

My life-style

Nikhil Surya Dwibhahyam

THIS PAGE describes some unusual practices that I strictly follow in my daily life, most of which are motivated by religious or philosophical concerns. It does not include my daily prayers, which are described [here](#), nor my prescriptions regarding vocal and written speech, which are described [here](#). The purpose of this page is partly virtue-signaling (which I have never accepted to be a bad thing—one should always signal his virtue, that he may find like-minded men), partly to inspire my readers to adopt some of these practices in their own lives knowing that it is possible, partly to force myself to be consistent in following these practices, and partly to invite suggestions on how to improve my life-style further.

Relevant passages from Vedic and Hindu texts are cited nonexhaustively in the foot-notes, but those are (especially when Postvedic, prefixed with “cf.”) mostly not the original reason for which I follow a practice; and I advocate nearly all of the practices described below universally, even when not religiously required. Only rules preceded by an asterisk, however, are absolutely mandatory for all male Vedists. I will not require my future [Wife](#) to follow all the rules below: only (as applicable) those bulleted with a white circle instead of a black.

I did not adopt all of these practices at once, but gradually began most of them starting in late adolescence and young adulthood: especially in 2018 when I finished high school, in 2021 when I became religious, and in 2024 when I started taking my health and purity seriously. I encourage my readers to pursue a similar strategy, gradually but formally and strictly adopting subsets of these practices timed with periods of psychological change in their lives.

This is my web-site's most popular page and the page that I am most proud of having written, my life-style being an important part of my identity (insofar as it is a physical and provable testament to my superior moral fiber); and unlike other parts of my web-site, I regularly edit it with my latest practices and references (which means that interested readers may wish to reexamine it every few months). If you were prompted by this page to change some aspect of your life-style, do [write](#) to me telling me so.

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Sleep

- *I almost always wake up before Sun-rise.
 - *I am religiously required to be awake by Sun-rise and at Sun-set;¹ and my prayers also require me to be awake when the last and first stars are visible (approximately at civil dawn and at civil dusk).
 - I sleep slightly less than seven hours a night on average (typically ranging from five to ten hours, with an adult record of 15.5 hours). Though I love sleep, I have never needed much of it, still less after I adopted a ketogenic diet and intermittent fasting, and actually perform worse with more sleep.
 - Though I have always viewed “morning-larks” as superior, I have reluctantly accepted that I myself am an incorrigible “night-owl” and work most productively in the late evening; so I usually stay up so late as I may while maintaining the sacred injunctions. On a typical night in the summer I might sleep from 23:00 to 5:00 (EDT), in the winter from 23:00 to 7:00 (EST).
 - My sleep-schedule is invariant with the week-end. I do not recognize the week-end; the Šabbāt and the **week** itself are Semitic traditions alien to the Fathers.
- I almost never sleep by day, and *I am forbidden from it as a Brahma-cārīn.²
 - I have never in any case liked naps, and took relatively few in my life even before I was religious.
- I usually sleep on my side (or sometimes on my back, but never on my front), usually on my left, facing East³.
- On my night-stand I always keep a pen, a note-book, a glass of water, an alarm-clock, and my pistol.
 - I write down notes from my dreams, if I remember them, as soon as I wake up before doing anything else.
 - I always make my bed immediately thereafter.

Diet

- *I eat only twice daily, in the morning and in the evening, in line with religious injunction.⁴
 - *This injunction encompasses the consumption of all caloric nutrition, so any drinks other than water are taken only during a meal. (I also usually take my supplements with dinner, though they are noncaloric.)
 - “Morning” and “evening” here most properly **denote** the first and last fifths of the day-light,⁵ so the ideal meal-windows change with the season in my location; in the summer they reach a maximum of 6:00 to 9:00 and 18:15 to 21:15 (EDT), in the winter a minimum of 8:00 to 9:45 and 15:15 to 17:00 (EST). I adhere to these timings consistently unless prevented by an engagement or staying as a guest; I never time my meals to optimize recovery from the gymnasium.
 - Since I never eat lunch, I often use my “lunch”-break to take a walk.
- I practice “intermittent fasting” nearly every day, eating break-fast so late as possible within my meal-windows and dinner so early: Thus, I practice “16:8” or “18:6” plans in fall and winter and a “14:10” plan in spring and summer.
 - My dinner is usually heavier than my break-fast, since I am awake for only 2–3 hours before break-fast but 4–9 hours after dinner.
- But I always practice full fasting⁶ on the days and nights following⁷ the new and full Moons (the pārvaṇ-s); combined with my intermittent fasting, this constitutes an approximately 40-hour fast.

- I occasionally extend this fast longer than required, for the sake of various health-benefits including autophagy and self-control; my all-time record is 120 hours.
- I also practice full fasting as penance during a day on which I have slept past Sun-rise,⁸ eating only one meal after Sun-set (making an approximately 26-hour fast); this is the only case in which I eat at night, unless staying as a guest. However, I do not perform the penance if I have overslept while ill (where illness must be evinced by some sort of clear symptom like throat-soreness or red eyes, not merely by fatigue or unease).
- I never practice “dry fasting”, nor “dirty fasting”: During a fast I consume (only) water and magnesium glycinate, as well as lite salt if the fast be continued for more than a day and a night.
- I strictly practice a “lacto-ovo” vegetarian diet.⁹
 - I am not morally opposed to meat-eating, but I was raised from birth with a lacto-ovo vegetarian diet and plan to continue it lifelong for several reasons, including that I find the flavor and texture of meat difficult to savor (having tried it a handful of times); that vegetarianism, though not of Vedic provenance, has been a significant Brāhmaṇa caste-marker for many centuries (practiced also by spiritually elite groups in several other nations); and that vegetarianism can benefit the physical and spiritual health especially of those whose forefathers partly adapted to it genetically over those centuries.
 - My vegetarianism is not quite so amoral as it has sometimes been made out: I am very much against animal cruelty and factory-farming, and feel that it is more virtuous to be a vegetarian than to eat store-bought meat (of often questionable hygiene) sourced from horrifically mistreated animals.
 - “Vegetarianism” here refers to abstinence from meat only outside the sacrifice; in the distant future I do plan to eat the meat of (only) sheep, goats, and kine at Vedic animal sacrifices.¹⁰
 - I never eat plant-based “meat”.
- I practice a “very-low-carbohydrate ketogenic diet” with an upper limit of 25 g “net carbohydrates” (i.e. not including fiber) per day, which I began in Jul. 2024 and plan to continue until the autumn of 2025.
 - But I take a scheduled break-day from this diet (and from none of my other dietary rules) during the day preceding a pārvaṇ (an upa-parvaṇ), with the following fast-day quickly returning me to ketosis. I may also break this diet when staying as a guest and when my stomach is (rarely) ill.
 - I do not want my future Wife to follow this diet, since She will (the Gods willing) be pregnant or nursing most of the time; and I do not want my sons to follow this diet before reaching maturity. But I want my whole family to follow a generally low-carbohydrate diet based primarily on dairy with few grains or sweets.
- I generally practice a “high-protein diet” with a lower limit of 150 g protein per (nonfasting) day.
 - But I may disregard this limit when staying as a guest.
 - I never enforce any lower or upper limit on daily fat, nor do I distinguish between saturated and unsaturated fat; and I never attempt to limit dietary cholesterol. It may well be the case that my consistently high intake of saturated fat be suboptimal for my cardiovascular health in the long term, but I would much rather live well than live long.
 - I make little effort to consume ω -3 fatty acids (given my likely low ω -6 intake) aside from adding flax-seeds. I make little effort to consume fiber (an overvalued nutrient) aside from adding psyllium; in fact, I regard the lower frequency of visits to the bath-room as only a major benefit of lower fiber-intake.
 - I generally end up consuming at least 2 g calcium per day, around twice the recommended daily value and sometimes well over the recommended upper limit. This has apparently

worked well for me: My bone-mineral density (measured with DEXA in Feb. 2025) is over the 86th percentile for my age and sex, doubtless higher considering my race.

- My record daily protein is 340 g, my record daily fat is 475 g, my record daily carbohydrates are 854 g, and my record daily sodium is 11.7 g.
- *I avoid overeating; gluttony is a sin.¹¹
 - Except when staying as a guest, I carefully track the nutritional content of everything that I consume in a spread-sheet, weighing my food as necessary. I currently track all information that can be calculated from a standard “nutrition-facts” label in the United States of America: calories, sugar, net carbohydrates, fiber, protein, saturated fat, total fat, cholesterol, sodium, potassium, calcium, iron, and vitamin D.
 - I normally eat between 1900 and 2100 calories per day, with a strict upper limit of 4000 calories (before which I achieved a record of 7061 calories).
 - But if I observe that I have gained too much fat (e.g. by measuring my body-fat over 15%), I solve it with tighter caloric restriction through a “protein-sparing modified fast” four days a week.
 - I do not (purposely) go through long “bulking” and “cutting” cycles, unlike most who lift weights; I prefer a consistent diet and a steady body-composition, even if that results in slower muscle-gain.
 - If I prepare more than I may eat, I always save the remainder to eat the next day (or sometimes give it away), rather than wasting it¹² by disposing of it as garbage. With the exception of food that has spoiled faster than anticipated, I cannot remember having consciously wasted even one grain of cooked food since 2011.
- I never eat or drink anything containing chemical additives or other synthetic substances (including artificial sweeteners, preservatives, coloring, &c.).
 - The sole exceptions that I make are occasional fortificants (e.g. ferrous sulfate and thiamine mononitrate) that happen to be added in store-bought food, as well as my regular supplements: magnesium, iron, cholecalciferol, and a multivitamin. (These supplements, all being noncaloric pills, arguably even fall under the category of medicine rather than of food.) I dislike being a “pill-popper” even if several additional supplements (e.g. zinc and glycine) would likely benefit my health, so I have set the limitation that all supplements taken on top of the general-purpose multivitamin must serve to fill specific and significant gaps between my forefathers’ life-style and mine: magnesium for ketosis, iron for vegetarianism, and cholecalciferol for vegetarianism and Northern latitudes.
 - I otherwise do not consume food or drink belonging to Nova group 4; my diet may be considered (depending on the definition) a predominantly “whole foods” diet.
 - I never consume gums, lecithins, carrageenan, or other processed emulsifiers or stabilizers. I never consume anything labeled as containing “natural flavor”, the ingredients thereof usually being far from natural. I never consume natamycin.
 - I never consume added sugar-alcohols (even natural) or monk-fruit. I never add anything but fruit or honey as a sweetener.
 - I never consume nutritional yeast, collagen, or protein-flakes. I ordinarily do not consume protein-powders, receiving more than enough protein from whole foods; but during a protein-sparing modified fast I use great quantities of an unflavored, single-ingredient micellar caffeine-powder.
- I never cook with any plant-based oil; I cook exclusively with grass-fed ghee or sometimes grass-fed butter.
 - I mostly avoid eating food containing any extracted plant-based oil.¹³ The only exception that I make regularly is olive-oil in store-bought tomato-sauce and pizza.
 - I never consume fractionated oils.

- I never consume anything containing any extracted feed-oils or rice-bran oil.
- I never consume the following in any quantity or form no matter how processed, viewing them as impure:¹⁴ onions, garlic, leeks, cumin, *afāfētidā*, fenugreek, asparagus, hemp, and *fungī* of any kind (mushrooms, molds, &c.) with the exception of yeast.
 - *I view as impure anything that tastes or smells pungent or otherwise foul¹⁵ or whose smell adversely affects that of the body or of bodily fluids.
 - *I never consume maple-syrup, coconut-sugar, or anything else derived from the sap of a tree in any quantity or form.¹⁶
 - I never consume corn-syrup, soy, or stevia in any quantity or form (including derivatives like soy-lecithin, surprisingly my most inconvenient dietary prohibition), viewing them as heuristically harmful rather than impure.
 - I almost never consume artichokes, bell-peppers, heart of palm, jackfruit, or lychee in any form, viewing them as unpleasant rather than impure.
 - Unlike the Hindus, I do not consider eggs nonvegetarian nor impure—they are unfertilized, so not an embryo (which would be forbidden)¹⁷ nor life at all, and do not constitute menstruation if they contain no blood-spots—and there is not even an injunction against them in the standard Hindu legal texts. The strongest argument against eggs is that hens themselves are forbidden in those texts;¹⁸ but so are bees¹⁹ and even sometimes kine²⁰, yet their products honey and milk are clearly licit.
- The foods that I do frequently eat include fresh cheeses like *cottage-cheese* (near-daily as a staple), *queso fresco*, and *panīr*; shredded *mozzarella*; four *cream*;²¹ *spinach* and riced *cauliflower*; *marinara*; *blue-berries*; and ground golden *flax-seeds* and *psyllium*.
 - Less commonly I might eat *Romano*, *Afago*, (*smoked*) *Cheddar*, *Parmesan* (*crisps*), *fēta*, aged *Gouda*, *Dubliner*, *Savarti*, *Alpine*, *ricotta* vaccina, goat *Muenster*, and honey goat *cheese*; strained *yogurt*; *avocados* and *olives*; *arrabbiata*, *ketchup*, and other *tomato-sauces*; *straw-berries*; *pumpkin-seeds* and *peanut-“butter”*; and dark *chocolate*.
 - During a break from my ketogenic diet I might eat *dates*, *apples*, or *bananas*; *fries*; *pizza*; *ravioli*, *macaroni*, or *lafagne*; *milk-chocolate*; *mint-chocolate*, *straw-berry*, or *chocolate* ice-cream; or *pālakōvā*.
 - I have always (even before adopting my dietary rules) preferred plain, simple, rich, dairy-filled foods, privileging western European cuisine over any other. In particular, *cheese* of various kinds has come to constitute the majority of my nutrition by energy and by mass, forming what I call a “*cafeivore*” diet; I regard dairy (among the Gods’ greatest wonders)²² as the only true “superfood”.
 - I rarely prepare elaborate dishes, and I am certainly not a skilled cook—nor have I ever had much of a desire to become one. I often eat the aforementioned foods in elemental form (e.g. a meal consisting of nothing but a plain, unficed, unmolten block of cheese), and my more complex meals typically take less than ten minutes to prepare. I deliberately eat a fairly *low-variety* diet (compared to most modern men’s) and proudly identify as “orthorexic”; and there are few men for whom I have more contempt than those who view “picky” eating and abnormal concern with purity as diseases or flaws.
 - I use only five seasonings regularly: potassium- and iodine-supplemented “lite *salt*”, red *pepper*, basil, coriander, and cinnamon. I also use pepper-mint *oil* as a flavoring.
 - The vast majority of my diet can (and will, in the distant future)²³ be obtained from a cow, a goat, and home-grown plants without any need for a supermarket.
 - My prototypical day’s meal-plan might consist of a break-fast of *queso fresco* (140 g) and *cottage-cheese* (440 g) with *psyllium* (10 g), *blue-berries* (70 g), and cinnamon; a dinner of an 8-egg omelette (400 g) with *ghī* (13 g), *mozzarella* (150 g), *spinach* (170 g), four *cream* (30 g), *lite salt* (11 g), and *pepper*; and iron- (18 mg), *cholecalciferol*- (50 µg), and multivitamin-

supplements—totaling 1999 calories, 25 g net carbohydrates (21 g sugar), 13 g fiber, 174 g protein, 131 g fat (71 g saturated), 1.8 g cholesterol, 6.1 g sodium, 4.7 g potassium, 2.1 g calcium, 32 mg iron, and 85 µg vitamin D, with a cost of around \$12.03 before tax (in Ann Arbor as of 2025).

- During a protein-sparing modified fast, my prototypical day's meal-plan might consist of 2 identical meals of strained yogurt (213 g) with caffeine-powder (64 g), psyllium (5 g), flax-seeds (7 g), blue-berries (40 g), lite salt (11 g), and cinnamon; magnesium- (200 mg), iron- (18 mg), cholecalciferol- (50 µg), and multivitamin-supplements; and 3 doses of ephedrine (25 mg) with caffeine (200 mg)—totaling 800 calories, 22 g net carbohydrates (19 g sugar), 13 g fiber, 161 g protein, 4 g fat (0 g saturated), 25 mg cholesterol, 4.9 g sodium, 7.1 g potassium, 3.6 g calcium, 21 mg iron, and 77 µg vitamin D, with a cost of around \$12.67 before tax (in Ann Arbor as of 2025).
- I normally drink nothing but (a lot of) unflavored water. Despite my heavy reliance on dairy, I surprisingly rarely drink [milk](#) itself given its high sugar-content; I buy it (and [rice](#)) mainly for sacrifice.
 - But during a break from my ketogenic diet I might drink natural fruit-juices like [cherry-juice](#) (if I can manage to find them in stores) or home-made chocolate-milk.
 - The only water that I drink regularly is unfluoridated, filtered well-water, not municipal water.
 - I always drink very cold water no matter the weather, finding warm water unattractive. However, I never add ice to any drinks.
 - I generally avoid water that has been exposed to the open air for more than an hour.
 - I never consume ewe's milk nor products thereof;²⁴ the ricotta and the feta that I buy are made with cow's milk. I only consume milk and milk-products from kine, goats, and sometimes buffalo. I never consume colostrum nor products thereof.²⁵
 - I never consume anything containing milk-substitutes like almond-"milk" and oat-"milk". I never drink reduced-fat milk (though I eat products thereof).
 - Unlike most other right-wing "health-nuts", I do not feel particularly strongly about pasteurization, and I plan to pasteurize most milk from my own herd in the future.
 - I never drink coffee or tea. I never drink carbonated beverages, not even water.
- I never consume anything containing alcohol, and *I am forbidden from it as a Brāhmaṇa.²⁶
 - This prohibition includes even products containing small nontrace amounts of ethanol (e.g. vanilla-extract), but not products from which the ethanol has been totally evaporated (e.g. bread).
 - I did try alcoholic drinks nine times in my life—between May 2021 and Feb. 2023, before I knew of the Vedic nature of this prohibition—and found both that I invariably detest their taste (probably genetically) and that I have a remarkably high alcohol-tolerance (e.g. composing good [hexameter](#) after drinking a bottle of wine in one sitting).
 - Partly because I have always been selective in what I eat and drink and partly because of a strong constitution, I can only remember having vomited thrice in my whole life (never due to alcohol or drugs).
- I have never in my life consumed any other nonmedicinal drug in any form (drinking, smoking, &c.), with the exception of [ephedrine](#) and [caffeine](#).
 - Of medicinal drugs I have consumed only antibiotics (thrice) and paracetamol and local anaesthesia (in my childhood).
 - I never supplement creatine, given the risk of hair-loss (anecdotally backed up by thousands of men). I have never supplemented steroids or other hormones. I have never used semaglutide or other weight-loss drugs.

- I never consume any herbal supplements, regardless of whether their purported benefits are scientifically supported; and the only that I ever consumed in the past were aśva-gandhā (from May to Jun. 2024) and extracts from lemon-verbena and hibiscus (between May 2024 and May 2025).
- I am strictly opposed to the nonmedicinal, nonritual use (in any quantity) of any substance that diminishes the faculties of perception or reason (which is of the same moral category as drunkenness) or that leads to dependence. I am strictly opposed to supposedly medicinal psychotropics like antidepressants and cannabis.
- I never eat meals at or from restaurants, even when traveling.
 - This rule supercedes dietary rules mentioned above: If it became necessary while traveling, I would even resort to eating highly processed, preservative- and carbohydrate-laden food (if not simply fasting) over eating at a restaurant.
 - I also refuse all food served on an air-plane when traveling, either bringing my own food or drink or (more often) simply fasting.
 - I never eat meals prepared or served by a Śūdrā.²⁷
 - In practice, I usually just never eat anything not prepared by myself or by family.
- *I never eat alongside the opposite sex, whether stranger or family.²⁸
 - I usually speak as little as permitted while eating.²⁹
 - In practice, I just prefer to eat alone. Even before I was religious, I always disliked the European (and now global) concept of meals as an elaborate and lengthy means of social bonding: The meal itself should on the contrary be a fairly quick and simple affair, with socialization saved for the after-meal lull.
 - I always eat seated, never standing or reclining.
 - *I always eat using only the right hand.³⁰
- I always eat from metal or ceramic plates with metal or wooden utensils or (less often) with the hands, never from or with plastic.
 - I would rather suffer (a great deal of) thirst than drink from plastic water-bottles or from public drinking fountains.
 - I never eat food that has fallen or rested directly on a floor.

Exercise

- I take a one-to-two-hour leisurely walk nearly every day (except in precipitation³¹) through the farm-lands, forests, or roads near my house.
 - During these walks I occasionally take phone-calls (without ear-phones, since no one is nearby), but never listen to music or to any entertainment other than the beasts around me: bats, coyotes, deer, fish, geese, hawks, sand-hill cranes, turkeys, and vultures. I often bring binoculars with me, the main purpose of these walks being the peaceful nature rather than the (mild) exercise.
- I attend a gymnasium thrice a week for weight-training (at which I am still quite a novice with laughably low weight-limits).
 - But during caloric restriction I may attend twice a week instead.
 - My routine currently comprises a “push” work-out of bench-presses (3×8), seated dumb-bell shoulder presses (3×10), incline dumb-bell presses (3×10), side lateral raises (3×10), pectoral flies (3×10), and machine-assisted triceps dips (3×10); a “pull” work-out of machine-assisted pull-ups (3×10), seated incline dumb-bell curls (3×10), seated dumb-bell hammer curls (3×10), seated cable rows (3×10), and wide-grip lateral pull-downs (3×10); and a leg work-out of bar-bell squats (4×8), leg presses (4×10), seated leg curls (3×10), and leg raises (3×10).

- I refrain from using any electronics at the gymnasium, listening to no music and recording my performance in my physical note-book.
- More occasionally I ride my bicycle, do push-ups and sit-ups, shoot my rifle, swim, or ski.
 - In the distant future I plan to take up (short-distance) running, which I find quite unpleasant but a useful skill.
- Aside from physical activity, my daily exercises are piano (brief sight-reading practice followed by a piece that I know or am learning), programming (1 [puzzle](#)), poetry (either reading or writing 1 verse), and vocabulary (20 [exercises](#) each of Telugu, Hindi, OI, and German).
- I never practice meditation, “therapy”, or other such activities that purportedly improve “mental health”. I do a lot of deep thinking, but it is always while walking.³² I never practice “yōga”, stretching, or massage.
- I avoid sitting with the legs crossed (at or above the knee).³³ I generally sit with both feet on the floor.
 - I sit in an unpainted, pure wooden [chair](#).

Hygiene

- I brush the teeth thrice a day: before my morning-prayer,³⁴ half an hour after break-fast, and half an hour after dinner, always cleaning the tongue with a steel [scraper](#).
 - But on a fast-day I brush my teeth only before my morning-prayer and before my evening-prayer.
 - I exclusively use a natural wooden [tooth-brush](#) and microhydroxyapatite [tooth-paste](#) without fluoride, charcoal, or stevia.
 - I always wash my tooth-brush and my scraper with soap immediately before using them.
 - I never use “mouth-wash”.
 - I floss the teeth more occasionally, on the pārvaṇ-s; it is largely unnecessary given my diet and my anatomy.
 - I always wash the lips and the mouth with water immediately after finishing a meal.³⁵
 - I rarely chew gum, but when I do, it is always made of [natural](#) ingredients.
- I shower regularly,³⁶ approximately once a day depending on the season.
 - I exclusively wash the body with natural, unscented [soap](#) made with goat’s milk. Outside of the shower, I wash the hands with natural, unscented, liquid [soap](#) whenever possible. I plan eventually to produce my own soaps.
 - I never use chemical shampoos or conditioners, which are deleterious to the hair; instead I use an extract from the [śikākāī](#) plant around eight times a month (depending on the season), after leaving [coconut-oil](#) in my hair for around an hour and before washing the hair with apple-cider [vinegar](#).
 - Instead of artificial moisturizer, I apply raw [honey](#)-“[butter](#)” to the hands, the feet, the elbows, the knees, and sometimes the lips after washing them.
 - I wash the face before my morning-prayer, after strenuous exercise, and before sleeping.
- I normally use no deodorants, like a stereotypical Indian (or rather: like every man’s forefathers until the last infinitesimal of history), and especially do not need them given my plain diet, my overall life-style, and even probably my [genetics](#).
 - I never use Cologne or other perfumes.³⁷ Instead (I’ve been told) I usually smell of camp-fire—the [Brāhmaṇ](#)’s scent—because the smoke from my daily sacrifices clings strongly to my clothes’ fibers.
 - I never burn incense nor use air-fresheners.
- Also like a stereotypical Indian, I detest having to touch toilets and generally avoid using them for urination. I live in a rural area where outdoor urination is perfectly convenient, natural, and

hygienic.

- *I face North when urinating by day and South at night, i.e. away from the Sun.³⁸
- *I always urinate standing upright.³⁹
- When I have land of my own in the future, I plan to have a composting or incinerating toilet built in an outhouse; I detest the thought of toilets inside the main house, of impure waste flowing through pipes above my head or near sacred altars.
- Whenever available, I use water rather than toxic and environmentally destructive toilet-paper. In fact, even outside of the bath-room I almost never use tissue-paper or paper-towels for anything, and I keep none in my living quarters; I wrap my food with reusable bees-wax paper instead.
- I find the thought of (even well-maintained) public bath-rooms disgusting and go to great lengths to avoid using them when possible in favor of family's or friends'. I always use the lowest urinal available, to keep the impurity as far from my head as possible.
- *I am forbidden from speaking with a menstruous woman.⁴⁰
- *I grow a beard (on my jaw, not on my throat) and a moustache.⁴¹
 - I trim them and the hair on my body, fairly close,⁴² on the pārvaṇ-s.⁴³
 - I always keep my nails short (clipping the entire whites of my finger-nails on both pārvaṇ-s and of my toe-nails on the full Moon). I always clip and dispose of my nails outdoors, not in the house.
 - I have the hair on my head cut by a barber⁴⁴ approximately every two months, *keeping it fairly short⁴⁵; but I plan eventually to start trimming it myself (on the pārvaṇ-s) once I am skilled enough.
 - *I have grown a śikhā⁴⁶ near the top⁴⁷ of my head since Jan. 2024. Since it is as yet short, I usually tie it with a natural black rubber-band during the day (unfortunately making me look like a liberal with a “man-bun”).
 - I always make sure that my hair is fairly neat, combing it every couple hours while awake.
 - I never use shaving cream. I never use blow-dryers.
- Aside from a tinted Sun-screen, I never apply color-cosmetics (even when appearing on camera). I never apply substances like ash and turmeric to my face for religious purposes. I will never apply dyes to my hair.
- *I do not have any tattoos or piercings⁴⁸, finding them categorically immoral (and ugly) on men and on women, even on the ears.
- I have never undergone any medical or cosmetic surgery other than a couple stitches and dental fillings in my childhood. I have never used or needed orthodontics.
 - I have never tried contact-lenses, and I only rarely wear eye-glasses though I am near-sighted. (I make up for it by being spiritually far-sighted.) I never wear Sun-glasses; my dark-brown and fairly deep-set eyes furnish protection enough.
 - Though I not infrequently have cuts on my arms and legs from walking through thorny plants, I almost never apply alcohol or peroxide to them, only washing them and letting them heal naturally. I also avoid using bandages unless necessary.
 - I have not visited a dentist since Jan. 2021 or a doctor since Nov. 2022, not even through telehealth. I have not had my blood drawn since Sep. 2021. I have (the cheapest available) health-insurance in case of emergency, but elected no dental or vision-insurance.
 - I have refused vaccinations since Apr. 2021.
 - *I never donate (nor accept) blood except to (or from) family, and I removed myself from the organ-donor registry.
- My living quarters are always fairly clean, not because I often clean them but because I rarely leave things lying around in the first place.
 - I never keep food in my bed-room. My bed-room does not contain a garbage-bin.

Drefs

- I have eight pairs of nearly identical clothes that I wear every day, almost without exception (even at the gymnasium): a plain white⁴⁹ button-down collared drefs-shirt ironed and tucked in to ironed plain black drefs-pants with a black leather [ratchet-belt](#).
- In cooler weather (below 50°F) I also wear daily a black fuit-jacket, a black neck-tie, a gray copper [tie-clip](#), a black fingle-breasted trench-coat, black gloves, and a black woolen [fedora](#). In weather below 30°F I also wear black woolen [ear-muffs](#).
 - Indoors I often wear a woolen robe instead.
- I must admit that most of this unfortunately contains a great deal of synthetic material like polyester, and I plan to replace all of it gradually with all-natural variants once I find good ones, after which I will never wear synthetic material again.
- Occasionally in hot weather, I wear instead a plain white cotton kurtā with matching plain white cotton pants.
- On my feet I wear black socks with black “bare-foot” Oxford [shoes](#) made of leather, rubber, cork, and cotton. Unfortunately the insoles contain polyurethane, but this is for now the most natural shoe that I can find fitting my requirements.
 - I wear these shoes even when walking on concrete or at the gymnasium, my feet being used to having no arch-support since Aug. 2024.
 - But I wear black rubber boots instead when walking through muddy, marshy, or very snowy fields.
 - I never wear shoes inside the house, only socks (or sandals in the bath-room).
- I refuse to wear any clothes bearing externally visible brands, labels, or text of any sort.
- I almost never wear clothes that leave any part of the body exposed other than the head, the hands, and the feet, though (being male) I do this out of disposition rather than for religious reasons; I am not opposed to wearing something like a dhōtī, and have done so in India or during sacrifice.
- As a proud black-and-white thinker, I refuse to wear clothes in colors other than black and white.
- *I always wear my white cotton upavīta (under my shirt),⁵⁰ an internal reminder of my inferiority to the Gods and the Fathers.
 - But I remove it temporarily while doing something unhygienic like cleaning if there be any risk that the thread be fullied.
- I always wear a steel svastikā hung on an inherited golden neck-lace (both hidden by my shirt), an internal reminder of my superiority to men.
 - This svastikā is a proper **Saferkreuz** with straight edges, not the ugly curved version used by the Hindus.
- I usually wear a black steel watch on my left wrist, except when sleeping or playing the piano.
- In colder weather when it can be concealed by a coat, I always carry⁵¹ a femiautomatic [pistol](#) (in “condition 3”) wherever it is legal (but not during prayer and usually not inside the house), along with a spare magazine.
- On my person are always (during the day, except when bathing) a wooden [comb](#); a white cotton hand-kerchief; a paracord [bracelet](#) with a compass and a magnētia rod; a [fountain-pen](#); a black [note-book](#); a black leather wallet containing cash, cards, and licenses; a [match-box](#); and a piece of waxen [fire-farter](#). I rarely carry a phone on my person.

Technology

- I generally avoid keeping any electric devices on my body.
 - My [wrist-watch](#) is a mechanical self-winding analog watch without a battery.
 - I uninstalled the optic that came with my pistol; I only use its iron sights.

- I constantly aim to [minimize](#) the number of things that I own, and I never buy anything without a clear and productive purpose.
 - However, I almost always insist on buying products new rather than used, especially avoiding those that were previously used by a Šūdrá.
 - And I almost never return a purchased item to the store, even if I find it wholly unsatisfactory; I generally regard a purchase as final. I may give the item away instead.
 - I mostly avoid buying products made in China, but it is sometimes impossible because I have such specific requirements.
- I use a mechanical wind-up [alarm-clock](#) to wake up, not a phone.
 - I almost always shut down my computer before sleeping and I have no night-lights, so there is almost never a single electric device in my bed-room powered on during the night. (When I own a house in the future, the bed-rooms will not even contain any electric devices.)
 - I never use electric devices reclining or in bed, by day or at night.
- I never cook with anything electric; I use a gas-stove or a gas-oven and no appliances like blenders, fryers, or pressure-cookers.
 - However, I do use a microwave-oven frequently to reheat food. I rely heavily on an electric refrigerator-freezer to store my food in bulk, never leaving any exposed to the open air.
 - I never use nonstick frying pans; all my cooking is done on a cast iron [skillet](#), which I do not let any Šūdrá use and into which I never allow impure ingredients.
 - I always wash my dishes by hand, not with a dish-washer. I invariably wash all my dishes within the day on which I use them, usually immediately after a meal or else all together near the end of the day.
 - I do use a washing machine and a dryer (both gas-powered) for my clothes and my bed-sheets; and I will probably use a (pedal-powered) washing machine even when I buy my own house. Unlike other house-hold chores, which I have done entirely myself for years (concluding that women are collectively lying when they complain about the difficulty of house-work), manually washing laundry really is an unpleasant and time-consuming task from which I would like to free my future Wife. Even the Amish use washing machines.
- I keep the lights in my house mostly turned off, preferring to use the natural day-light or else a light illuminating my immediate area.
- I always use stair-cases instead of escalators, and use stair-cases instead of elevators whenever reasonable. I never use moving walk-ways. I have a great distaste for automatic doors, which usually open too slowly for my fast walking speed, and I avoid them whenever possible.
 - I immensely despise waiting in lines and often simply refuse to do so, even if this results in great [inconvenience](#).
- I own a black off-road pickup [truck](#) with a fix-speed manual transmission, and drive manual vehicles over automatic ones whenever possible—a skill that I taught myself, since it is not taught in the standard American driving classes.
 - I always drive without automatic head-lights, cruise-control, day-time running lights, heated seats, “intelligent manual transmission”, lane-tracing assist, lane-departure alerting, on-screen navigation, remote start, or any connections to a phone (Bluetooth or otherwise). Obviously, I always keep the multiinformation display powered off.
 - I disabled all telemetry in my truck, and plan eventually to disable even the telemetry-hardware. I specially requested the truck without LoJack.
 - I exclusively use ammonia-free, methanol-free windshield washer [fluid](#).
 - I always wash my own truck with a power-hose, never using an automatic service or a detailer.

- I use high-beam head-lights—and head-lights in general—so little as I may, disliking the waste and the light-pollution.
- I drive with the windows open rather than using HVAC, except on a highway or when a defogger is necessary in the winter.
- I do use brake-holding (on hills); and I do sometimes listen to music while driving, usually from a USB stick or sometimes from FM [radio](#).
- I generally drive with only one hand (generally my left) on the steering wheel, resting its elbow on the window-sill and the other hand on my leg.
- I have always driven fast with little regard for posted speed-limits except in residential or school-adjacent areas. On highways I usually travel at a minimum of 80 miles per hour (in permitting conditions), and my record so far is 108 miles per hour (the maximum physically allowed by my truck's limiter). I have never yet been stopped by the police nor caused an accident.
- I always drive in "sport mode" with little regard for fuel-economy. I accelerate (and brake) rapidly, reaching over 4000 revolutions per minute (but never red-lining) before upshifting. Aside from acceleration, however, I stay in higher gears and keep my engine-speed lower than most manual transmission enthusiasts—less than 1500 revolutions per minute when possible—for improved fuel-economy, reduced noise, and smoother downshift-braking.
- When I am blocked by an imbecile who drives too slowly on the passing lane of a highway—life unworthy of life—and cannot pass him on the right, I tail-gate him, turn on my high-beam head-lights, and generally make things as unpleasant for him as I may.
- I never wear a seat-belt, having [disabled](#) the seat-belt warning (among others) and installed a [silencer](#). (I take this silencer with me when riding in friends' cars.)
- I will drive more "safely" once I have my own family, and not before then.
- I never use, and cannot remember having ever used, any vehicle-horn.
- I try to avoid traffic-signals and busy areas whenever I know of an alternative route, even if the alternative ends up taking a few minutes longer. I generally avoid turning back when driving or walking; if I am to return to my starting point within a trip, I take an alternative route and form a loop.
- I prefer driving over being driven; and I never allow myself to be driven by a woman,⁵² except when nearly unavoidable in public transportation.

Computing

- I never run any software locally on my personal computers that is not "free and open-source", aside from nearly unavoidable drivers and firmware, Google Earth Pro, Zoom, and code written by me.
- On personal computers I exclusively use distributions of GNU/Linux, usually Arch Linux and sometimes Tails, and I do not have Microsoft Windows or macOS installed anywhere.
- Though my modular lap-top [computer](#) has hardware-switches for its camera and microphone, I physically cover its camera and those of all other computers that I own.
- I do not use desk-top environments on my personal computers, preferring to work with a tiling [window-manager](#).
 - I do not decorate my computers, phones, or truck with any themes, back-grounds, or unnecessary stickers. (My computers' and phones' wall-paper was «Der Wanderer über dem Nebelmeer» from 2018 to 2023, but is now plain black.)
 - I almost always prefer typing over using a GUI. I rarely use WYSIWIG editors, preferring to work with Vim, `sc`, Markdown, HTML, and L^AT_EX.
 - I use my computers with an [adjusted](#) color-temperature of 3000 K regardless of the time of day. I use most web-sites with [dark mode](#) automatically activated at night.

- A program automatically locks my computer fifteen minutes before Sun-rise and ten minutes before Sun-set to prevent me from being engrossed by something on-line and missing my prayer-time.
- I generally do not use any spell-checking tool, in part because my unusual orthography and my diffusion of several ancient languages result in many false positives.
 - There are few grammatical or orthographic errors in my writing, but this is because my mind is not prone to them and my eyes have always been sensitive to the few that I make.
 - I almost never use IDEs for personal coding projects.
- I encrypt all my personal e-mails with [PGP](#) when the other party is willing. (If the other party uses ProtonMail as I do, the encryption is automatic.)
- However, I prefer hand-written, physical letters over e-mails.
 - I write with a [fountain-pen](#), almost never with a ball-point, and always in blue (or rarely black) ink. Because I often hurriedly pull my pen out to write down sudden thoughts in my note-book, my fingers are usually stained blue by afternoon.
- I do not use cloud storage for any of my personal data (including most e-mails and messages), using a physical backup system instead.
- I encrypt all my drives with LUKS.
- The only browser that I use regularly on personal computers is Firefox, though I have Chromium installed for occasional use when a web-site otherwise does not work.
 - I use Firefox constantly on “private mode”, not saving any browsing history, more for the sake of data-minimalism than for anything else. I similarly have all history disabled on Google Search, Google Maps, YouTube, &c.
- Surprisingly, I mostly do not use a VPN, Tor, or any proxy while browsing the Internet.
 - Surprisingly, I do not insist on using DuckDuckGo as a search-engine, and often end up using Google or even ChatGPT.
 - Surprisingly, I use Bash instead of `zsh`, and stick mostly to standard rather than highly customizable tools.
 - Surprisingly, I use a QWERTY key-board layout rather than e.g. Dvorak; and I have no plans of switching, since my typing speed is high enough. I knew Dvorak briefly in high school and early college but have totally forgotten it by now.
- I always opt out of anonymous data-collection by any software. I always opt out of facial recognition technology at air-ports.
- My mobile phone is a cheap [flip-phone](#) with a telephone key-pad (no key-board) and no working Internet connection.
 - I can make calls and send SMS messages on it, but the latter is inconvenient and rare; I have developed a reputation for almost never replying to messages even from close family and house-mates, calling them instead.
 - The phone has a few other basic capabilities like capturing low-resolution photographs and video from a rear camera and playing MP3 files. There are several other advertised capabilities that do not work—the phone and its manufacturer are of quite low quality and suffer from many technical problems—but I have no desire to use them anyway.
 - My phone is always on “silent” or “vibrate”. I have never used ring-tones.
- I keep this phone powered off on “air-plane mode” for most of the day, hidden in a Faraday [bag](#) with the battery removed. I am proud to be unreachable by any mode of instant communication even in an “emergency”.
 - I do not usually take a phone with me on walks.
- I never use “two-factor authentication” for any service that does not require it.
- Despite my [hatred](#) of “smart” phones, I do own [one](#), which I always keep hidden in a Faraday bag and powered off on “air-plane mode” with the battery removed—except for navigation while

driving in unknown areas, to take rare photographs, to make weekly video calls with family, or to use the Internet when traveling abroad. I refuse to use it as my regular phone.

- I imported this ruggedized phone from England before it was released in my country, since it is one of very few models still being manufactured with a removable battery and an audio-jack and without an ugly multitude of rear cameras; I refuse to own a phone that does not satisfy these requirements.
- I never use Bluetooth, and I mostly avoid any wireless connections. My [key-board](#), my [mouse](#), and my [ear-phones](#) are all wired, and I use Ethernet instead of WiFi whenever possible.
 - I always use ear-phones rather than head-phones.
 - However, I never keep my ear-phones plugged in to my computer in the first place except while actively watching a video or listening to music; I usually keep them stored far away, reducing the temptation to consume media requiring sound.
- I almost always make in-person payments with cash or with [gold](#), not with a card or with any other electronic method.
 - While I usually make on-line payments with my [credit-card](#) rather than with my [debit-card](#) (only for the sake of my credit-score), I invariably and automatically keep the former fully paid off each month and essentially use it as a debit-card; and I plan eventually to eliminate my credit-card altogether and to switch from my bank to a credit-union.
 - I detest debt, and can only remember having taken two loans in my life: a \$20 loan from a high-school friend to buy snacks, which I repaid the next day, and a \$31,817 loan from a bank to buy my truck, which I repaid within 8 months (over 56 months early). The only other loans that I plan to take in my life are a mortgage for my homestead and (possibly) student-loans for my male sons' tertiary education.
 - Aside from [Costco](#) (which I use purely to buy groceries in bulk), I do not pay for subscriptions that incentivize me to spend money (e.g. Amazon Prime or "subscribe and save"), including any credit-card with a recurring fee. I never use local grocery-delivery services.
 - I never take advantage of brand-specific shopping deals offered by my bank; I always redeem reward-points as a direct deposit into my bank-account.
 - I do not invest my money in stocks, bonds, funds, &c., with the exception of employer-matched 401(k) plans (which I cash out in full whenever I move to a new employer); I keep all of it as digital or physical currency or as gold. I have always had little patience for discussion related to finance.
 - I never donate to charities. I never donate to political campaigns (having [donated](#) only \$51 previously). I never give money to beggars (having done so only thrice previously). I never volunteer.
 - *I evade taxes as much as possible and avoid declaring income to the government whenever I can surely get away with it, since taxation levied upon a Brāhmaṇa (not to mention most taxation in general) is illegitimate⁵³ (and helps fund various inimical causes).

Media

- I do not own a television-set nor ever watch television, including substitutes like paid streaming platforms.
 - I very occasionally watch downloaded twentieth-century films on my computer.
 - I never use in-flight entertainment-systems, always keeping the screen powered off unless viewing flight-data.
- I never pay for films and never visit the cinema, not wishing to fund the "entertainment"-industry, which I view as one of the most clearly inane and evil. I visited a cinema only five times in my

adult life before adopting this rule formally.

- I do attend classical music concerts occasionally.
- I dislike watching videos in general, even when useful, because of their low information-density compared to written text; when I must watch a video rather than reading its transcript or a summary, I almost always play it at double speed or faster.
 - I almost never rewatch videos, even if I have largely forgotten their contents after years. I mostly but less strictly avoid rereading books.
 - I never listen to “audio-books”, rarely to “pod-casts”.
- I never play any video-games, considering them universally an embarrassing waste of time (and usually quite immoral even aside from that).
 - In the distant past I played “Minecraft”, “NetHack”, and nothing else.
 - I never gamble⁵⁴ with real or fake money. I never buy lottery-tickets.
- I do not follow any sports, and view sportsball fandom with largely the same disdain with which I do video-games. (I have avoided even learning the rules of most sports.) One should actually play the sport, rather than sit on a couch watching strangers play it on a screen and gossip about it. (Video-games and sportsball fandom are black holes for men’s natural healthy impulsive passions that ought to be directed instead into politics and athleticism.)
- With a few exceptions, I never listen to any music from genres other than Romantic music (cā. 1800–1930 C.E.), German and Russian military marches from around the same era, and a few Christian and Muhammadan chants.
 - I have strong opinions about music—well, about most things, but especially about music, the second-noblest form of art—and find most other musical traditions and especially contemporary music almost totally worthless and disgusting.
- I usually listen to **music** as an activity in itself, rather than while performing other mental work; I believe that “multitasking” while listening to music dishonors that music.
 - However, listening to music while performing clean physical work or driving a vehicle, leaving the mind essentially unoccupied by anything but the music, is acceptable.
 - I never listen to music while eating.
 - I can listen to the same music repeatedly even for hours without tiring of it.
 - But when (rarely) within my abilities, I try to play music on the piano rather than listen to it passively.
 - I always listen to music as downloaded MP3 files, never on an on-line interface like Spotify or YouTube.
- I rarely take photographs.
 - I almost always refuse to appear in others’ photographs and especially in group photographs.
 - I typically photograph myself less than four times a year.
 - I refuse to smile in photographs.
- Unlike most intellectuals, I generally insist on reading a book completely from end to end, rather than merely skimming some important sections and claiming nonetheless that I have read it.
- For most of my life I did not use social media at all, and to this day I never have in the typical sense of “social” media: I have never used any on-line platforms like Facebook, Instagram, Snapchat, TikTok, &c. to network with people about personal life events or for the purpose of idle entertainment.
 - In the past I have used only Slack, [WhatsApp](#), [Discord](#), [Mātrix](#), Reddit, [Twitter](#), [YouTube](#), and **image-boards** for the sake of productive religious or political organization (e.g. proselytism): one of the few legitimate reasons to use social media, as the modern analog to the town-square or the Vedic sabhā. Of those media I am only now active on Mātrix.
 - I also used such media as discussion circles for shared academic interests in the past, but realized in hind-sight that they were mostly fruitless and brought me little value that could

not be gained from thoroughly reading a text-book.

- I now use [Reddit](#) mostly as a forum to ask specific questions on topics outside my areas of expertise (e.g. German), and also to host my [satirical](#) content.
- I do not “like” any Tweets or videos on YouTube. I do not “upvote” or “downvote” any posts on any platform (except in my satirical Subreddits).
- I also maintain a [LinkedIn](#) account (more as a public résumé than as a networking tool), enabling me to find jobs more easily. I never “connect” with any strangers; in fact, I even regularly remove connections whose faces I have forgotten. I never react to posts on LinkedIn, nor do I post anything permanently or seriously myself; but I do occasionally make provocative posts to jolt the cattle out of their stupor, deleting them after a few days.
- I never leave on-line reviews (positive or negative) on products or locations. I never edit wikis that I do not run.
- I deeply abhor seeing advertisements of any kind in the physical world or on the Internet, and always use a [blocker](#) when browsing.
 - When an advertisement does intrude into my life, I take note of the corporation responsible for it and lean against buying its products.
 - Aside from advertisements, I use custom filters to block a variety of annoying or unnecessary features on various web-sites, including profile-pictures, “trending” tabs, “artificial intelligence”, all video recommendations on YouTube, “shorts”, and recommended Tweets with more than a half-million views. (I mostly avoid browsing Twitter’s “For you” tab in the first place.) I also have sponsored and other useless segments [blocked](#) on YouTube.
 - I profoundly despise vulgar language and anyone who uses it regularly. In addition to having several irritating words and phrases muted on Twitter and muting accounts prolifically for the slightest annoyance, I [block](#) a large set of vulgar words across all web-sites.
- I avoid viewing any creative content in any medium (whether text, image, or video) that I know to be generated by “artificial intelligence”; and I avoid producing such content myself, except for the purpose of commenting on the capabilities of an “artificial intelligence” model.
- I avoid accidentally encountering images of nudity.⁵⁵
 - I have filters in place to avoid the nudity that pervades even innocuous areas of the Internet, most of which involve disabling the automatic loading of images on social media: For example, I use Reddit’s “old” interface with “compressed link-display” and Twitter’s “data-saver” [mode](#).
- I do not follow any women’s accounts on on-line platforms, not even female friends’ (whom however I do allow to follow me) or family’s; even my LinkedIn “connections” are all male. Just as the sabḥā was for males,⁵⁶ social media are properly for males.
 - I similarly never vote for a female candidate in political elections, without exception. Rather than voting straight-ticket for the Republican Party, I individually vote for each male Republican candidate (or occasionally a male candidate from the Constitution Party or the Libertarian Party) and simply abstain from any selection in sections without an acceptable male candidate.
 - I generally do not read fiction written by a woman, nor watch videos narrated by a woman, nor listen to instrumental music composed or conducted by a woman or played by a female principal soloist. (My favorite novelist, Alisa O’Connor, was spiritually a [man](#).)
- I do not interact with anyone on the Internet whose full real name I do not confidently know.
 - This rule encompasses e-mail, private chats, and public fora alike; but I make exceptions for rare questions that I ask on Reddit, and for even rarer questions that I answer if they be particularly interesting.
 - I do not follow or subscribe to any accounts (on any platform) run by anyone whose full real name I do not confidently know, no matter how much I may enjoy their content.

- Despite my proudly fundamentalist views, I am surprisingly broad in my range of friendships, associating with men based mostly on certain character-traits or on our shared history or interests mostly without regard to their birth, creed, life-style, &c.: Among my friends stand even cannabis-users, homosexuals, Muhammadans, and socialists. (Friendship with infidels and Dāsyu-s is not inherently immoral, so long as one not include them in holy rites nor deny their inferiority.)
 - But while I maintain a handful of old friendships with leftists and liberals, I no longer newly befriend anyone holding socially left-wing views.
 - The categories of people with whom I refuse to interact at all are “transgenders” (since the very act of interacting with them usually requires an affirmation of falsehood), abortionists, women who have had an abortion, men who have permitted their wife to have an abortion, Ābrāhmaṇa-s in a relationship with a Brāhmaṇī, Brāhmaṇī-s in a relationship with an Ābrāhmaṇa, those who insult (and not only deny) the Gods or the Fathers, those who do not avoid regularly using vulgar language in my presence, those who have publicized private information about me or my friends, and those who interact with those who have publicized private information about me or my friends.
- I speak little, whether verbally or through social media. I find most conversation fruitless and tiresome except with close friends or with loved ones, and there are few things as dear to me as silence.
 - In the future I plan to take day-long vows of silence for sacrifices, and even now I sometimes accidentally go an entire day without speaking to anyone outside of my prayers and my Vedic recitation-group.
 - I often feel no urge to break a silence; most of my friends have gotten used to occasional extraordinarily long silences during conversations with me, sometimes lasting two minutes before one of us thinks of something to say. I believe that silences are almost never really “awkward” no matter if inferior men perceive them so. The deepest conversations are those in which neither party feels forced to say anything, and both therefore say only what is truly worthy of being said, which is often little.
 - I detest being interrupted while speaking (especially for the sake of an inane or supposedly humorous remark) unless the interruption be for the sake of efficiency (e.g. completing a flow sentence), and I often refuse to resume what I was saying when interrupted.
 - I am quite irritated by superfluous noise and sometimes wear ear-plugs to concentrate on my work when others are nearby.

Geography

- I live on a farm-house in the Lower Peninsula of Michigan. I lived on a [farm-house](#) even during my last two years of [university](#), bicycling or walking to the nearest bus-stop two miles away and riding into town whenever I had to attend classes.
- I am dedicated to rural life, and refuse ever again to live in a city for more than a couple months at a time: Whatever the cities to which my career may take me in the future (which will probably be none, since I anticipate working remotely forever), I will always insist on living outside the actual city at the cost of a longer commute.
- I love cold climates and refuse to live for long in an area that does not experience regular yearly snow.
 - I regard snow as a sign of rejuvenation and purification, noting that all high-minded, highly metabolic peoples have inhabited clean places with snow, not the squalid mediocrity of the tropics. The tenderness of pure Love is conditioned upon the [oxytocin](#) generated by cold weather, which is why the tropical peoples are largely incapable of it.

- In fact, even my current locale is rather too hot for me, and I wish to settle in some more Northerly place like the Upper Pæninsula.
- I rarely travel abroad (aside from visiting family), partly because it is inconvenient with my schedule of prayers and my dietary rules, but mostly because I usually gain little from it other than a renewed hatred of the visited country (and a renewed conviction that America is the best country on Earth).
 - When I do fly, I always choose aisle- rather than window-seats and always choose first-class domestically; for a high-fouled man can hardly bear the crowded, disgusting conditions of the “æconomy” class.
 - I never lean my seat back in an air-plane, since I am not an inconsiderate subhuman.
 - I never use the bath-rooms in an air-plane, always managing to wait until arrival at the airport even on long flights.
- However, I travel by driving in my truck fairly frequently, up to a few hundred miles.
 - I never take planned tours and rarely visit sight-seeing attractions; I prefer to explore a place on my own and by my own intuition, wandering around the less popular areas and perceiving the real nature of the place rather than a façade for tourists.

Past

This section describes rules that I strictly followed in the past but no longer follow.

- From Aug. 2018 to Jun. 2020 I was so strict in avoiding even small amounts of caffeine—given my strenuous opposition to drugs—that I refused to consume anything containing chocolate, without a single exception.
- From Aug. 2018 to Sep. 2020 I followed an entirely vegan diet (out of animal welfare concerns), refusing all dairy and honey without a single exception. I also refused to wear (natural) leather.
- From Oct. 2019 to Sep. 2020 I did not even use a window-manager on my computer, working directly with the **Ttys** instead.
- From Aug. 2018 to Nov. 2020 I mostly refused to present or to receive gifts, and even now I mostly refuse to receive them unless in the form of gold.
- From Mar. 2019 to Nov. 2020 I wore largely the same clothes that I do today, but with a black shirt instead of white; thus, my clothing and accessories were entirely **black**.
 - From Aug. 2015 to Mar. 2019 I wore similar clothes, but in multiple colors and usually not patternless.
- From Oct. 2018 to Feb. 2021 I gelled my hair to robotic perfection nearly every morning.
- From Sep. 2015 to Mar. 2021 I kept a meticulously clean-shaven face.
- From Jan. 2020 to Mar. 2023, and again from Aug. to Nov. 2023, I did not even own a “smart” phone. My flip-phone has been my primary phone since Sep. 2018.
 - I owned no phone at all until Dec. 2013.
- Until Mar. 2019, and again from Jul. 2023 to Jun. 2024, I never bought food from restaurants unless traveling (in contrast to my total prohibition on eating from them thereafter). Similarly, from Feb. 2023 to Jun. 2024 I ate onions, garlic, and mushrooms only in food not made by me (in contrast to my total prohibition on consuming them thereafter).
 - In (rare) times of temptation I may motivate myself by visualizing how terrible it would be to break my long “streaks” of perfect abstinence for the sake of a momentary pleasure. Indeed several dates below are not truly representative of when I gave up a practice; for example, I actually gave up regularly ordering delivery from restaurants on 12 Aug. 2022, but because I ordered delivery a single time since then (while traveling in India), I had to reset my streak.

- The laft time in my life that I ever ate with a woman was 12 Dec. 2023; that I ever ordered delivery from a restaurant was 13 Dec. 2023; that I ever ate from a restaurant or a Şüdrá was 14 Jun. 2024; that I ever cooked with a nonstick frying pan was 9 Aug. 2024; that I ever used a local grocery-delivery service was 17 Mar. 2025; that I ever ate on a párvan was 27 Apr. 2025; that I ever ate a supernumerary meal or knowingly ate more than 4000 calories in a day was 5 Jun. 2025 (the day before my half birth-day); and that I ever overflept without fasting as pænanance or being ill was 20 Jun. 2025 (the Solftice).
- The laft time in my life that I ever knowingly confumed plant-bafed “milk” was 13 Mar. 2021; mold 16 Jan. 2022; tea 24 May 2022; afparagus 25 Dec. 2022; creatine 19 Jan. 2023; alcoholic drink 6 Feb. 2023; meat (afide from facrifice) 14 Jul. 2023; maple-fyrup 24 Sep. 2023; felf-added fugar 16 Dec. 2023; nutritional yeaft 10 May 2024; cumin 8 Jun. 2024; muhfrooms 13 Jun. 2024; onions or garlic 28 Jun. 2024; feed-oils 30 Jun. 2024 (the day before my ketogenic diæt); ftevia 1 Aug. 2024; foy 9 Sep. 2024; fynthetic additives 6 Nov. 2024 (the day of Donald Trump’s reëlection); fugar-alcohols 6 Dec. 2024 (my birth-day); fractionated oils 16 Dec. 2024; corn-fyrup or carbonated drink 25 Dec. 2024; coffee or protein-flhakes 28 Dec. 2024; monk-fruit, culinary alcohol, or lecithins 30 Jan. 2025; carrageenan or gums 11 Feb. 2025; coconut-fugar 28 Feb. 2025; collagen 9 Apr. 2025; “natural flavor” 26 Apr. 2025; herbal fupplements 2 May 2025; natamycin 4 May 2025; and rice-bran oil 20 Jun. 2025.
- The laft time in my life that I ever used a color-cosfmetic (afide from tinted Sun-fcreen) was 8 Jul. 2024; chemical conditioner 12 Jul. 2024; tooth-pafte containing fluoride 27 Aug. 2024; unnatural foap on the body 6 Nov. 2024; unnatural chewing gum 8 Nov. 2024; an electric or plafftic tooth-brufh 7 Dec. 2024; chemical fhampoo 20 Dec. 2024; and tooth-pafte containing nanohydroxyapatite or ftevia 12 May 2025.
- Until Aug. 2024 I never owned a motor-vehicle (having only intermittently used a car owned by my parents to commute for a few months in 2018 and 2022–2023); I took pride in bicycling or walking almoft everywhere.
- From Sep. 2012 to Jan. 2025 I always fubmerged the head when fhowering, without a fingle exception.⁵⁷

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1. KS 31.7.68 KapKS 46.7.36 MS 4.1.9.81–82 TB 3.2.8.11.10 cf. ĀpD^hS 2.5.12.13,22 GD^hS 23.21 VD^hS 1.18 20.4–5 MD^h§ 2.221.
 2. ŞB 11.5.4.5 ĀpMP 2.6.14 SMP 1.6.26 cf. KuşGS 7.7.12 JGS 1.12.66 PāGS 2.3.2 BGS 2.5.45 ŞāGS 2.4.5 HGS 1.2.5.10 ĀpD^hS 1.1.2.24 GD^hS 2.13 BD^hS 2.2.4.24 VD^hS 23.4.
 3. cf. ĀpŞS 8.4.9 10.15.9.
 4. ŞB 2.4.2.6 cf. ĀpD^hS 2.1.1.2 GD^hS 9.59 BD^hS 2.7.13.11 VD^hS 3.69 MD^h§ 2.56; TS 6.2.5.3.5 refers to Mānu, not to man.
 5. AV 9.6.46 TB 1.5.3.1–3.
 6. cf. ĀpYS 65 GōGS 1.5.2,4 ŞāGS 1.3.1 ĀpD^hS 2.1.1.4.
 7. cf. GōGS 1.5.3,7–12.
 8. cf. ĀpD^hS 2.5.12.14 GD^hS 23.21 BD^hS 2.4.7.16 MD^h§ 2.220–221 11.203 ViD^h§ 54.29.
 9. cf. GōGS 3.1.23 PāGS 2.5.12 ĀpD^hS 1.1.2.23 1.1.4.6 GD^hS 2.13 16.3 BD^hS 3.4.1 MD^h§ 2.177 YD^h§ 1.33 ViD^h§ 28.11.
 10. AV 11.2.9 TS 2.1.1.5 5.5.1.3 6.5.10.1 MS 3.10.2 ŞB 1.2.3.6 6.2.1.2,18 6.2.2.15 7.5.2.6 ĀiB 2.8.
 11. ŞB 2.4.2.6 cf. ĀpD^hS 2.1.1.3 MD^h§ 2.57.
 12. cf. TU 3.8.1.
 13. cf. VD^hS 14.37.

14. ŞB 3.2.1.11 6.6.1.24 cf. ĀpD^hS 1.5.17.26–28 GD^hS 17.32 VD^hS 14.33 PD^hS 11.9 MD^hS 5.5,19 YD^hS 1.176 ViD^hS 51.3.
15. TS 6.4.7.2.6 ŞB 4.1.3.6 cf. BD^hS 1.5.8.17 1.5.9.10 MD^hS 5.126 11.67 ViD^hS 38.2.
16. TS 2.5.1.4.3 cf. GD^hS 17.33 VD^hS 14.33 MD^hS 5.6 YD^hS 1.171 VD^hS 51.36.
17. ŞB 4.5.2.10 cf. KātSS 25.11.18.
18. cf. ĀpD^hS 1.5.17.32 1.7.21.15 GD^hS 17.29 23.5 BD^hS 1.5.12.3 VD^hS 14.48 23.30 MD^hS 5.11–12,14,19 11.156 YD^hS 1.176 ViD^hS 51.3 81.9.
19. cf. GD^hS 17.9 BD^hS 2.7.12.6 VD^hS 14.22 MD^hS 4.207 YD^hS 1.167.
20. cf. GD^hS 17.30 VD^hS 14.45.
21. cf. ĀpD^hS 1.5.17.19.
22. RV 1.62.9 1.71.9 1.180.3 2.40.2 3.30.14 4.3.9 6.17.6 6.44.24 6.72.4 8.32.25 8.89.7 10.49.10 10.73.9 10.106.11.
23. cf. ĀpD^hS 1.5.17.14 BD^hS 1.5.10.3.
24. cf. ĀpD^hS 1.5.17.22 GD^hS 17.24 BD^hS 1.5.12.11 MD^hS 5.8 YD^hS 1.170 ViD^hS 51.38.
25. cf. ĀpD^hS 1.5.17.24 GD^hS 17.22 BD^hS 1.5.12.9 VD^hS 14.35 MD^hS 5.8 YD^hS 1.170 ViD^hS 51.39.
26. KS 12.12.42 MS 2.4.2.45 ŞB 12.8.1.5 12.9.1.1 cf. ĀpD^hS 1.5.17.21 1.7.21.8 1.9.25.3,10 GD^hS 2.20 21.1 23.1–2 25.10 BD^hS 1.10.18.18 2.1.1.18 VD^hS 1.20 20.22,44 MD^hS 11.90–98 YD^hS 3.253–254 ViD^hS 51.1.
27. cf. ĀpD^hS 1.5.16.22 BD^hS 2.2.3.1 VD^hS 6.26–29 8.17 MD^hS 4.223.
28. ŞB 1.9.2.12 10.5.2.9 cf. GD^hS 9.33 BD^hS 1.1.2.3 VD^hS 12.29 MD^hS 4.43 YD^hS 1.131 ViD^hS 68.46 71.25.
29. cf. GD^hS 2.41 BD^hS 2.7.13.6.
30. TS 5.3.3.2.5 5.3.3.3.7 5.3.3.4.10 5.3.4.2.3 5.3.4.3.14 5.3.4.5.10 MS 3.2.10.7.
31. cf. ĀşGS 3.9.6 GGS 3.5.11 JGS 1.19 DGS 3.1.41 ŞāGS 4.12.16 ViD^hS 63.42.
32. **ĀiB 7.15.3.**
33. cf. ĀpD^hS 2.8.20.14.
34. cf. MD^hS 4.152.
35. cf. GD^hS 1.37 VD^hS 3.38 MD^hS 2.53.
36. TB 2.4.4.10.3 cf. ĀpD^hS 2.9.22.12–14 GD^hS 9.2 BD^hS 2.3.5.1 2.4.7.2 MD^hS 2.176 4.152.
37. cf. GōGS 3.1.19 ĀpD^hS 1.1.2.25 GD^hS 2.13 9.32 BD^hS 1.2.3.24 VD^hS 3.36 MD^hS 2.177.
38. AV 13.1.56 JB 2.370.10 cf. PāGS 2.8.5 ĀpD^hS 1.11.30.20 GD^hS 9.12,41–43 BD^hS 1.5.10.10 VD^hS 6.10–11 12.13 MD^hS 4.48 YD^hS 1.134 ViD^hS 60.22.
39. AV 7.102.1.
40. TS 2.5.1.5.5 cf. ĀpD^hS 1.3.9.13 VD^hS 5.6 MD^hS 4.57.
41. TS 2.1.1.5.4 5.5.1.2.11–5.5.1.3.1.
42. cf. GD^hS 9.7 MD^hS 4.35 YD^hS 1.131.
43. cf. BD^hS 1.3.5.7.
44. cf. MD^hS 4.69.
45. ŞB 5.1.2.14.
46. cf. ĀpD^hS 1.1.2.32 1.3.10.8 GD^hS 1.27 VD^hS 2.21 7.11 MD^hS 2.219.
47. ŞB 1.3.3.5.
48. KS 34.12.6.
49. cf. ĀpD^hS 1.11.30.10 VD^hS 11.64 MD^hS 4.35 YD^hS 1.131.
50. TS 2.5.11.1 cf. GōGS 1.2.1 ĀpD^hS 2.2.4.22 BD^hS 1.5.8.7 2.2.3.1 VD^hS 8.17 10.31 MD^hS 2.63 4.36 ViD^hS 71.15 YD^hS 1.133.
51. cf. BD^hS 2.2.4.18 VD^hS 3.24 MD^hS 8.348–349.
52. ŞB 1.3.1.9.
53. ŞB 5.3.3.12 5.4.2.3 9.4.3.16.
54. RV 7.86.6 MS 3.6.3.69 JB 1.98.1 cf. GD^hS 2.17 BD^hS 2.1.2.16 MD^hS 2.179 4.74 9.227 YD^hS 1.138 ViD^hS 71.45 .
55. cf. ĀşGS 3.9.6 ŞāGS 4.11.1 ĀpD^hS 1.2.7.3 GD^hS 9.48 MD^hS 4.53 YD^hS 1.135 ViD^hS 71.26.

56. AV 7.38.4 MS 4.7.4.14,39.

57. cf. MD^h§ 4.82.