

VIDEOS ON PATREON VIDEO CHANNEL AS OF THE 4TH MARCH 2025

1. **Meditation (Explained & Instructed)**- This is a video that not only instructs the viewer as to how to carry out breath focused meditation but also how it is meditation actually works. The video covers the mental universe, how it has three zones that the mind can exist in and how meditation keeps the mind in the zone that by keeping one's mind in prevents as well as remedies anxiety, depression and rage.
2. **Section 22**- This is a video that makes a mockery of human behaviour for the purpose of making a mockery of a very judgemental area of mental health law. You will see after watching the video how Section 22 is very much a good example of the human being acting like the pot that likes to call the kettle black.
3. **Personality Disorder**- This is a video that looks at the diagnosis of personality disorder and how scientifically unsound it is and what these people have instead is a high functioning personality which puts them in the top 5% of the population i.e. high IQ and high ability to apply intellect to practice making them people that this unequal society that gets away with the human right violations it gets away with is scared of. This video discusses how personality disorder was most likely an invented mental health condition to stigmatise and discredit those with high functioning personality for the purpose of preventing them from being able to recruit footsoldiers in their campaigns for greater social justice.
4. **Failure; the "Blind Summit" road to "Success"**- This video makes the viewer aware that failure is not a disaster and is in fact a step closer to succeeding; especially when we learn from our failures and detect gaps in our skills and knowledge that we are encouraged to go away and fill therefore making failure an opportunity to grow and develop where this growth pushes us further towards success or turns out to be our success.
5. **Why we should decriminalize the punch**- This video discusses how our laws on physical assault are very unfair as more often than not it's the innocent man who is left looking like the offender and the guilty man looking like the victim. This video discusses how you are more likely of going to prison under current assault laws for being an honorable person who believes in the principle of mutual respect where you believe in treating others the way you wish to be treated yourself. The video discusses how its about time people in society took more responsibility for how others treat them and stop hiding behind the law simply because they do not know how to behave honourably. There are too many antisocial neighbours getting their heads patted and stroked by the law while the poor neighbour who wants to live his life in peace is being led away in handcuffs.
6. **The difference between Success and Achievement**- This video looks at how success and achievement are not the same thing and that you can have a lot of one without the other. The viewer will learn from this video that the lives of those who have had little to no success are very often lives that have had a huge amount of achievement. In fact the biggest achievers are very often those who have still to experience their first success. Many viewers after watching this video will realise that what they once thought they had nothing to be proud about they actually have lots to be proud about.
7. **The inauthenticity of the human race**- This video looks at how false the world and its people are and how a genuine person who speaks his mind and is independent

mindful and whose choices are influenced by what is right and what is wrong and not what is popular and what is unpopular is a very rare type of person making the world a very lonely place for those who would describe themselves as being genuine.

8. **Ageing- What is it & how do we outsmart it?** - This video looks at the cellular physiology of the aging process, how western living has accelerated this aging process and the video shares with the viewer ways in both slowing down and reversing the aging process so that when you are a person in their sixties you will very much feel like a person in their twenties.