

TIM FERRISS



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GQ is pushing Tim Ferriss on us, and so is GetPocket.com, which means the CIA is, too. Why? That is why I am here: I can tell you why.

To be honest I had never heard of Tim Ferriss before GetPocket pushed him on me today. I don't read *GQ* and I don't read bestsellers. So how can I know so much about him? Because it doesn't take any work to see through his project: it is that transparent. I had him pegged at hello.

Actually, I had him pegged *before* hello. I had him pegged at. . . **Ferriss**. And if you are a reader of mine, you should have, too. I have shown you that Ferriss is just a variant of Ferrers, which is pronounced the same way. See the Ferrers in *Sense and Sensibility*, for example. Hugh Grant played Edward Ferrers in the 1995 film. [And of course he is related to his character](#). Or at any rate to the real Edmund Ferrers, 5th Baron Chartley. They are second cousins, 19x removed. The name is a big peerage name, linking us directly back to the Stuart kings and princes, including John of Gaunt. Like the later Stanleys, the Ferrers were the **Earls of Derby**. We just saw the Ferrers in [my recent papers on Thomas Jefferson](#) and on the [English Revolution](#). The name Ferrers comes up many times in both places. This also links us to actress Anna Faris, since that is just another spelling of the same name. It also links us to the Ferrieres, Ferrieras, Farrowes (as in Mia Farrow), and others.

Ferriss has spook written all over him. From Wiki:

In a [Forbes](#) article, media and marketing strategist Michael **Schein suggested Ferriss's success is due in large part to his skills as a self-promoter and self-marketer, and his methods have been criticized as exploiting technicalities, sometimes in unethical or dishonorable ways, and then attractively packaging those shortcuts and fake-outs.**

But that isn't my reading. By studying his bios, one can see it wasn't his skills at anything that led to his success, it was being born to wealth and then being promoted heavily by someone. He somehow

became an angel investor at a young age, and it is never explained where his early money came from. As with Elon Musk, the stories are paper thin. I am telling you it is his name that is the big clue here. Notice they give you no parents for him at Wiki. I guess he was born from a test tube at Langley.

Another way you can tell Ferriss is a spook is his investing in and donating to research into **psychedelic drugs**. [Like Graham Hancock and Daniel Pinchbeck](#), Ferriss is pushing psychedelics: always a CIA project. At age 29, Ferriss was given his own show on the History Channel, yet another CIA front. A few years later the same show was brought back by HLN, ditto. HLN is owned by CNN, which is owned by Warner Media, which is owned by AT&T, which is owned by SBC, which is owned by. . . Blackrock, Vanguard, State Street, etc. The Octopus.

Ferriss has also donated heavily to centers of psychedelic and consciousness research at Johns Hopkins and Imperial College. Those are just continuations of military experiments started decades ago, so we have to wonder why they need funding from rich boy entrepreneurs. They already take an inordinate amount from the National Treasuries for this research, so my guess is people like Ferriss are just used to make some of the public funding look private. We have seen this proved many times before in similar projects. The CIA uses various rich people as cover for its projects, to give them legitimacy. [See this paper, for instance](#).

Ferriss published his first book at age 28. It was picked up by Crown, which is an imprint of Penguin Random House, the largest publisher in the world. It is the *4-Hour Workweek*, “how to join the new rich by working 4 hours a week”. Sounds totally plausible, right? . . . as long as you were—like Ferriss—already rich going in. It spent more than four years on the *New York Times* bestseller list, which doesn't mean anyone actually bought it. Why would any sane person spend money on such a book? It means the *NYT* was ordered to promote it for four years. Those lists, like everything else, are manufactured.

In the new article at *GQ*, we are told Ferriss has changed his mind recently. He says,

I am not focused on maximizing productivity because that begs the question: to what aim? I'm revisiting those questions and my answers to those questions during this time. That does not mean that I wake up every morning sitting on a Lotus flower, meditating for six hours and then producing masterworks as Isaac Newton and Shakespeare and others supposedly did during quarantine. That is decidedly *not* what is happening in my life day-to-day.

Funny. Is he implying that before quarantine, he *was* producing masterworks, and that something is different now? Because I can't find any evidence he ever produced anything except shallow self-promotion. And this current article at *GQ* is no change in that regard. He is producing nothing but confusion and misdirection.

But it might be worth reminding you that IS what is happening in MY day-to-day life. I don't meditate, but otherwise that is a pretty good description of my existence during quarantine, and before quarantine as well. I wake up every afternoon, my Muse feeds me nectar and ambrosia and gives me my tasks for the day, and I get to work. In fact, one of those tasks was correcting Newton, so Ferriss' choice of examples is almost spooky itself. Given that, you might ask yourself why Ferriss is being promoted and not me. I am the one actually creating things, while he is just blowing smoke.

Here's why:

Whereas Ferriss was once in search of answers to questions about how to do more (and do it more efficiently), he says he's now focused on going inside and helping you get comfortable being with yourself.

Ah, so Ferriss has been tapped for the neo-naval-gazing project. Like everyone else in the media, he has to get your eyes off the trillions just stolen from the worldwide treasuries and off the coronahoax used to cover it. He has to get your eyes off the continued acceleration of the gutting of the Constitution, where governors bypass legislatures and just rule by dictat.

The next paragraph is especially revealing:

That professional pivot is, of course, tethered to Ferriss's own personal trajectory. After spending much of his career chasing after external markers of success—money, time, skills—he says he still knew something was missing. (He's also been vocal about a lifelong struggle with his own mental health, specifically bipolar depression.) “Certainly I found myself, after checking a lot of those boxes, still suffering,” he says.

The author at *GQ* has just admitted Ferriss has always been a shallow bastard, so why are they continuing to sell him as some sort of guru? I guess they figure you are also wishing to embrace bipolar depression, so why not model yourself on this asshole?

Has he learned anything? No. He is surprised that after “checking those boxes” he is still suffering. Am I surprised? No. Because I can see that sentence makes no sense. “Chasing external markers” is guaranteed to cause suffering, and I knew that before I hit 20. All the wise have always known that, and most of the semi-wise. I also knew that “going inside and getting comfortable with yourself” was not the flip-side of that. It was the guarantee of yet *more* suffering and disconnection, which is why Ferriss and his handlers are selling it to you here. I have never spent five minutes “going inside, etc”, because I didn't need to. I never felt uncomfortable with myself to start with. Most children don't, and the reason people later become uncomfortable is because they allow *other people* to mess them up. The media whores arrive and mess them up on purpose, to make them better consumers. “Going inside” won't solve that problem, will it? No, because you will be going inside upon the suggestion of someone like Ferriss, and he will give you all the wrong road maps on purpose. He will advise you to look for things that aren't there, and so you will just find a lot more manufactured deadends, blaming yourself for it.

I can tell Ferriss his problem, which he can't seem to see. His problem is that the media whores that arrive and screw us up on purpose were *his own parents*. Since he is from these families, naturally he has problems most of us don't have. No wonder I am better at externalizing these external problems: for me they were more external. They didn't get shoved into my head by my own family. They came in more distantly, anonymously, and indirectly, so it was easier for me to tell them to go away. Ferriss couldn't do that, because he thought there was nowhere to run. He was literally one of them, and he knew that. So it is no surprise he is bipolar. It is just a miracle he isn't schizophrenic . . . yet. Or maybe he is, I don't know. His only hope from the beginning was to disconnect as fully as possible from his background, which of course he has never once tried to do. He has done nothing but dig himself in deeper. Does he think *GQ* will create any distance for him?

Like Ferriss, what *you* need to do is not to “go inside”, but to do what you should have been doing from the beginning, way back to childhood: pushing all these fakes and phonies away, and saying no to all their advice. You don't need to go inside, you need to push back *outside* all those poisons you have

taken in. Figuratively speaking, you need to vomit up years worth of garbage learning and social constriction. Which is precisely what I am helping you do with my papers.



Next, Ferriss tries to sell Tara Brach's book *Radical Acceptance*. Also published by Random House, by the way. Which means you should avoid it like the plague. Guess where she lives: Bethesda, Maryland, a major intelligence community. At Wiki, we are told that her colleagues include Jack Kornfield, Sharon Salzberg, and Joseph Goldstein. One guess what they have in common. These people all come out of IMS [Insight Meditation Society] in Barre, MA. It had been around since 1976, and it now offers a correspondence course with an 88-page workbook. Are you getting the picture? Brach also teaches at Kripalu in Stockbridge, which used to be a Jesuit seminary. Kripalu was started by Amrit Desai, who came out of the Indian Air Force, of course of course. His wife was Urmila Shah, indicating very high links in India.

The prologue of Brach's book is entitled "Something is Wrong with Me". Planting the seed, you see. Notice that Brach never tells you that there is something horribly wrong with the world and that you have been criminally fucked over on purpose from birth. . . by Brach, Ferriss, and her cousins. She basically wants to sell you a warmed-over *I'm OK You're OK* message with a Buddhist twist, as a pacifier. This keeps you looking internally, instead of looking externally at the twisted creepazoids squashing you, drugging you, and feeding you bad information. This is because the last thing she or her handlers want is you fighting back in any meaningful way. Instead, they want to teach you "Unconditional Friendliness" (see chapter four).

They don't want to "awaken you from the trance" (chapter two), they want to teach you to put yourself deeper into it, via fake meditation. They want you to think this is all about you. This is all about *your responses* to the position you have been put in, and not about anyone or anything outside you. This whole new age philosophy is being promoted to teach you that if anything is wrong in your world, it is a function of your improper responses, which aren't inclusive enough. Is isn't due to fantastic criminals making you miserable and sick on purpose for profit.

This pseudo-Buddhist project is appealing on the surface, because it at first seems less scary than the truth that I just stated, about the world being run by monsters. You think you can't do anything about that, but you can do something about yourself. You can't control the world, but you can control your own little world, your house, or your family. Or at least your thoughts. Or at least your feelings about

your thoughts.

Except that you can't. If your problems were truly generated from within, then of course you would have to go within to solve them. But your problems aren't being generated from within. Almost without exception, your problems are being forced upon you by your own governments, leaders, teachers, scientists, historians, and media bots. So to solve your personal problems you have to start by admitting that. Your "personal" problems only seem to be personal, but they are societal and historical. They are far bigger than you. But that doesn't mean you should give up.

Books like that of Brach only seem compassionate and caring on the surface, but if you dig a bit deeper you see how nefarious they are. She seems to be saying "it isn't you", but she is really saying, "it *is* you". You are the problem. Your "acceptance" of the world isn't "radical" enough. Your smile hasn't been pasted on your face in a permanent enough fashion to suit her. You still have expectations of being treated fairly. You still have expectations that people you trust will tell you the truth. You still have expectations that your governors aren't just gigantic thieves. But her job is to keep turning your eye back in on yourself. It is the whole "man in the mirror" mantra, a horrible bastardization of Christianity and Christ's admonition not to judge. It is "live and let live" perverted and taken to ridiculous extremes. Because, remember, those governing are *not* letting you live, are they?

I agree with "live and let live" for the most part. But what if the governors are not letting you live? What then? The question is, how much will you be pushed before you push back? Do you think Christ never pushed back? Did Muhammad never push back? Did David or Solomon never push back? Did Moses never push back? Christ's entire life was one long pushback against the norms and leaders of his time. Do you think he did that by never making a judgment?

My line is just the opposite: I say it is *not* you, except insofar as you fail to face facts. You can't just hide in a shell and pretend this is about you. No internal changes will make this go away, because IT ISN'T ABOUT YOU. And the absolute worst thing you can do is crush yourself further to conform to the world around you. Your only hope is to forcefully jettison all the negatives that have been forced upon you, and then to attack the external problem as vigorously as you can. No, you can't change the whole world overnight by yourself. But you don't have to because *you are not alone*. This isn't about you, this is about US. And everywhere there is an US, there is a THEM. There really is a THEM. Don't let them fool you that there isn't. You aren't paranoid. The sardonic question, "And who are they, exactly?" does have an answer, and I have shown you that answer over the past decade. THEY LIVE, and they are not nameless or faceless. They are not aliens. They are not myths or bogeymen. They are not reptilians. And they are not untouchable. Their bank accounts may be offshore, but they are not offworld. There are things that could be done, if people woke up and quit reading self-help books. The first step in waking up is saying no to them and all their projects.

I can tell you that the only thing that will make you feel better is fighting back. You will regain your self respect, if nothing else. Which is what all these self-help books claim to be about. They want to make you feel better about yourself and your place in the world, but you will never do that following their advice. No faux-poetic stories from Brach are going to make you feel better, for more than about five minutes. Her dreamy voice is like another drug, and the last thing you need is another drug. What you need is huge doses of clarity, and Brach certainly isn't there to give it to you. She is there to sing you back to sleep.

Same for Ferriss, who has actual drugs to push on you. My guess is DMT. Again, avoid it like the plague. Avoid all their drugs, including pot, meth, coke, vaccines, alcohol, anti-depressants, and even

aspirin. I don't take any of it. When I crashed my motorcycle three years ago, I didn't take anything. I refused the ambulance, refused treatment, and didn't even take a bottle of Motrin my mother tried to give me. I didn't drink alcohol to dull the pain, either, and I don't use cannabis in any form. The strongest drug I used was sea salt (and kitten therapy—I applied warm kitten compresses eight times daily). I was back to 90% within a couple of months, and am now back to 100%. It is pretty rare to have no lasting damage from something like that in your 50s, but I was very flexible going in, and returned to my exercises as soon as I could, doing everything naturally and organically. I think if it hadn't happened during Solar Minimum, I could have weathered it even better.

You will tell me you don't have the energy to fight back against the world. You barely have the energy to get out of bed in the morning. Fine. Marshal your strength for now. You may have more energy in a couple of years, when the Sun wakes up fully again. In the meantime, make your plans. Sort out your thoughts. And when you do find the energy for some action, make sure it isn't buying and reading self-help books, or otherwise falling for the conjobs of these people like Ferriss and Brach. If you do nothing else in the next year, at least learn to spot them and avoid them. Learn to say no to the books and lectures and ashrams and retreats and blogs and podcasts and youtube channels and TV channels. Learn to study the people first, before you start listening to their advice or believing their claims. Study their names and faces. Study their backgrounds. Who is promoting them, who is publishing them? Read their Wiki pages closely. Often that alone is enough to out them. Ask questions, and never stop asking questions. Demand sense. Demand consistency. And if anything feels wrong, fishy, dark, or confusing, refuse it. Tell it to go away.

Ferriss admits in the article he has trouble being alone with himself. If you do also, recognize that maybe it isn't you that you don't like. Maybe it is all those wrong, fishy, dark, and confusing things you have accepted and internalized. But if you internalized them, you can also externalize them. Your job is to spot them and then spit them out. Be like a cat that has eaten a bad bug: just cough it back up and go on. And if people, or your inner voice, say it isn't that simple, just reply it is that simple and do it. That's how you really “get comfortable with yourself” or “change yourself”. You don't do it by yapping indefinitely or trying to “come to terms” with it. As Jesus said, you “pluck it out”. You pull in good things and push away bad things. It really is that simple.

Even if you are one of these people like Ferriss, everything still works on the same principle. Some will think they are too far gone to turn around, but you are never too far gone to turn around, no matter who you are. Yes, you have more things to spit out, but by the same token you have more good things to take in. Everything you spit out makes more room for the good things. But you probably can't even taste the good things as good until you first spit out many of the bad things. People like Ferriss can only change by pretty drastic means, but the good news is he has the means to do it. We all do. We have to separate ourselves as completely as possible from the negatives, which doesn't mean going within, it means going *away*.

If you are far gone, you may have to move far far away, and start over. A little death and rebirth, to avoid a real death: suicide. Don't kill yourself. Move far away and start over. *Remake* yourself instead.

Once you get there, recall the child inside and purge yourself back down to that. Reset yourself back to the past, as you would reset a computer to a previous time. They will tell you it can't be done, but it CAN be done. They tell you there is no going back, but there is always that option. Throw out all the newer things that have corrupted you and go back to the things you loved as a child. Nothing is stopping you. I know because to a lesser extent I have done it. I never got too far gone, admittedly, but

in some ways I have reverted on purpose. And I am glad I did.

Of course I am not suggesting you return to diapers and drinking from a bottle. Like anything else, reversions can be either healthy or unhealthy. But returning to a simpler time can definitely be salutary. Re-surround yourself with the things you used to love before you lost your way. Old books, posters, clothes, furniture, TV shows, music, anything. And if you are too young for that, since even the stuff from your childhood is crap, go back even further. Throw *Breaking Bad* in the trash and watch *Andy Griffith* or *Kukla Fran and Ollie* instead. And yes, I'm totally serious. Immerse yourself in the past. If *Kukla* doesn't do it for you, immerse yourself in the 1880s instead. The important thing is to surround yourself with positives, so don't read miserable or scary old stuff.

If your childhood sucked, borrow someone else's. Lift it out of an old book if you have to. Piece it together anyway you can. Once you have chosen it and created and made it real, it is no longer fantasy. It is yours because you wanted it. If it facilitates your housecleaning, do it, and don't worry what anyone else thinks. If you were very far gone to start with, that means you are now living far away from your roots, so no one is there to judge you anyway. You are in a distant country where they don't know your real childhood from that of *Oliver Twist*. So take advantage of your freedom.

People generally can't do this, and they can't for one reason: they *think* they are inextricably tied to their past and present. No matter how bad it was or is, they think it would be even worse to disinherit it. It would be inauthentic, inhuman, or even sinful. But think of it this way. You are creating a new life for yourself, right? Like a death and a rebirth. Well, if you really died and were reborn, starting over from scratch, would you feel tied to your previous life? No, you wouldn't even remember it, which is the whole point of dying and being reborn. Breaking that tie to a previous life wouldn't be seen as inauthentic or sinful, even by God himself. So why not break the tie to negative times while you are still alive?

Some will say they owe their parents gratitude and fealty for their birth, even if those parents were terrible. But that isn't true, either. If you are so far gone you have to move to the other side of the Earth and manufacture a new life, then you probably owe your parents nothing. Possibly the nicest thing you could do is never see them again and blot them from your memory. If they were that bad, then they have *earned* nothing but your hatred, and why stick around to give them what they have earned? Far kinder not to, for yourself as well as them.

I know that many will reply that externalizing all negatives is simply a sign of psychosis.* Others will say it is refusing all personal responsibility. But that is not what I am advising here. Yes, *of course* you are responsible for your life as well, since you have made many decisions that got you here. You *didn't* refuse the negatives the first time around, and you could have. You *aren't* pushing back now, and you should be. Nor am I recommending externalizing *all* negatives. That last advice was for the nearly suicidal only. Drastic measures for drastic circumstances. But most people can cope without moving to the other side of the world or starting over. Very few people have no good memories to cling to. Very few people can't be helped by a puppy or a kitten, or require a reversion to childhood before they can.**

I think it is clear I am simply arguing the other side, a side that has lost all its defenders. In my opinion, this "personal responsibility" thing has gone way too far, and I have just shown you how. These new-age people planted by Intelligence want you beating up on yourself, because if you are doing that you aren't beating up on them. They want you policing yourself constantly, because if you are doing that you aren't policing them. They want you in meditation, because while your eyes are

closed they can steal you blind once again.

It is another siren song, and most people are falling for it.

We all have shortcomings and “things we need to work on”—that goes without saying—but what I am showing you is how these fake gurus have hijacked that idea and distorted it, using it against us. They are playing on our sense of guilt and inadequacy to control our gaze. They need eyes off the extravagant criminality of the past 50 years, coming down right from the top, so they have created a truly dizzying array of feints. This is just one of many. In this particular project, they want you internalizing as much as possible, and externalizing as little as possible. Because if you do that you will not only be guaranteed to be polluted beyond any possibility of cleaning, you will be incapable of action against them. Your own problems will seem so insurmountable, you won't even think of trying to solve any real problems beyond your own eyelashes. Which leaves them free to do as they please.

Others will say I am just creating a newer and larger class of victims here. Yes, I am encouraging everyone to blame the blameworthy instead of themselves, but that doesn't mean they should act like victims. In fact, I am advising they *quit* acting like victims, by the most natural means possible: by refusing to *be* victims in the first place. Quit saying yes. Quit falling for the conjobs. Quit believing and doing what you are told. And quit letting these crooks get away with their crimes. Stand up and **take responsibility, not by thinking you are responsible, but by taking responsibility for seeing justice done.**

*It is interesting to study how the clinical definitions of things like psychosis, delusion and paranoia suit the schemes of the governors and the families, but that is grist for a future paper. Notice that just about any non-mainstream idea or conclusion could be dismissed as delusional, paranoid, or psychotic. Not believing what you are told could easily be categorized as mental illness, and often has been.

**It seems to me that very few or no psychologists have seen the obvious here: a reversion to childhood or a compulsion for cleanliness in the most lost personalities is actually a pointer to health and a sign of the body and mind trying to heal. This is exactly what the person *should* be doing, in the short term, though the actions can admittedly sometimes get confused. Externalizing is also a sign of health in such a case, not a proof of psychosis. Clearly, the mind is trying to spit out negatives, which is exactly what it should be doing. It is trying to clean itself. But instead of pinpointing ideas or experiences that need to be cleaned, the mind may instead fixate on clothing or objects in the room. Such a patient shouldn't be drugged up or confused with more meaningless psycho-chatter, he should be firmly instructed on how to transfer the fixation back to the proper objects to be cleaned. Often, the patient has fixated on mundane objects *precisely because* he has been forbidden from fixating on the negative ideas by his doctor. The doctor sees this as dangerous and counterproductive. Yes, the psychiatric profession actually *causes or exacerbates* the problems it then labels as hopeless. Not seeing how to direct the patient, it instead misdirects him. He is forbidden to heal by yet another confused authority figure.