


Grounded in Technology: Freedom as a High- Performance Tool

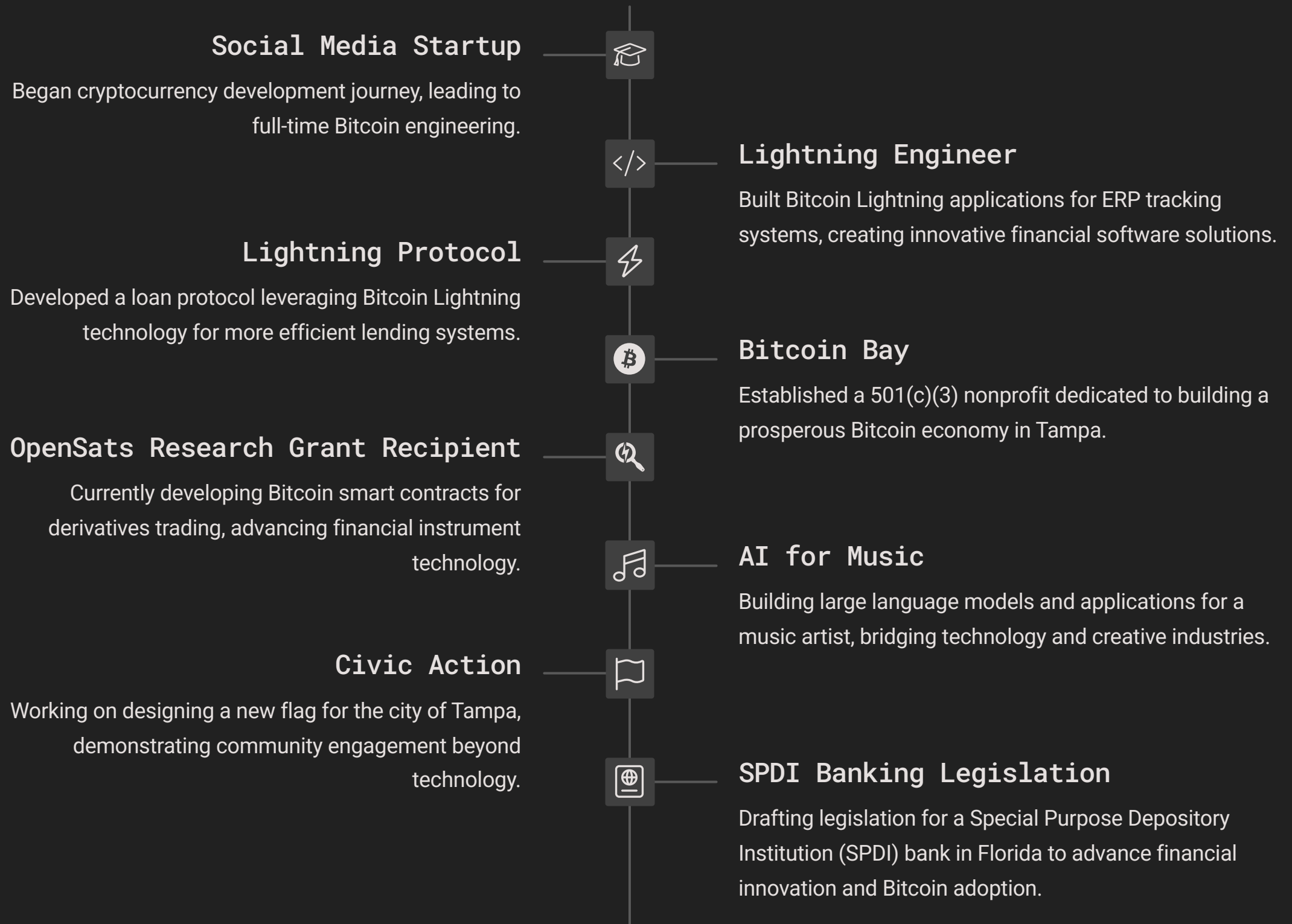
Open Source Bitcoin Engineer

Founder Bitcoin Bay Foundation

 **by benny b**



Personal Journey Snapshot



What we will talk about

"We have it in our power to begin the world over again." - Thomas Paine



Technology Grounding

Being grounded in technology and reality



Value Creation

Creating value without permission



Physical Presence

Operating in "meat space"



Performance Tools

Tools for high performance



Financial Freedom

Financial freedom through Bitcoin



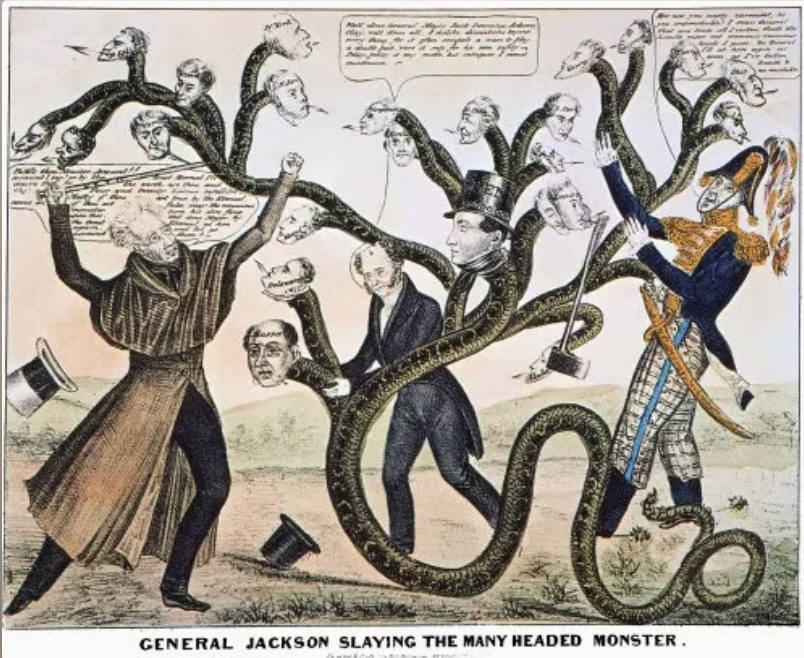
COMMON

SENSE

Thomas Paine

Fiat is *anti-human*

"There are two ways to conquer and enslave a nation. One is by the sword.
The other is by debt." - John Adams, 1826



Fiat Money Design

Fiat money is designed to extract your energy through inflation



Modern Taxation

Modern taxation far exceeds what sparked the Revolutionary War



Debt Cycle

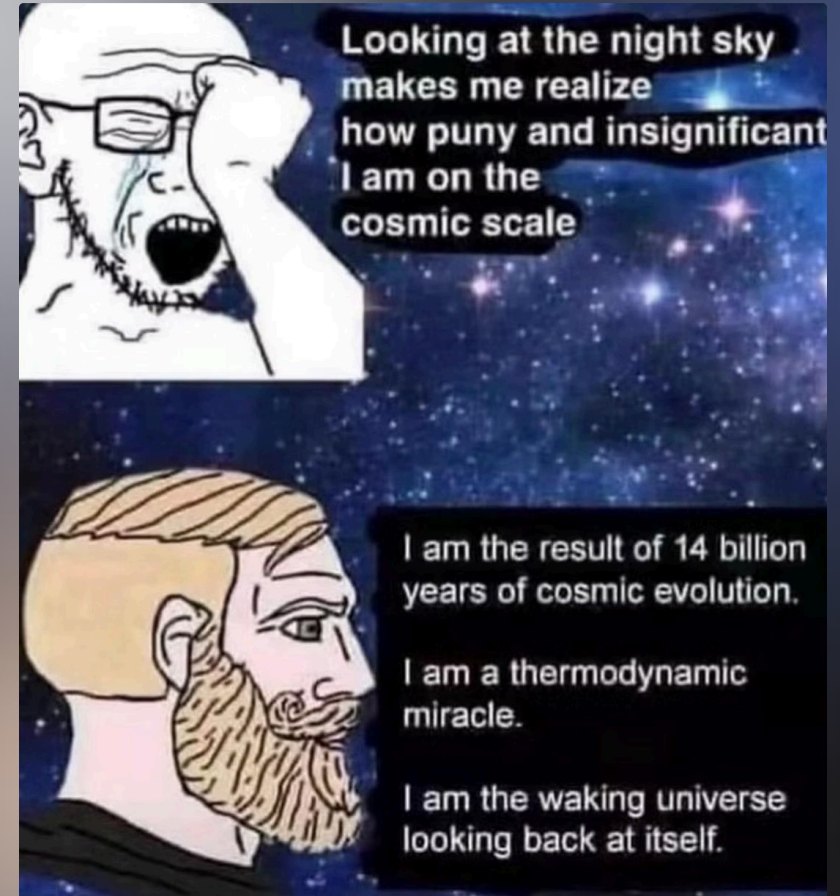
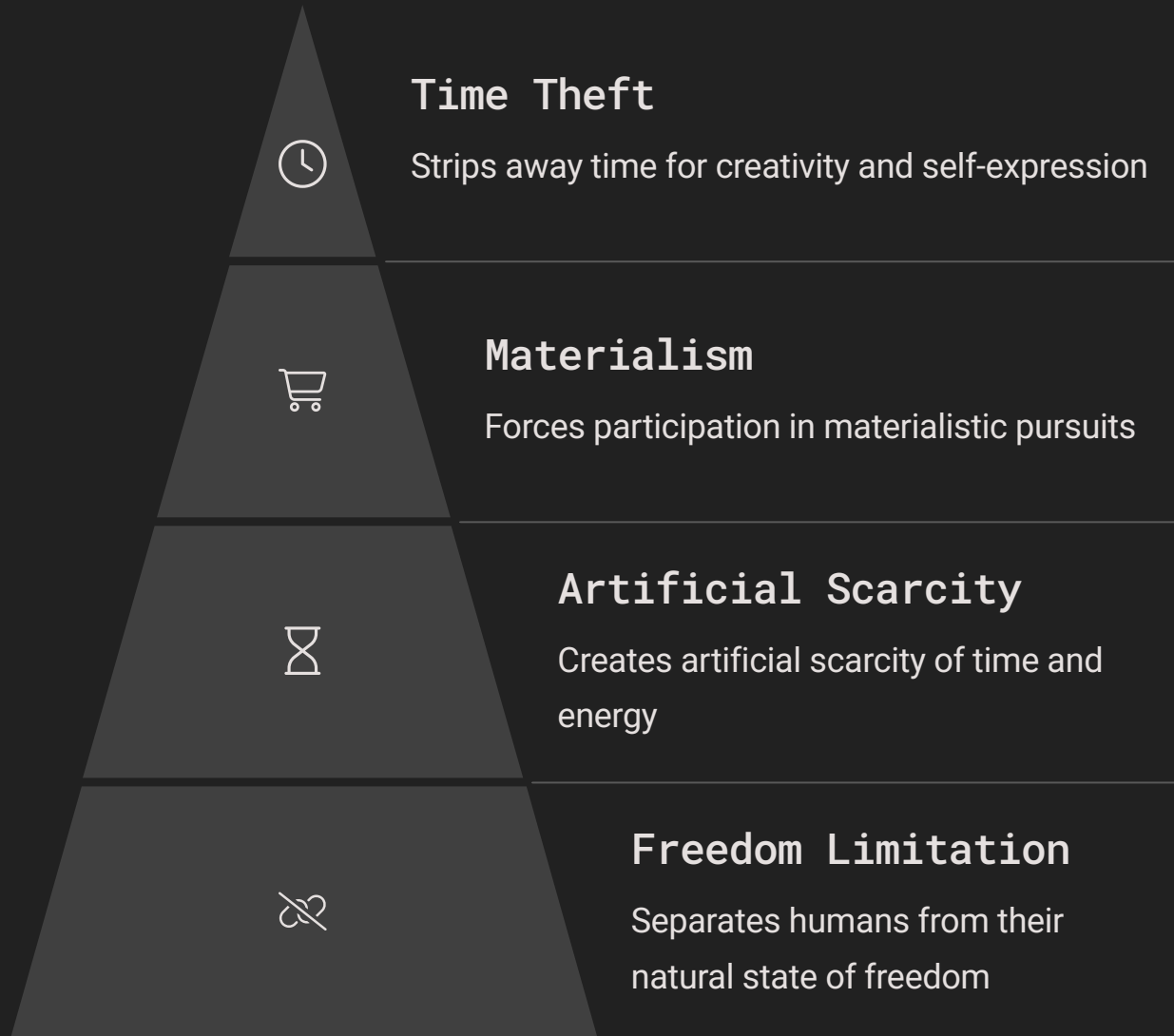
Student loans and consumer debt keep people trapped in the rat race



Creativity Suppression

The system discourages true creativity and human connection

Breaking Free



Mindset Shift

Traditional Approach

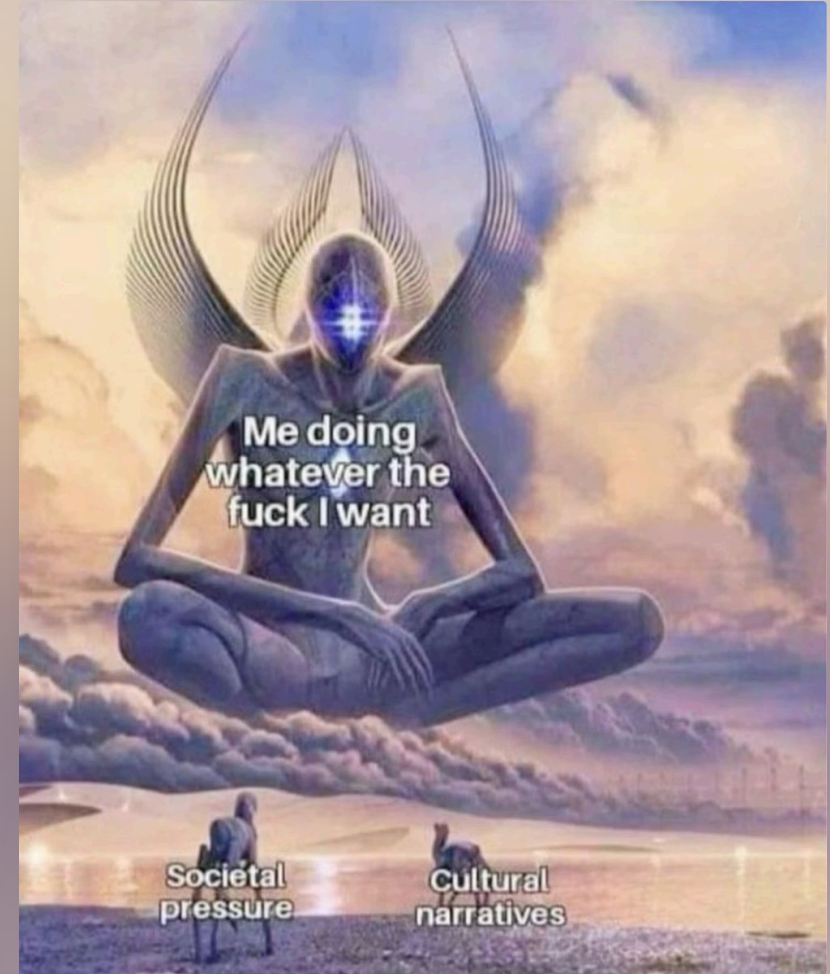
Finding where you're valuable

- Job boards put you in competition with hundreds of applicants
- Waiting for opportunities to appear
- Seeking permission to create
- Competing in crowded spaces

Value Creation Approach

Creating value without waiting

- Creating value puts you in a category of one
- Opportunities emerge when you focus on giving rather than taking
- Taking initiative without waiting for approval
- Value creation costs nothing but initiative



Real Examples

Bitcoin Meetup Attendance → Job Opportunity

How showing up and answering technical questions led to employment

Music Artist AI Tools → Backstage Relationship

Creating fan tools without being asked

Building relationship with your favorite artist through initiative

Tampa Flag Initiative → Community Impact

Researching Tampa history at local museums

Connecting with designers and gathering signatures

Taking civic action without official position

The Permission Fallacy

"If you want something you've never had, you must be willing to do something you've never done." - Thomas Jefferson

Education Myth
College doesn't grant permission to create



Institutional Barriers

Institutions often inhibit rather than enable action

Credential Illusion

The illusion of needing credentials before creating value

Operating in "meat space"

"We were born for cooperation, like feet, like hands, like eyelids, like the rows of upper and lower teeth. So to work in opposition to one another is against nature." - Marcus Aurelius



Trust Building

In-person interaction builds trust more effectively



Physical Presence

Physical presence demonstrates commitment and seriousness



Neurological Benefits

Neurological benefits of face-to-face communication



Genuine Relationships

Building genuine relationships beyond transactional exchanges

Physical Presence Tactics



Visit Offices In Person

Bypassing HR filters by putting a face to your application

Creating memorable impressions through direct interaction



Attend Local Events

Attend in-person events within 1-hour radius

Prioritizing local connections and community building



Start Conversations

Developing the lost art of meaningful conversation

Start conversations with strangers



Explore Local Spaces

Explore local museums, parks, community spaces

Connecting with your local environment and history



The Human Condition

Meditation

Finding stillness in a chaotic world

Genuine Conversation

The power of unfiltered human exchange



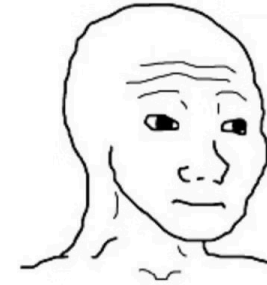
Reflection

Processing experiences meaningfully

Walking/Exploring

Physical movement as mental liberation

Historical examples: Benjamin Franklin, Marcus Aurelius as practitioners of reflection



What if they laugh at me? What if I fail? What if... what if... what if?



"We suffer more in imagination than in reality." Seneca

Fighting Digital Addiction







The "constant dopamine drip" and its effects:

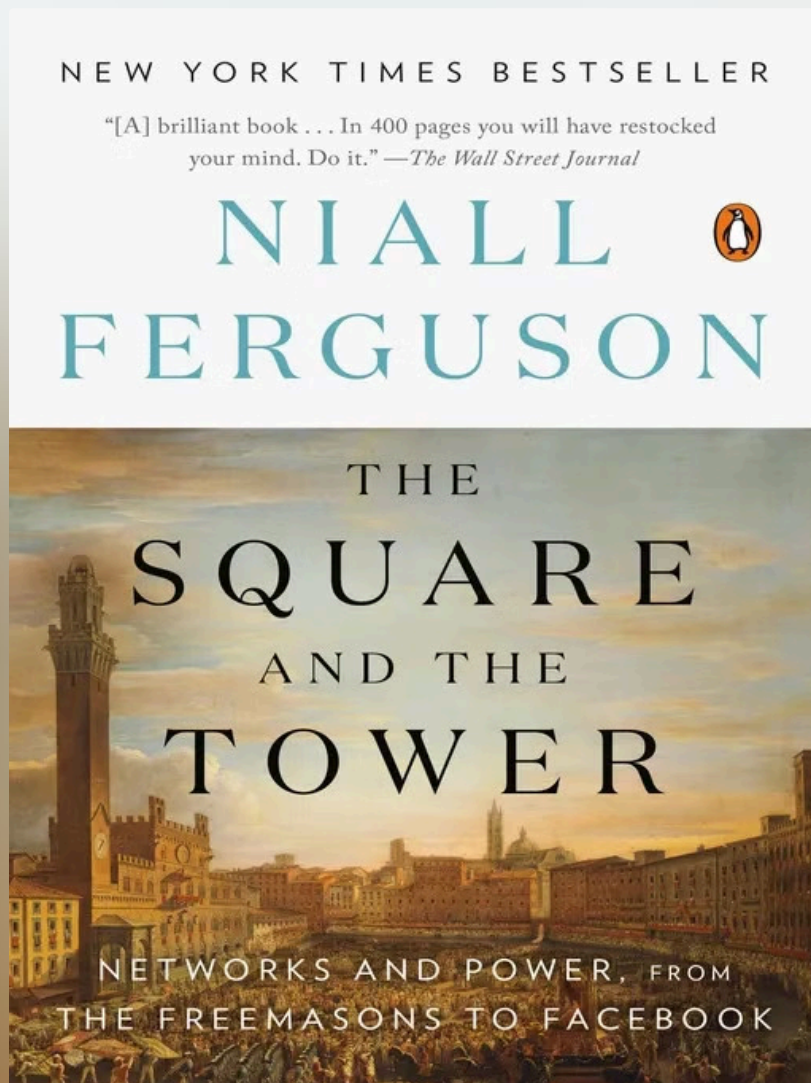
Digital Addiction Effects

- Shortened attention spans
- Reduced capacity for deep thinking
- Anxiety and comparison mindsets
- Disconnection from physical reality

Practical Methods

- Intentional content curation (Substack, selected Twitter follows)
- Focus on long-form content over short-form stimulation
- Scheduled digital detox periods
- Replacing scrolling with creation and exploration

20 YEAR OLDS THEN			20 YEAR OLDS NOW
 Marquis de Lafayette: 18	 James Monroe: 18	 Henry Lee III: 20	
 Nathan Hale: 21	 Aaron Burr: 20	 Alexander Hamilton: 21	
<p>"GENTLEMEN, GREAT BRITAIN HAS FAILED US IN HER DUTIES. SHE CAN NO LONGER SUPPORT US AND OUR FAMILY. WITH THIS CONSTITUTION AND DECLARATION OF INDEPENDENCE, LET US CONSTRUCT AN ENTIRELY NEW COUNTRY BUILT ON THE PRINCIPLES OF LIFE, LIBERTY & THE PURSUIT OF HAPPINESS."</p>			
<p>Addicted to vapes, porn and video games. Has a panic attack saying hello to a girl in public</p>			
<p>@CARNIVOREAURELIUS</p>			



Building the Town Square



Local Bitcoin Meetups

Regular gatherings to discuss technology and freedom



Civic Participation

Civic participation (like your Tampa flag initiative)



Interest Communities

Interest-based communities beyond technology

Accountability

Accountability and support

Diverse Perspectives

Diverse perspective exposure

Collaboration

Collaborative opportunities

Belonging

Deeper sense of belonging and purpose

Using Technology for Peak Efficiency

Technology should work for you, not the other way around



Integrated AI Ecosystem

Combining multiple AI tools to create a comprehensive productivity system that handles different aspects of your workflow



Seamless Workflows

Connecting tools through APIs and automations to ensure information flows effortlessly between systems with minimal friction



Idea Capture Systems

Implementing digital tools that capture your thoughts and inspirations whenever they occur, ensuring no valuable idea is lost



Task Automation

Delegating mundane, repetitive tasks to technology while maintaining control over high-value creative and strategic work

Granola: Your AI Meeting Assistant

Never lose a valuable idea or action item again



Automatic Meeting Transcription

- Captures complete meeting transcripts in real-time
- Preserves every valuable insight and discussion point
- Creates searchable conversation archives



Intelligent Action Item Generation

- Extracts action items from hour-long conversations
- Eliminates the need for manual note-taking
- Assigns tasks to team members automatically



Knowledge Integration

- Enables Q&A with past discussions and decisions
- Builds a comprehensive team knowledge repository
- Connects insights across multiple meetings



Granola

Motion: AI-Powered Calendar Management

Automate scheduling to reclaim hours each week



Intelligent Daily Organization

Automatically structures your day based on priority tasks, ensuring high-value work gets dedicated focus time



Smart Scheduling Automation

Handles meeting scheduling, rescheduling, and cancellations without manual intervention, saving hours of back-and-forth emails



Task Management Integration

Seamlessly connects with your existing task systems, creating a unified workflow between your to-do list and calendar



Voice Memos: Your Ideas, Preserved

Capture inspiration anywhere without interrupting your flow

Benjamin Franklin and Marcus Aurelius were meticulous writers - now you can be too without the time investment



Spontaneous Capture

Record brilliant ideas whenever they strike - in the shower, while walking, or during your commute



Natural Thought Flow

Speaking allows for more intuitive expression than typing, preserving your authentic thought process



Frictionless Process

Transform spoken words into actionable notes with minimal effort through AI transcription tools



AI Research Assistants: Expertise On Demand

Become a quick expert in any domain with AI-powered research tools



Advanced Research Tools

Leverage Grok and Perplexity for comprehensive research queries across specialized domains



Strategic Question Framing

Learn techniques to formulate questions that extract maximum insight and targeted information



Accelerated Domain Mastery

Gain confidence to enter new fields without years of background knowledge



Technology as Liberation

The ultimate goal is freedom, not just productivity. When we leverage technology effectively, we move beyond mere efficiency toward true liberation.



Automation Creates Space

Intelligent automation eliminates repetitive tasks, creating room for deep work and meaningful human connections that technology cannot replace.



Time Reclaimed

Each minute saved through technological tools represents freedom to pursue passion projects, deepen relationships, and engage with what truly matters.



Purpose Over Process

When we shift from optimizing productivity to maximizing freedom, technology becomes a pathway to purpose rather than an endless treadmill.



Connection to Financial Freedom

Combine technological leverage with Bitcoin savings to create both time freedom and financial sovereignty in a digital age.



The Symbiotic Relationship

Grounded in reality, amplified by technology - maintaining human essence while using digital tools to expand our capabilities and reach.



Bitcoin as Freedom Technology



Savings Technology

Store of value vs. speculation

Energy preservation
mechanism



Enabling Passion Projects

Long-term savings providing
flexibility

Freedom to pursue Tampa flag
initiative

Time allocation to meaningful
work

Creating Your Future

Reject Nihilism

Focus on spheres of influence

Celebrate small victories

Connect with like-minded individuals

Remember: "You come to this world with value"

Find Community

BitcoinBay Foundation: Mission and activities

Mises Institute: Key resources and learning opportunities

Old Glory Club: Purpose and community benefits

Local meetups and events that translate to real-world connections

Take Action Today

Start a daily meditation/reflection practice

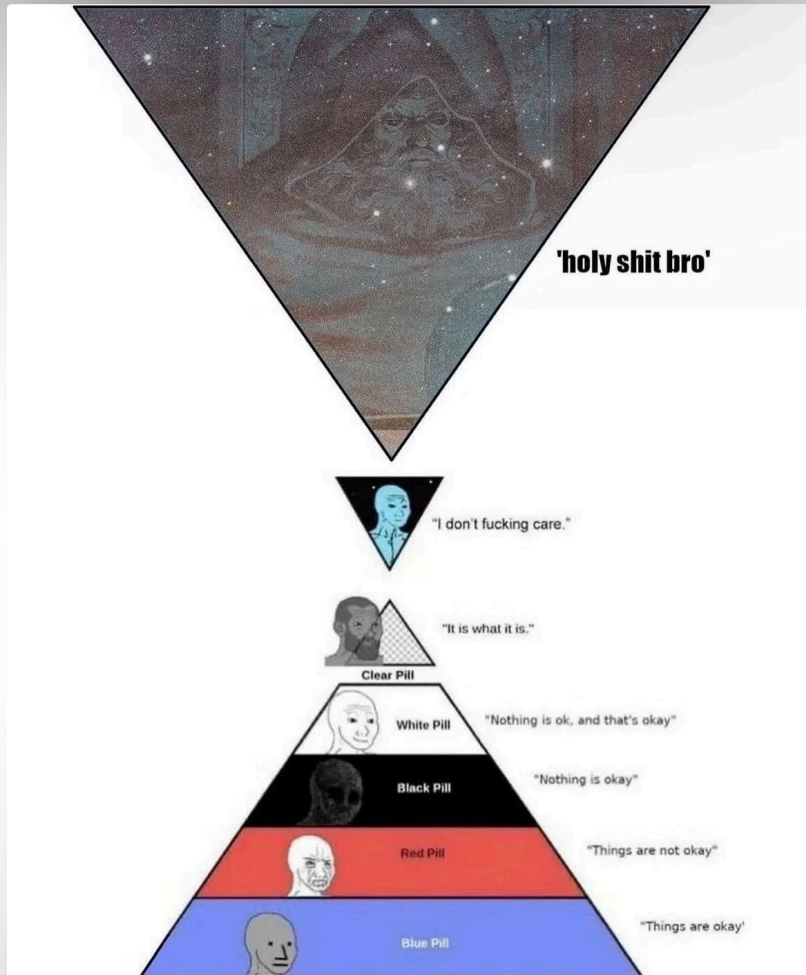
Choose one value-creation initiative to launch

Attend a Bitcoin meetup or related event

Curate your information diet intentionally

Begin learning about sound money principles

Final call to action: "You can just do things"



***"Resistance to tyranny
is obedience to God"***

- Thomas Jefferson, 1776

