allowed to be there (such as thoughts of lust) you are to change your mind to a different topic.

This is true mind control.

Control of your own mind. Control of your own thoughts.

In Monk Mode, you become the controller of your mind.

When you control your own mind, you get to leave the matrix and live in the real, natural world.



RECONNECTING WITH NATURE

When I drive around the cities I am so flabbergasted at how we have cut down all of the trees in our neighborhoods.

Trees give us protection from the sun and the elements.

Trees are an elemental part of our nature.

In the days before we were modernized, we were typical “tree-huggers.”

We respected our trees like we respected our ancestors.

But for some reason we cut them down so that we can live more artificial lives.

There’s a wonderful neighborhood near where I live.

In this neighborhood they have kept all their trees and it’s like driving into a magical forest.

Monk Mode

Instantly when you drive into this neighborhood you are covered by shade and you feel protected.

The stress and anxiety from the daily life in the city vanish and you feel at peace.

Every other house has cut down the trees and lives out in the open with no protection from the elements...

This treed neighborhood is so wildly different. The sense of security you feel in this neighborhood is palpable.

The pizza delivery boys love the neighborhood because they always get big tips.

Unlike the average city dweller who dwells in anxiety and rushes to get from A to B to buy more stuff, the residents of this neighborhood are so happy calm and peaceful,

It is because of the trees.

There are no other neighborhoods like this in town and everybody else is stressed in a rush trying to make an extra dollar.

Driving to this neighborhood is like driving into the past.

Not just 50 years ago, but a thousand or a million years ago.

It's like driving to an alternate reality of what could have been.

I used to drive to this neighborhood all the time, just to feel the warmth and glow.

But...

When I started the Monk Mode program I stopped driving to this neighborhood.

I just forgot about this neighborhood because I didn't need it anymore.

I found the same happiness and majestic bliss every day just by following Monk Mode.

Monk mode developed my reconnection with nature.

Victor Pride

I didn't need to seek it outside of myself anymore, I started to feel that same calm and sense of peace... but entirely within myself.

When you aren't dulling your senses with dopamine and drugs you become more in tune with nature.

You become childlike in a way that lets you see reality in the way that adults cannot.

Like Jesus said, *"You must be like a little child to enter the kingdom of heaven."*

That childlike awe I felt in the wonderful neighborhood full of trees...

That awe developed in me naturally when I followed the routine laid out for you in the next chapter.



THE BASIC TRAINING OF THE MONK

Did you ever notice the similarity between monks and soldiers?

Each wake up at the crack of dawn, each spend their days accomplishing their mission, each shave their head (you don't have to), each develop extreme self-discipline, and each live without women for a period of time.

The Monk Mode routine is much like the routine of a soldier.

Forget about guns and bombs...

The #1 weapon of a super soldier is the mind.

The mind is the #1 thing we train in Monk Mode.

Monk Mode

We train the body as well, but the mind comes first.

To train your mind requires strong self-discipline.

To develop strong discipline, you will follow this schedule with no exceptions.

THE MONK MODE ROUTINE

You will wake up 5am

You will meditate every morning after you wake up

You will perform The Monk Stretch every morning after you meditate.

After you perform The Morning Monk Stretch you will work for 2 hours straight on your goal.

You will start your daily work by 6:30am.

After 2 hours of strong work you will perform your afternoon exercise (9am)

After your afternoon exercise you will perform Monk Meditation (10am)

Then it is right back to 2 hours of solid afternoon work (11am-1pm)

After 4 hours of work you will do your afternoon meditation

Then you will do your afternoon stretch and mobility routine

Your one daily meal is to be taken in the afternoon, not morning and not evening.

After you have worked for 4 hours, done 2 meditation sessions, and done 2 stretching sessions you are allowed your one daily meal.

Prepare your food outside if possible, bless it before you eat it, eat it outside, and use no outside distractions like computer or phone. Eat in peace.

Allow yourself one hour to eat. (1-2 pm)

Victor Pride

Relax for one hour to allow your food to digest. (2-3pm)

Stretch again to get the blood flowing. (3:30pm)

Work for 2 more hours straight. (4-6pm)

Meditate at 7pm.

Go to sleep at 8pm

On this routine you give yourself 6 hours of deep and full concentration on your work.

This may not seem like a lot right now, but it is plenty.

Most people do 20 minutes of work or less per day.

You will outwork 99.99% of the population by doing 6 solid hours of work every single day.

Your body will become strong and flexible and your mind will become sharper than you ever thought possible.

But you must follow The Monk Meal, and The Monk Meal is unlike the food any religious monk eats.

The Monk Mode Diet is designed to enliven you whereas the diet of the average monk is designed to enfeeble them and take away their power.

This Monk Mode diet gives you the power you need to succeed...

six



THE MONK MEAL

DISCLAIMER: Skinny people will not follow the one meal a day program. Skinny people must eat 3 meals per day. The One Daily Monk Meal is only for fat-bodied and standard-bodied and otherwise healthy people.

Monks eat one meal a day and so will you.

You have one hour per day, at 1pm, to eat your one meal of the day.

There is no eating or snacking allowed outside of this one hour per day.

However, there will be a major difference between you and the monks of Asia who live on rice and vegetables like peasants.

Humans require certain vitamins and nutrition to function at their absolute best.

You **MUST** function at your absolute best during your Monk Mode training and you

Monk Mode

cannot afford to eat peasant food.

You would not find a boxer preparing for the fight of his life by eating rice and vegetables.

You would not find a climber preparing to climb mount Everest living on rice and vegetables.

The only person who can live on rice and vegetables is one who sits round and does absolutely nothing.

On the Monk Mode program, you will do absolutely everything.

And to have the energy you need to accomplish the ultimate, you must eat like your life depends on it.

You must eat like you are training for the ultimate competition, because you are.

To prepare for the ultimate, the human body and brain need cholesterol, saturated fat, and fatty acids to function at peak performance.

The human body and brain do not actually *need* carbohydrates at all.

Carbohydrates all digest as simple sugars and flood your bloodstream with a syrup like substance after you eat them.

Therefore, the recommended Monk Meal is a totally carnivorous meal.

These are the foods I eat in Monk Mode and these are the foods that give me incredible results:

Beef, Bacon, Butter, Lamb, Goat, Cheese, Salt and Black Pepper

I personally do not eat foods with carbohydrates and I am quite certain this has drastically improved my ability to do the work.

No fruits, no vegetables, no grains, no breads, no pastas. No carbohydrate foods are allowed in my Monk Meal. Period.

The benefits of the meat-only, zero carb meals

You get all the necessary vitamins such as:

- Vitamin A
- Vitamin B12
- Vitamin D3
- Vitamin E
- Vitamin K
- Omega-3 Fatty Acids

On a totally carnivorous diet you get the necessary building blocks of the human body and brain: Cholesterol and Omega-3 fatty acids.

I highly recommend a carnivorous diet, but there are cases where it is not possible.

If you wish to eat plant foods or if you are unable to follow a meat only diet due to monetary or cultural restrictions, then you may eat as you need to eat - with a few rules.

Junk food of any kind is not allowed

Soy is not allowed

But be sure to add saturated fat to your meals because fat adds clarity and strength.

If you eat rice, add butter or ghee to it. If you cook vegetables, cook them in butter or lard. Add eggs when you can.

It is vitally important to get saturated fat and cholesterol.

RULES OF THE MEAL

You are to prepare your meals outside if possible.

You are to leave the computer and phone inside.

Monk Mode

You will prepare and eat your meals outside in peace and harmony with nature.

Before you eat your food, you must bless your food.

Think of the animal that gave its life so that you may have life and give thanks to it.

If you are religious give thanks and praise to your creator.

If you are not religious, give thanks and praise to mother nature for giving you this incredible sustenance to eat.

Imagine the food you are about to eat is going to fill you with energy, health, and vitality.

With every bite of food you eat, imagine you are growing stronger, calmer, better, smarter, healthier and wealthier.

This is very important and must not be neglected.

When you eat blessed food, you become a blessed person.

And blessed people are the people who achieve their goals, whatever they are.

Eating one meal a day has a magical effect on your body.

For the first two weeks it is hard, then it is bliss.

When you don't eat for 23 hours per day you enter a stage called autophagy.

This is when your body eats the bad cells and then creates new one.

This is a cleanup period for your body that many people never go through. Essentially you are reborn.

During this period, you will feel better than ever, you will have vivid dreams, you will sleep well, you will be happy every day, and you will feel healthier and lighter than you ever have before.

Fasting eliminate sadness, encourages bliss, and gets you closer to the ultimate

truth.

It is this process of fasting for 23 hours per day which made me feel as if my inner world was as magical as the neighborhood that was full of trees.

WARNING: If you are skinny, you must not follow this one meal a day plan. If you are skinny you are allowed 3 meals per day and no snacking.

If you are fat bodied or standard bodied, you are required to follow one meal a day.

What can you expect eating one meal a day?

On the very first day...

For the first few hours in the day you will experience intense hunger pangs.

Just wait them out. Eventually they will pass.

When the hunger pangs pass you will feel something very special....

Euphoria. Energy. Happiness. Calm.

It is really quite remarkable what happens to your body and mind on a fast.

It is as if your body and mind correct themselves.

You become much more aware of what is going on.

You become much more in tune with the natural world and you are less drawn to the virtual reality of smartphones and computers.

On the 2nd day you can expect much of the same.

You can expect intense hunger pangs in the first few hours of the day.

If you simply wait them out - about 30 minutes or an hour - they will go away and you will have more energy than you ever knew you could have by not eating.

Each day you will play this game. You will feel hunger pangs and you will wait them out.

Monk Mode

Never giving in until you have your afternoon meal. If you eat the Monk Meal described above - a meal with plenty saturated fat - you will not get hungry again for the rest of the day.

After 7-14 days you stop experiencing hunger pangs during the day.

You can expect 2 weeks of torture. You can expect to be hungry for 2 weeks. You can expect 2 weeks of withdrawal symptoms.

About after 7-14 days those things go away.

You sacrifice one thing - feeding your hunger for 7-14 days - so that you may achieve another thing.

The other thing that you achieve is calmness, increased energy, increased clarity, happiness, and bliss.

Every monk knows this.

That is why every monk eats one meal a day and every monk spends time periodically fasting for days at a time.

You, as a monk in training, will eat one meal a day for the next 30 days.

In a later chapter we will discuss the optional Monk Mode Hard Reset where you can start the first two days on a water fast.

The Hard Reset will speed up your benefits by making it harder at first.

Remember, you always give something to get something.

What if I cannot eat enough food in my one meal?

If you cannot eat enough food in one meal, then you can eat all of your food inside of a 4-hour window.

It is best to eat one meal, but if enough calories cannot be eaten in one meal, eat more but keep all of your calories eaten inside of a 4-hour window.

Example: Eat your food from 2pm to 6pm and then stop eating.

What about water?

You can drink water whenever you are thirsty.

There are no restrictions on water, but you should drink water only when you are thirsty.

There is no benefit to drinking excessive water.

THE BIG BENEFITS OF BLESSING YOUR FOOD

There is a book called *The Hidden Messages in Water*.

In this book, a Japanese scientist found that when you speak kindly to water, it forms a new shape...

Japanese scientist Masaru Emoto shows how the influence of our thoughts, words and feelings on molecules of water can positively impact the earth and our personal health.

Using high-speed photography, Dr. Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them.

He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns.

In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.

The implications of this research create a new awareness of how we can positively impact the earth and our personal health by using positive thoughts.

In the past, all people knew of the power of positive thought on water.

Monk Mode

It was called...

Holy water.

Today, we have forgotten the power that positivity has on both our water and our food.

Every day for 30 days, it is important to bless your food before you eat it.

When you bless your food, you send positivity into the food using your thoughts and your mind.

You have the ability to change the molecules of the water and the food with your thoughts.

In fact, this is the basis of all magic - using thoughts to change things.

When you bless your food with positivity, it will taste better, and it will make you healthier.

Did you ever notice that home cooked meals always taste more delicious than meals prepared in restaurants?

That is because food lovingly prepared by a loved one always tastes better than restaurant food.

The one who cooks for you wants you to enjoy the food.

They take the time to lovingly prepare the ingredients.

While cooking for you they imagine how much you will enjoy the food they prepare.

This love is transmuted directly into the food.

Thus, when you eat home cooked food prepared by a loved one, it tastes incredible no matter the skills of the chef.

So many happily married men say, "I can't live without her cooking."

Victor Pride

They say that because it's true.

It actually means, "I can't live without her love."

If your food is prepared by someone else, great, but you must still bless your food before you eat it.

If your food is prepared by yourself, always bless it before you eat it.

When you bless it, you change it from neutral to positive.

Never think negative thoughts when you eat your meal. Negative thoughts can negatively impact the food and your health and well-being by extension.

Take your food outside.

Clear your mind before you eat.

Never bring a phone or a computer with you to eat.

Eat only in peace and solitude.

Thank the animal who died so that you may eat of its flesh and have life.

Thank your creator for the wonderful abundance.

Then eat.

With every bite you eat, imagine the abundant health, light, and life you are receiving.

When you finish, say thank you.

Blessing your food will teach you to use the powers of your concentrated thought to effect change in the real world.



seven



THE MONK STRETCH AND MOBILITY ROUTINE

The Monk Stretch is very important to do every single morning.

Stretching will help you loosen up and prepare for the day ahead.

Stretching will make your body free and help to clear your mind.

A stiff body can easily be snapped but a loose body can bend with the wind.

The Monk Stretches are doubly important because most Monks in training are working in online business and sit at computers for hours on end.

Monk Stretching will help to undo the damage done by working on computers and phones.

(NOTE: You are encouraged to work standing up as often as you can. Standing up is better for the body and better for the brain.)

THE MONK STRETCHES

After you perform your Morning Monk Meditation you will perform this stretch routine.

The stretch routine is called Sun Salutations.

Sun Salutations stretch every part of the body.

Here is how to perform the Sun Salutations:



1) Stand up straight. Press your hands together in front of you as in a praying motion.

This helps to relax and calm the mind.



2) Reach your hands to the sky as high as they can reach.

This stretches the chest and the abdomen and lifts energy up through the body.



3) Bend at the waist and touch the ground, but do not bend your knees.

This massages the internal organs, increases the power of digestion, increases blood flow to the brain, and stretches the spine.



4) Plant your left foot behind you and your right foot in front of you, stretch the spine

This stretches the psoas, quadriceps, and spine, stimulates abdominal organs, and increases mental power.



5) Plant your feet and arms on the ground and point your buttocks to the sky

This strengthens the legs and arms, stretches the calves and spine muscles, and relieves varicose veins.



6) Move to a pushup position and stay rigid (do not perform pushups)

This improves posture, strengthens back muscles and spine, and stretches the shoulders and chest.



7) Plant your knees and elbows to the ground, point your buttocks towards the sky

This develops the chest and strengthens arms and legs



8) Lie face down and push your upper body and head towards the sky, keeping the lower body on the ground

This relieves tension in the back and spine, and stimulates and expands the chest and abdominal organs



9) Plant your feet and arms on the ground and point your buttocks to the sky

This strengthens the legs and arms, stretches the calves and spine muscles, and relieves varicose veins.



10) Plant your right foot behind you and your left foot in front of you, stretch the spine

This stretches the psoas, quadriceps, and spine, stimulates abdominal organs, and increases mental power.



11) Bend at the waist and touch the ground, but do not bend your knees.

This massages the internal organs, increases the power of digestion, increases blood flow to the brain, and stretches the spine.



12) Stand up straight and reach your hands to the sky as high as they can reach.

This stretches the chest and the abdomen and lifts energy up through the body.



13) Press your hands together in front of you as in a praying motion.

This brings you right back to the beginning in a circle. This helps to relax and calm the mind.

Repeat this pattern 3x each morning, 3x each afternoon, and 3x each evening.

Sun Salutations can easily be found on YouTube if you wish to see a video demonstration.

What about going to the gym?

All extra exercise you wish to do is allowed.

Go to the gym if you like.

Gym work is not necessary for Monk Mode, but it is encouraged.

If you do train in the gym train in the afternoon.

The morning is reserved for mental work.

Afternoon is when the brain begins to want to relax, it is fine to go to the gym during the afternoon.

It is not recommended to go to the gym later in the evening because it will negatively impact your sleep and cause you to go to sleep later than your 8pm bedtime.

eight



MONK MEDITATION

I spent many years living in Thailand.

Thailand is a very spiritual and magical place.

Everything in Thailand has to do with magic.

Every house and every building in Thailand has a spirit house.

On every street corner in Thailand you will find religious shrines and alters depicting various gods and spirits and other figures.

People from all walks of life, businessmen, street peddlers, and everyone in between, will stop at the alters to pray and to bless, and to leave gifts of food as thanks, or as bribes.

Everything is done to placate or ask a favor of the gods, spirits, and ghosts.

Victor Pride

The goal is to gain “boon” which is a blessing, or good things done to everybody.

Thais are Buddhist but if you look behind the facade, they practice magic.

In Northern Thailand the spiritual teachers are known as “ajarns”, or teachers.

The ajarns believe that one must first be a monk before he can attain the attributes of magic.

And what is the main attribute of magic?

Focus.

Intense focus is the main attribute of magic.

Without focus, nothing can be done.

This is why the Northern Thailand ajarns are required to be monks before they become ajarns.

This focus must be learned by spending many hours per day in intense meditation.

This meditation teaches them to block out outside influence and give total focus to their own minds and the power that resides within.

It is total focus that a magician uses to influence nature.

The magician uses focus to bless his food to achieve excellent health.

It is focus the magician uses to heal the sick.

It focus the magician uses to create the future.

This focus is learned in Monk Meditation.

As a monk in training you will be meditating three times per day for the next 30 days.

YOU WILL LEARN TO FOCUS.

Monk Mode

Here's how...

As a Monk in training you are to meditate 3 hours per day.

Forget everything in your mind you think you know about meditation.

You are to meditate in a very certain way.

The goal of Monk Meditation is to awaken your mind to its creative powers.

Today we are all stupid because of smartphone and internet addictions, we no longer have the ability to think, concentrate, or imagine.

Therefore, the imagination must be developed via Monk Meditation.

Imagination is very important because no goal was ever achieved without first imagining it.

Nothing was ever built or created without first imagining the thing in your mind.

Before a thing can be created in the real world, it must first be created in the mind.

This is the reason we meditate – to create the future in our minds.

Then you will use your waking hours to build the future that you already created in your mind.

The great inventor Nikola Tesla would do nothing in the real world until he first developed the entire invention in his mind.

He would go over every single detail in his imagination before he would do so much as get out a pencil and draw plans for the device.

“My method is different. I do not rush into actual work.

When I get a new idea, I start at once building it up in my imagination and make improvements and operate the device in my mind.

When I have gone so far as to embody everything in my invention, every possible improvement I can think of, and when I see no fault anywhere, I

Victor Pride

put into concrete form the final product of my brain.” - Nikola Tesla

It is total focus that is necessary to build anything at all.

Imagine climbing up the mountain without intense focus... Whoops, just fell off the mountain.

To achieve the focus of a monk, or a great inventor like Nikola Tesla, it is vital to train your mind.

And to overcome addictions such as porn addiction, it is important to regrow the frontal lobe which atrophies with porn addiction and other dopamine producing addictions.

The Monk in Basic Training is required to meditate 3 times daily. Morning, afternoon, and evening.

These meditation sessions will all be different.

MORNING MEDITATION

After you wake up and visit the restroom, find a place where you can sit comfortable and alone.

It does not matter how you sit. Lotus position is of no concern.

Sit on a chair or sit on the floor.

Be comfortable.

Close your eyes.

Your goal during morning meditation is to let all thoughts come into your mind but not to react to them.

The goal of the morning meditation is to learn to be detached.

Monk Mode

Emotional attachment to things leads to misery.

We want to sever the emotional attachment.

Not because we want to have no feelings and be psychopaths, but because we want to be in bliss inside ourselves at all times.

One cannot experience bliss if one is always reacting emotionally.

Let your thoughts come and go.

Whatever they are, see them in your mind, think them, and then let them go when they go.

Pay attention to your thoughts, but do not give them a reaction.

They are what they are.

This exercise will teach you about yourself.

More importantly, it will teach you to not be reactionary.

Start with 10 minutes every morning for the first week.

Then 15 minutes the 2nd week.

Then 20 minutes the 3rd week and so on.

Soon you will understand exactly how long or how little you must meditate.

Keep a meditation notebook and always write down your thoughts and notes immediately after you finish meditating.

AFTERNOON MEDITATION

You are to perform your afternoon meditation before you eat your one daily meal.

The goal of the afternoon meditation is to train your concentration and your

imagination.

Take a few small items from your pocket.

They can be some pocket change, a writing pen, or some small earbuds.

It does not matter what they are, just take a few small things and place them on a table in front of you.

Study these items for 10 minutes.

Try to remember every possible detail about the small items in front of you.

Then close your eyes and try to imagine every detail of the items.

At first you will barely remember anything the way it actually is.

But in time you will be able to see in your mind the way you see with your own eyes.

This will develop your powers of concentration.

Start with one small item, say a pen, and begin the exercise only trying to imagine the pen in your mind.

When you are able to imagine the pen exactly as it is, with all details, then you may progress to adding a new item, and a new item and so on.

Start small and build up.

Your imagination has to be built little by little.

You cannot start by imaging the Eiffel Tower, you must start by imaging the very pen that can draw the plans for the Eiffel Tower.

Take 20 minutes every afternoon to perform this mental exercise.

After you have performed this exercise, you are free to take your daily meal.

Keep a meditation notebook and always write down your thoughts and notes immediately after you finish meditating.

EVENING MEDITATION

The goal of the evening meditation is exactly the opposite of the morning meditation.

The aim of the evening meditation is to think nothing at all.

Sit down in a quiet place when you can be alone.

Do not allow any thoughts at all.

Push all thoughts from your mind.

This will not be so easy.

Soon you will find that meditation is not actually “relaxing”, it is instead a workout for your mind.

It will not be easy to push all thought from your mind and you will need to work diligently at it.

At first you will likely not experience even one moment of no thought.

But in time you will experience 5 seconds here, 10 seconds there, up to 1 minute here and so on.

It will take time and it will take work (like all things in this world that are worth getting, they take time to get).

Clearing your mind of all thought and becoming mindless will help you to sleep like a baby.

Start with 10 minutes every morning for the first week.

Then 15 minutes the 2nd week.

Then 20 minutes the 3rd week and so on.

Soon you will understand exactly how long or how little you must meditate.

The evening meditation should help clear your mind for sleep.

CULTIVATING DETACHMENT

One big benefit of following the Monk Meditation program is to detach yourself from emotions.

Detach yourself from reacting to everything around you.

Because when you are reactive, you are no longer active.

To reach the ultimate you must be active and never passive/reactive.

Monk Meditation will teach you to see thoughts come and go without reacting to them.

This will teach you to see things come to you in the real life without reacting or over-reacting to them.

See them as they come in, assess them, and deal with them in an efficient manner.

Emotional attachment clouds your mind and robs you of the ability to deal with things efficiently and calmly.

“You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is in sitting back and observing everything with logic. If words control you that means everyone else can control you. Breathe and allow things to pass.” -Bruce Lee

The world cannot be saved. But you can be saved. Concentrate on yourself. This is the essence of Monk Mode.



BRAHMACHARYA THE PATH OF THE ULTIMATE

Remember our mountain man climbing to the top of the highest mountain to achieve the ultimate?

By denying himself the worldly pleasures, which usually result in pain, he has given himself the ultimate, the greatest gift.

It is not a denial of anything, it is a gift you give yourself.

He has denied himself nothing and given himself everything.

You deny these things while on the path to the ultimate so that you may eventually achieve the ultimate.

Monk Mode

Pleasure serves no purpose, denying this simple pleasure and instead using it as fuel gives you all of the purpose.

The reason you are going to follow Monk Mode until the end is so that you can stand on top of that mountain, tall and proud of your achievement.

In every man and woman there is one source of energy that is superior to all other sources of energy.

This energy can be used to conquer worlds, achieve goals never thought possible, and give you ultimate bliss.

This energy can also be used to enslave you to vice and keep you from achieving the ultimate.

This energy is the sex energy.

If this energy is used correctly, all things are possible.

If this energy is wasted, nothing is possible.

The sex energy must be contained and used as fuel for the ultimate.

If this energy is not contained, I am afraid nothing great can be achieved.

It is not a matter of denying yourself, it is a matter of giving yourself the ultimate.

To the man climbing the highest mountain in the world, there is no thought of wishing to have sex or masturbation.

There is only the task at hand – climbing to the top of the world's greatest mountain.

The mountaineer spent his whole life to achieve this goal and in this moment, there is no sense of regret for not participating in releasing his vital sexual energy.

The vital sexual energy is what creates life – literally.

When you expel this vital sexual energy in short-term sexual acts you do not allow the life energy to build inside of yourself.

Victor Pride

When you do not participate in short-term sexual relationships you allow this tremendous energy to build within you and give you incredible vitality and inner-life.

No masturbation is allowed in Monk Mode. None.

Sex is not advised for the 30 days you are actively trying to achieve the ultimate goal.

Sex will get in your way, drain you of vital energy, and release your supreme creativity in base ways.

This energy must be channeled into the ultimate.

You must not think that it is a denial because it is not.

You are not denying yourself anything, you are giving yourself the greatest gift in the world – LIFE ENERGY.

You must use this life energy to build your great work and accomplish your great goal, whatever it is.

It is very highly advised to eliminate lust from your mind.

If you abstain from sex and masturbation but do not abstain from mental lust, nothing positive will happen.

Your lust will force itself out in other ways.

But if you eliminate lust from your mind, even temporarily, you will be astounded at the power you possess.

The lust can be eliminated from the mind using your powers of thought control.

And this – *the replacement of following lust with walking the path of the ultimate* - is Brahmacharya.

When you follow this path, you will be astounded at how much you can accomplish every single day and never get tired.

Monk Mode

You will be astounded at the mental bliss you are in at all times.

It is important to never let this energy out until your goal has been accomplished.

Boxers of the past knew this.

They would not engage in sexual acts in the weeks leading up to a boxing match.

They would do this to save their vitality and energy and release it in the boxing ring only.

All great masters of the past knew the sacred strategies of Brahmacharya.

Brahmacharya in literal terms is the virtue of celibacy when unmarried and fidelity when married.

It represents a virtuous lifestyle that also includes simple living, meditation and other behaviors.

The word Brahmacharya translates as '*behavior which leads to Brahman*'.

Brahman is 'the creator' (The Ultimate) in Hinduism and Yogic terms.

Brahmacharya is behavior which leads us towards 'the divine' or 'higher power'... The Ultimate.

The great gift of Brahmacharya is that it teaches you to control your own mind.

It is not a great idea to simply be celibate in the body, but lustful in the mind.

The lust has to be eliminated from the mind or disastrous results can be expected.

But how do you eliminate lust from you mind?

It is easy.

When you have thoughts of lust...

You just change your mind.

Victor Pride

You are the one in control of your own thoughts and you can choose to think anything you want.

For the next 30 days, choose to think thoughts that are not connected with lust.

At the end of 30 days you can go back to your old ways if you want to, or you can continue the path.

But it is important to develop your powers of will, and to give yourself the mental energy needed to complete your goal.

It is through the magic of Brahmacharya that all great things in this world were created.

It is through Brahmacharya - the sacrifice of momentary pleasures - that you walk on the path of the ultimate.

Does Brahmacharya need to be an everyday part of your life?

No.

Think of Brahmacharya as temporary preparation for a contest, like a boxer preparing for a tough match.

Think of it like building up your energy so that you may use it to build your business or climb your mountain.

Even though you do not make Brahmacharya a part of everyday life, it is a great idea to follow the path for 30 days each year so that you may conquer your own mind.

What if you are married?

If you are married and the act of Brahmacharya may negatively affect your marriage, you are allowed to skip Brahmacharya.

Remember that your marriage is sacred, and you do not want to endanger that union.

But if you are single...

Monk Mode

Many who partake in the Monk Mode program will be single.

It is not often that a married man chooses to go into Monk Mode.

Most single men - and even married men - have one great big problem in the modern world.

This great big problem is the #1 cause of the total lack of achievement by most men.

Do you know why modern men are so hopelessly lacking in achievement?

It isn't because they are having sex all the time.

It is because...

They are addicted to internet pornography and masturbation.

As much energy as sex releases, porn and masturbation release 100x more.

The addiction to internet pornography is much worse for your energy than sex and masturbation combined.

The addiction to internet porn and masturbation must be annihilated if you wish to achieve anything in this life.

The next chapter will describe how.

ten



OVERCOMING ADDICTION

Internet pornography can become as big of an addiction as cocaine or methamphetamine.

In fact, most cocaine or methamphetamine addicts use these drugs to enhance their masturbation.

Meth addicts will often watch internet porn and masturbate for up to 24 hours straight – or longer!

Internet porn can trigger all the same dopamine responses that hard drugs can.

So even if you are not using drugs like cocaine or meth, you can still be a stone-cold addict to internet porn.

Internet porn is more addictive than video games, food, and even sex.

Victor Pride

So many men struggle with this addiction because when they quit, the urge to use internet porn gets STRONGER BY THE DAY for at least 7 days.

So many young monks will quit the habit and last for up to 7 days, but finally give in by the 7th day.

This is because the urge to use (and get your dopamine hit) increases each day for the first 7 days.

This urge to increase your dopamine will be strong for a full 6 months before it calms down, but it will never calm down completely.

Therefore, it is very important to educate yourself on why and how internet porn is so addictive, so that you have the knowledge to not act on the urge when it arises.

Here's the number one thing you need to know...

Porn actually changes your brain.

The below information is detailed.

Here is the short version:

Internet porn addiction gives you hits of dopamine, over time this results in changes in the brain, you become desensitized and require more "hardcore" porn and nothing in your life besides porn gives you pleasure. Your frontal lobe shrinks, you lose grey matter, and when you want to quit you are pulled back in because you experience withdrawal symptoms.

The only way to successfully quit is to do the Monk Mode Dopamine Reboot. If you want to skip to the long version, you may move ahead to the next chapter.

Here is the long version:

Our brains are full of pathways.

Every time we learn something new, a new pathway is created.

The more you practice a new skill, the stronger the associated pathway becomes in

your brain.

Porn addiction rewires the brain by creating a new neural pathway.

Dopamine serves to remind us of the things that are most pleasurable in our lives.

Anything that triggers dopamine is something that will strengthen your neural pathway.

Porn addiction enhances dopamine and the final reward or feelings of pleasure arises due to the release of chemicals known as opioids.

For instance, an opioid release occurs when we orgasm or once we've eaten a great meal.

Essentially, opioids make us feel satisfied to prevent our seeking and craving.

However, our dopamine system is stronger than our opioid system. This means that we seek more than we are satisfied.

This is why we "have room" for a sugar/fat dessert like ice cream even after we are full after eating our main meal.

Reward circuits encourage us to engage in novelty.

This explains why porn addicts don't watch a video to completion, they watch only portions of video after video looking for the next high.

Arousal is only skyrocketed exactly when new pornographic material is introduced.

Watching Internet pornography can cause you to experience shock, surprise and anxiety.

This causes the release of 'stress' neurotransmitters and hormones such as norepinephrine, epinephrine and cortisol.

These hormones increase excitement and amplify the effects of dopamine.

Porn addicts are known to escalate their porn use to 'forbidden' or 'shame-inducing'

genres in order to boost declining dopamine levels.

With time, a porn addict's brain may mistake anxiety with sexual arousal.

This may explain why porn users escalate to ever more shocking or anxiety evoking genres of pornography.

This escalation is known as 'sensitization' aka addiction.

Sensitization and sexual conditioning re-wire the brain's reward center nerve cells to want and crave certain behaviors.

This creates a physical pathway that can blast our reward center in the future.

This pathway creates powerful and hard-to-ignore cravings.

Sensitization is a form of unique and powerful 'Pavlovian' conditioning that alters the physical and chemical nature of your reward structure.

Instead of salivating to the sound of a bell like Pavlov's dogs, your reward circuits are stimulated when you turn on a computer monitor or when you see a sidebar banner of a semi-naked women on a non-pornographic website.

Sensitization begins with high levels of dopamine.

Dopamine's goal is to have us remember and repeat behaviors that further our genetic survival.

Dopamine achieves this by triggering a protein known as DeltaFosB.

DeltaFosB remains in the brain for around eight weeks following your last 'binge.'

DeltaFosB that causes sensitization and it does this by creating stronger and more powerful nerve connections in the brain.

Long after an addict has quit 'using' and DeltaFosB levels have returned to normal, these sensitized pathways remain.

This explains why alcoholics who have been sober for many years may still suffer

Monk Mode

from strong cravings when they walk into a pub.

When nerve cells experience pleasure, nerve cells carry that message to the reward center by joining together.

Over time, this pathway that carries this message becomes fixed.

Forming new brain pathways is known as neuroplasticity.

Overtime, old brain pathways weaken. This is known as forgetting or breaking a bad habit.

Creating or weakening brain pathways is often known as ‘rewiring’ the brain.

Thus, neuroplasticity allows the brain to adapt as a result of experience.

When we watch porn, we cause neuroplasticity in the brain.

This is why addicts of porn or drugs continue to want to engage in this behavior even though they do not wish to do so.

Porn also makes you become desensitized.

Desensitization involves low dopamine signaling for everyday activities and causes tolerance to Internet pornography.

This causes the Internet addict to engage in dopamine releasing activities e.g. watching more Internet pornography.

The addict will require a higher dose of Internet pornography in order to achieve the required dopamine release and associated opioid release.

Tolerance may also mean you are forced to escalate to new and more shocking genres of porn in order to experience the desired ‘buzz.’

Desensitization causes a decline in the amount of dopamine available for transferring messages from one nerve cell to the next.

Overtime, over-exposure to Internet porn may cause permanent structural change,

such as a decline in the number of nerve connectors or synapses and loss of grey matter.

Loss of grey matter translates into fewer nerve cell connections, less dopamine connections, less dopamine and a corresponding need for greater stimulation to fill this void in dopamine loss.

The size of the frontal lobe shrinks, weakening your ability to say 'no.'

When you attempt to withdraw from watching Internet porn, a stress response is activated via your brain's stress systems.

This stress response causes withdrawal symptoms and relapse.

A dopamine reboot is the only cure.

If you suffer from a porn addiction you will need to stop using porn to literally 'rewire' your pathways, so you exhibit a preference to real-life people.

This is known as 'rebooting'.

The goal of a reboot is to seek your pleasure from real people rather than digital representations of people.

Over time, this means sensitized porn pathways will weak and desensitization will fade away.

'Real person' pathways will begin to overtake unhealthy porn pathways.

You will receive your dopamine hits from real-life interactions instead of unhealthy Internet porn.

When you initially quit using Internet porn, the sensitized pathways will temporarily grow stronger and more sensitive to addiction cues and triggers.

These connections continue to strengthen for around seven days following your decision to quit Internet porn and begin to fade within around four weeks into your abstinence.

Monk Mode

This is why a 30-day dopamine reboot is necessary.

The Monk Mode program IS the dopamine reset that can help you quit internet porn and get your life back on track.

Everything in the Monk Mode schedule is designed to reboot your system from the ground up.

The Monk Mode Meditation program in particular will help you regrow your frontal lobes.

The Monk Meal will eliminate toxins from your body through the miracle of autophagy.

eleven



MONK MODE DOPAMINE REBOOT

Did you ever have one of those days where you eat junk all day, surf the net all day, watch tv all day...

And at the end of the day you feel like a horrible piece of trash that got nothing done?

That is because you spent a day being “rewarded” by dopamine and not doing anything productive.

On those days you sacrifice accomplishment for short-term pleasures.

Don't those days feel like you have no control of your life?

The answer is yes of course, but the question is *why*?

Why do those days happen?

Victor Pride

And why do these days prevent you from doing anything productive?

Like we discussed in the previous chapter, everyday you're bombarded with things that flood your brain with dopamine.

Things like: Smartphones, social media, television entertainment, music entertainment, internet pornography, video games, alcohol, marijuana, and others.

All for these things seem to entertain you and they seem to give you pleasure...

But the pleasure is always short-lived.

In the end they give you such a dopamine rush that they become highly addictive.

While you are entertained or experiencing short-term pleasure your brain is essentially "off" or in a trance.

Because these easily acquired things reward you with dopamine, your brain doesn't need to do anything.

The more you are entertained, the more "pleasure" you feel, the worse you feel about yourself and the less confidence you have.

Self-discipline withers away and you become lost in the world of dopamine rushes - like so many who are lost in the world of internet pornography or social media on their smartphones.

These constant dopamine enhancing drugs seem to reduce you to a mere bystander in your life rather than a commander of your life.

But as you know, to be a commander takes total focus, total concentration, and it takes the discipline of a monk.

How do you acquire the discipline of a monk?

By fasting.

Fasting is what creates discipline in you.

Monk Mode

Every monk knows about the power of fasting.

Fasting is what gets you closer to god, the divine, and the ultimate.

Every monk is required to spend time in fasting.

In the Monk Mode program, you are required to fast for 23 hours per day for 30 days.

This will reset your dopamine habits back to baseline.

It will be hard at first and you can expect two weeks of torture.

You will experience withdrawal symptoms and strong cravings.

Simply do not give in.

Focus on the light at the end of the tunnel.

After 7-10 days your mood will brighten, and you will start to come out of the shadow of darkness.

After two weeks, you will feel incredible. You will become born again. You will feel like a brand new you.

It will take work and sacrifice to achieve the ultimate, but there is no other way.

All dopamine producing hobbies must be given up for 30 days.

Meditation must be taken 3 times daily.

It is the act of meditation - *of intense concentration* - that actually regrows your frontal lobes and repairs the damage caused by addictions like internet porn.

Stretching 3x per day will help to heal a body that has been abused by not being used in the right way.

Focusing on your work rather than on your addictions is vitally important to the

Monk Mode program.

You must have a goal to focus on. If you do not have a goal, Monk Mode will not give you the greatest benefit.

The reason you give up short-term pleasures is to gain the long-term achievement of climbing the mountain.

It is during Monk Mode that you prepare and start the climb up the mountain.

Pick a goal and stick with it. You will have the utmost mental clarity to achieve anything you like.

On your Monk Mode Dopamine Fast, these things are completely outlawed:

- Rich and/or sweet food
- Sex
- Masturbation
- Television
- Music
- Podcasts
- Video games
- Caffeine (tea is ok)
- Alcohol
- Marijuana
- Mood altering drugs of any kind
- Any other stimulating or dopamine rewarding activity

What about phones and computers? Are they allowed?

The phones and computers are allowed in Monk Mode because many of the monks in training will be working on digital businesses and will need their tools.

Do try to limit your scrolling time on useless websites.



MONK MODE HARD RESET (OPTIONAL)

If you are hopelessly addicted to internet porn, social media, or food, there is one extra path you can take.

The general plan is to take 30 days with one meal a day.

But if you want to jumpstart your progress, here is what you can do...

Take 2 days before your Monk Mode program starts, and completely fast for those 2 days.

The Monk Mode program is 30 days.

Monk Mode

If you want to do a hard reset, then you can fast for a total of 2 full days.

A fast of 2 full days will give you weeks of benefit in 2 days.

But it may be hard for you and you will likely experience many symptoms of withdrawal.

(On the other hand, many people report feeling euphoric on this 2-day fast plan.)

What is allowed and not allowed on the 2 days fast?

Water is allowed and nothing else.

No food is to be taken if you choose the 2 day fast.

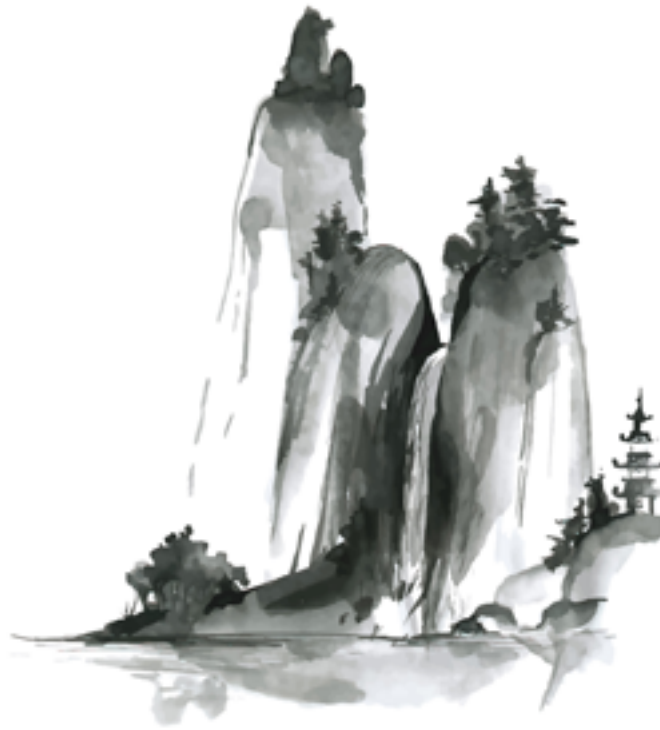
The 2 day fast will force toxins out of your body.

It will force your body to heal itself and it will force your mind to correct itself.

In a nutshell, the 2-day starter fast helps your body and mind get back to baseline much quicker than any other method.

Underweight people are not encouraged to partake in a 2 day fast.

Only standard-bodied and fat-bodied people can take a 2 day fast.



MONK MODE RECAP

For 30 days:

Don't watch any dopamine producing entertainment, don't listen to pop music, don't eat any junk food whatsoever, don't go to parties, don't go drinking with friends, don't drink any alcohol, don't smoke, don't use any drugs, meditate 3x every day, stretch 3x every day, don't masturbate, don't watch porn, don't have sex, change your mind when you think about lust, eat only one meal a day, go to sleep at 8pm and wake up at 5am, and spend every spare minute working on your goal.

I know this sounds like a terrible sacrifice and a horrible denial, but this plan gets you the gold in the end.

Victor Pride

This plan is the way you achieve the ultimate.

You sacrifice some things *now* to get better things *later*.

You spend time in solitude to do the things you need to do to get closer to the ultimate.

The Monk Mode program is 30 days. For the first two weeks it is torture.

Then...

It starts to become bliss.

You find yourself being happy with your own company.

You find yourself no longer craving short-term pleasures.

You find yourself becoming thankful for everything that you have.

You find yourself with total mental clarity, unlike anything you have ever experienced.

You find yourself peaceful and content. Nothing gets you down anymore. You can accept all things with no anger or worry.

You find yourself getting the work done that you had previously postponed for so many years.

You start to get closer to nature and the divine will.

You start to develop incredible powers of concentration and will.

You start to develop a radiant aura that other people can see and feel.

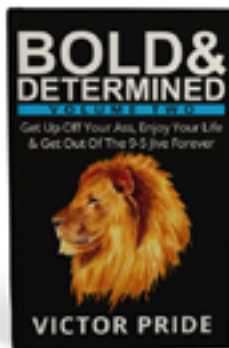
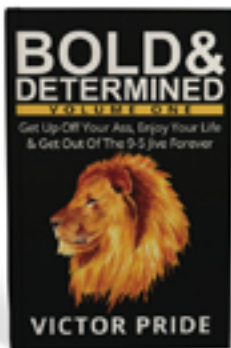
You start to climb the mountain that no one else dares to climb.

In short...

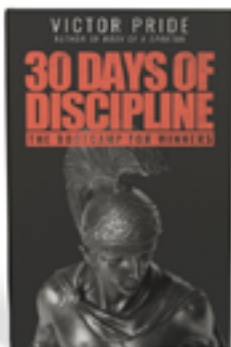
You are now on the path of the ultimate.

OTHER BOOKS BY VICTOR PRIDE

THE BOLD&DETERMINED LIBRARY



BOLD&DETERMINED VOLUMES 1-3



30 DAYS OF
DISCIPLINE



BODY OF A
SPARTAN



SE: BLOG ARTIST

VISIT BOLDANDDETERMINED.COM/BOOKS



BADNET.com

FREE BLOG SETUP SERVICE

The TOP 5 reasons to use BADNET to set up your new blog:

- 1) You get a FREE domain and a great deal on hosting.**
- 2) FAST setup time - ready to go within 24 hours.**
- 3) You get unlimited 24/7 support from Bluehost and BADNET.**
- 4) You get 7 useful plugins and 4 FREE blogging reports.**

You get the Quick Start Guide to help you start your first blog. Plus you get three additional reports that cover the basics on how to build, manage, and monetize your blog.

5) BADNET is not just for aspiring bloggers and blog artists.

Many users have found BADNET to be useful for posting their photography, advertising their skills, or just simply as an elegant landing page with some contact info for potential clients or friends and family.

There's nothing about making a site with BADNET that's specific to just web based businesses: you *absolutely* can also use BADNET to start a site for a brick-and-mortar business!

Not sure if a blog or website is for you? No problem. Your hosting plan with Bluehost is fully refundable for the first 30 days. That should be plenty of time for you to figure out if you made the right choice, though we're certain once you start building your vision of a great blog, you will not need a refund!

Start blogging now!

Visit badnet.com to get started today