

HOW TO PRINT THIS KIT

STEP 1:



Print pages 3 to 16
(front to back)

STEP 2:



Fold the 7 sheets in half
(booklet style)

STEP 3:



Staple directly over spine
(like a wrestler)

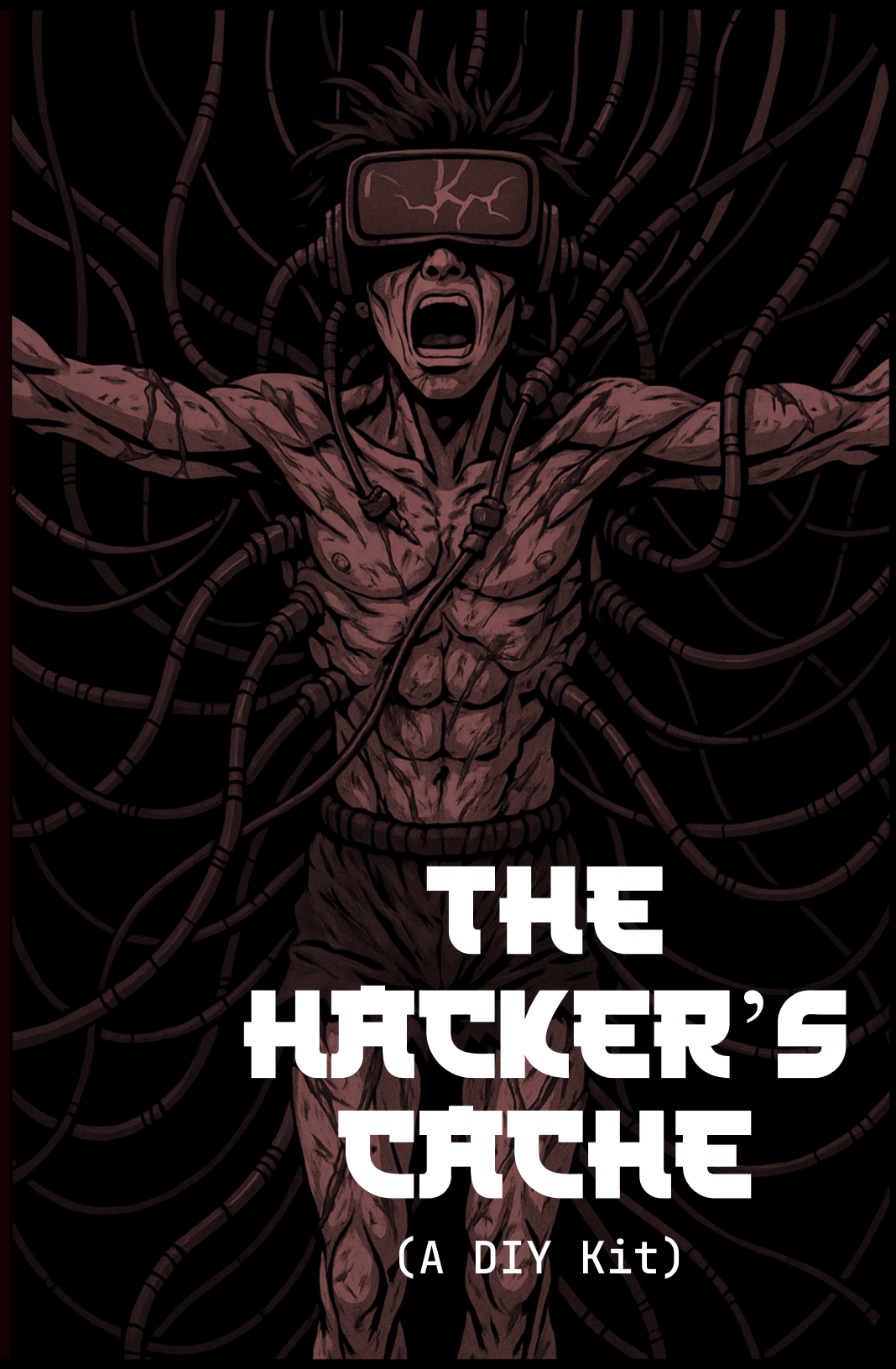
// if printer jams, that is part of the initiation

// elbow drop is recommended but not required

DISCARD THIS PAGE

it never should have been printed in the first place





THE HACKER'S CACHE

(A DIY Kit)

MATURE 18+
© **M** Trauma, Drug Reference
Dark Humor
Existential Themes
Strong Language
CONTENT RATING www.metaRebuild.co

// staple your punch cards here

FORTEAN

supernatural - interdimensional - extraterrestrial

OCCULT

hidden institutions, power networks

ECONOMY

"rat race" school indoctrination

CIVILIZATION

culture, ideologies, societal pressure

TRIBE

family, peers, community.

HUMAN RIG

OS, hardware, field

HACKER'S CACHE

cognitive interface

ENGINEER

東京ビ

BAR

THE
HACKERS
CACHE



REAL TALK

This world is a test.
And right now, the network's failing.

Yeah, the system's rigged to drain your battery and scramble your signal.
But you still have agency, purposes to work on, and meaning to make.

Maybe you found this kit before hitting rock-bottom — cool.
Maybe you didn't — doesn't matter.
You're doing the work now.

So ask yourself:

WILL THE HERO RISE AGAIN?

- Stabilize.
- Train your body. Clear your mind.
- Reconnect with your Source (*God, the Maker*).

This is how you fight dystopia,
and become the man your people can count on.

```
// "today is victory over yourself of yesterday"  
// - miyamoto musashi
```

Stay Dangerous, Amigo! ☠



```
// SYSTEM STATUS: Hacker Initiation Complete  
// NEXT STEP: Execute "Meta Rebuild"
```

```
// System Rev 032026
```

大須・ビッグ・ドッグ,

What up Big Dawg,

I'm JC — I'll be your co-pilot for this run.

This trip should take about **45-60 minutes**. The objective? Hack into your **internal OS**, bypass your **defense mechanisms**, and access your **source code**. Then you can Cache it and decide what runs next.

```
// no neuro-implants, SOMA jabs, or CRISPR mods necessary
```

Truth is: most people avoid this kind of self-reflection.
They'd rather cope, or spend their whole lives running default programming.
No meaning. No purpose(s). No sense of identity, just bots executing on whatever code got installed first.

So if you're reading this, one of two things is happening:
you're ahead of the game **OR**... you're in the middle of an existential crisis.

Either way — this exercise will be good for you,

Go for broke!

Alles auf eine Karte setzen!

```
// TURN PAGE: Initiate Sequence
```

STAGE I

Minimum Viable Product (MVP)

```
/'min.ə.məm 'vai.ə.bəl 'pra:dəkt/
```

a strategic, iterative tool used to test hypotheses, reduce investment risk, and gather validated learning from early adopters.

It focuses on building the smallest functional version possible, then improving it based on real-world behavior rather than assumptions.

```
// MVP is a fancy word for "prototype"  
// in this kit, you'll prototype a Hacker's Cache
```

NOTE: the Hacker's Cache is based on three precepts:

- Everything is interconnected
- The only way out is through
- Insight ≠ action

```
// identifying a problem isn't the same as solving it
```

Inside you'll find:

a redacted Hacker's Cache, FAQs, an offline algorithm, punch cards, a glossary, and a hyperlink to future installations.

```
// Stage II + III = the whole enchilada
```

(see flow chart →)

LEXICON

Upgrade your vocab the way you upgrade your Rig.

That's how consciousness expands and new realities emerge.

If you like rabbit holes, pull a few entries from the **CONCEPTS** blog — or flip back through the pages and study the words you didn't know you needed.

Cache (*pronounced "kaSH"*): a temporary, fast-access storage layer that speeds up retrieval and reduces latency. found in CPUs, browsers, web servers — and now, the human Rig.

Cognitive dissonance: when your actions and beliefs don't match. creates emotional static & system lag until you debug or update. it's the pain from being out of alignment with yourself.

Equanimity: calm clarity under chaos — the inner stillness that keeps your ship steady while others crash out.

```
// beyond mindfulness; this is command of the Rig
```

Escapism: seeking distraction or dopamine to dodge discomfort — from doom-scrolling to hardcore addictions: drugs, porn, alcohol. It's a temporary patch for a deeper glitch; an escape from dread.

```
// includes workaholism, shopping addiction, fanaticism, etc.
```

Intellectualizing: using analysis to filter out emotion. useful for troubleshooting; dangerous when it replaces all feeling.

```
// chronic over-intellectualizing suppresses feeling
```

Nihilism: the belief that nothing matters. feels edgy at first, then heavy. at best, it can force you to rebuild meaning — but left unchecked, it becomes a trap. (*proceed with caution*)

Psychotechnology: any tool or method that upgrades the mind's OS — journaling, fasting, philosophy, Agile frameworks, UI/UX, a hacker's cache. PsychoTech clears clutter and sharpens focus.

Rig: your full-system self: mind (OS), body (hardware), and spirit (the invisible field that keeps everything intact). includes augments, networks, and the viruses you carry.

SICKO-mode: a human condition where the rig becomes corrupted: chaos, burnout, endless loops, purpose drain, signal loss, system overload. (*see also: existential crisis, dark night of the soul*)

```
// SICKO-mode isn't failure, and it isn't forever  
// a true crash is denying where you stand
```

STAGE III

Órale vato loco!

Now that you've built your gat, let's review how to lock it and load it. That way, you can use it like a bona fide **SPACE COWBOY**:

1. Boot Daily

Glance at your Cache every morning. Pick something to reflect on. Do this before the world floods your feed — make it ritual.

```
// system check: READY TO ROLL
```

2. Refactor Monthly

End of month (or sooner): update, delete, rewrite. Reframe for accuracy. Keep what runs. Archive what's obsolete.

3. Carry Always

Keep a copy on you — photo, card, or note file. Pull it up before hard conversations, workouts, interviews, or temptations. Your Hacker's Cache is a pocket firewall and reboot protocol.

```
// write edits and revelations on it  
// use it to navigate within, around, & out of SICKO-mode
```

4. Protect the Code

Never hand out raw data — especially to lovers or bosses. Encrypt everything (use shorthand, slang, symbols). Show results, not drafts.

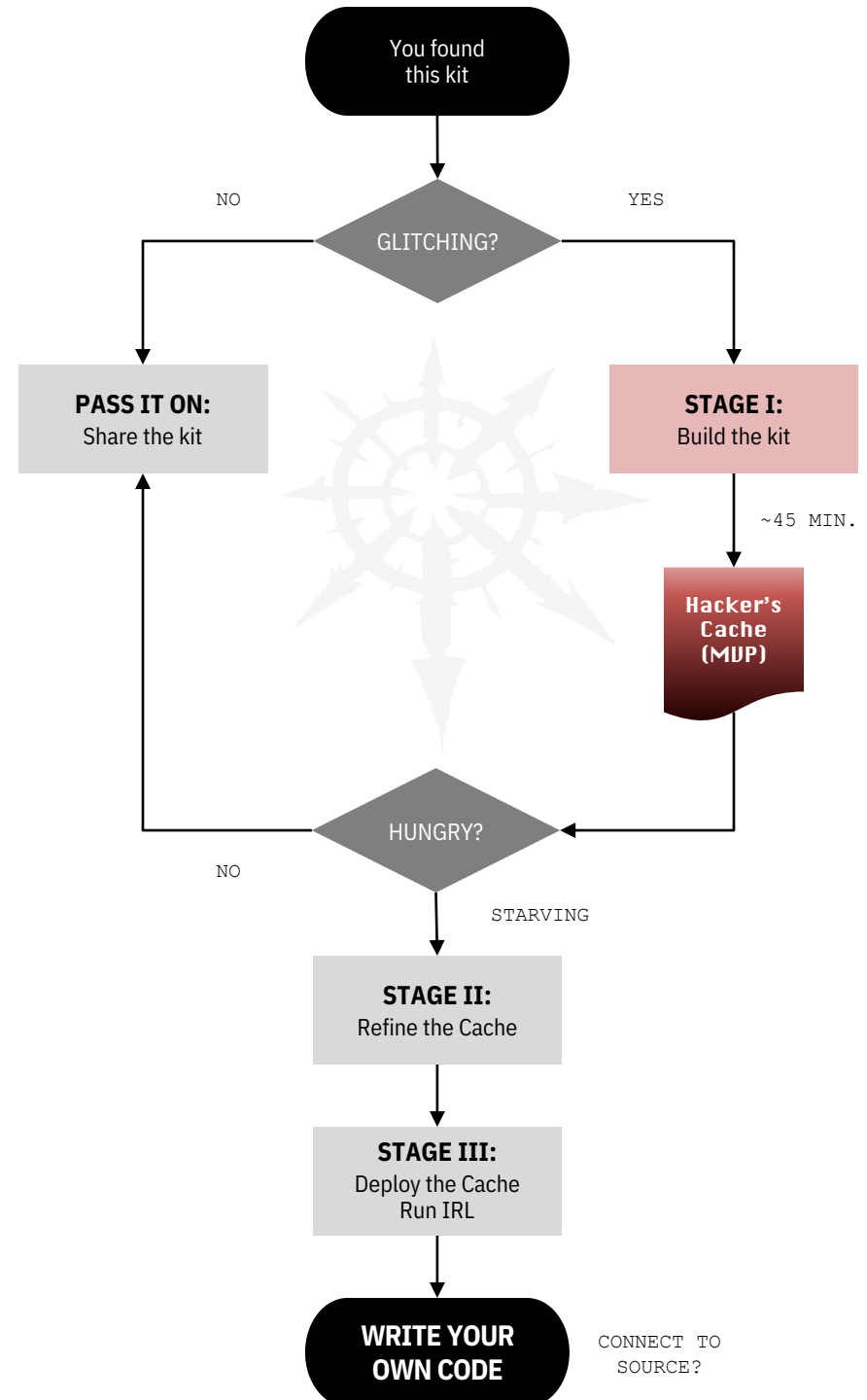
```
// discretion = defense  
// be mindful of AI (opt for local models instead)
```

5. Stack Techs

Pair your Hacker's Cache with other psychotechnologies: weightlifting, yoga, breath work, prayer, meditation, cold exposure. Healthy inputs = cleaner outputs.

6. Refresh Continuously

Every few months: print a new build. Compare versions. Refresh your memory. Spot upgrades & regressions. Progress > perfection.



PREGAME

Alright, let's go over a few rules of the game
(in case nobody explained this part).

You know those negative loops you keep running?
They are not your permanent configuration.

As the Engineer of your life, you choose how to respond to your Rig,
and, overtime, how it responds to its environment (people included).
Sometimes the Engineer can even influence the environment itself.

The Hacker's Cache serves as the operational interface (see diagram ↘).

// this is called second-order cybernetics

Consider for a moment, addicts who got clean...
or people who went through hell and still rebuilt their lives...

What was their process of transformation?
They accepted reality. Then they worked to change it.

Identifying the Driver(s) of Pain:

So what's making your Rig glitch out?

Is it your health? Your family? Your job? The economy?
Unresolved nihilism? Abuse? Trauma?
Boredom? Failure?

Where did your spark go?
And where did all this self-loathing come from?

Even if you've met society's expectations,
something deeper may still be missing.
A project to build. A trip to take.
An apology you need to make.

It's worth taking inventory.
At the very least, acknowledge what's there.



00 Engineer (The Operator)

- You operate your Rig — and are responsible for its condition.
- Its condition affects how well you can operate in the environment.

mindBloqs & Images:

Each mindBloq stores a piece of meaning that's available on demand.
Think of them as data containers for your insights.

Organize them by function. You built nine already.
Which ones anchor your values? Which ones propel you forward?
Need inspiration? Scan the QR code or revisit the redacted artifact.

You can also curate a thought gallery:
stickers, symbols, glyphs — anything that encodes meaning fast.

Close-out:

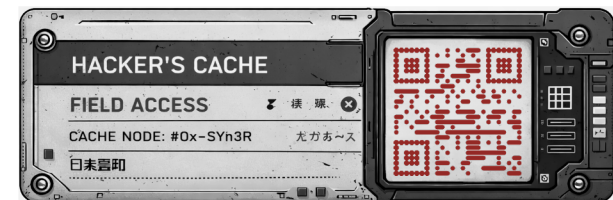
A Hacker's Cache is a powerful piece of PsychoTechnology.
It allows Engineers to operate between the physical and the metaphysical,
which matters now more than ever.

Hyperreality makes it harder to discern truth from illusion,
and value from waste. Keeping a Cache in your back pocket can mean the
difference between living authentically and running mechanically.

That's why the last stage is about putting your Hacker's Cache to use IRL.
You'll get a quick briefing, some lingo, and then you're off to the races.

Respect for making it this far.

// QR → metaRebuild.co/chopShop
// come for the ideas. leave with the parts



// TURN PAGE: Wrap Things Up

STAGE II

Agile isn't just for software development — it's for life.
We crash, we learn, we debug and patch.
Mistakes aren't failures. They're data.

Doesn't matter if you're 25, 35, or 45,
you're running Version 2.5, 3.5, or 4.5 of yourself.
Next year? 2.6, 3.6, or 4.6.

Same Rig. New upgrades.

```
// that's the iterative process
```

Your Hacker's Cache isn't a "to do" list.
It's your blueprint. Your field manual.
Your maintenance log eternal.

So experiment with this stage.
Transcribe your thoughts. Tighten the frame. Add new entries.
You're not chasing perfection — you're tuning performance.

```
// design → develop → deploy → repeat
```

Style & Formatting:

Swing by the shop and see what others are building,
or use whatever works best for you right now:
journal, notes app, or digital document.

It's your operational interface.
Reflection > replication.

Cognitive Reframing:

By scanning and defragmenting your thoughts regularly, you begin to see
things differently. Outdated patterns get flagged. False narratives get replaced.
And better choices become easier to make.

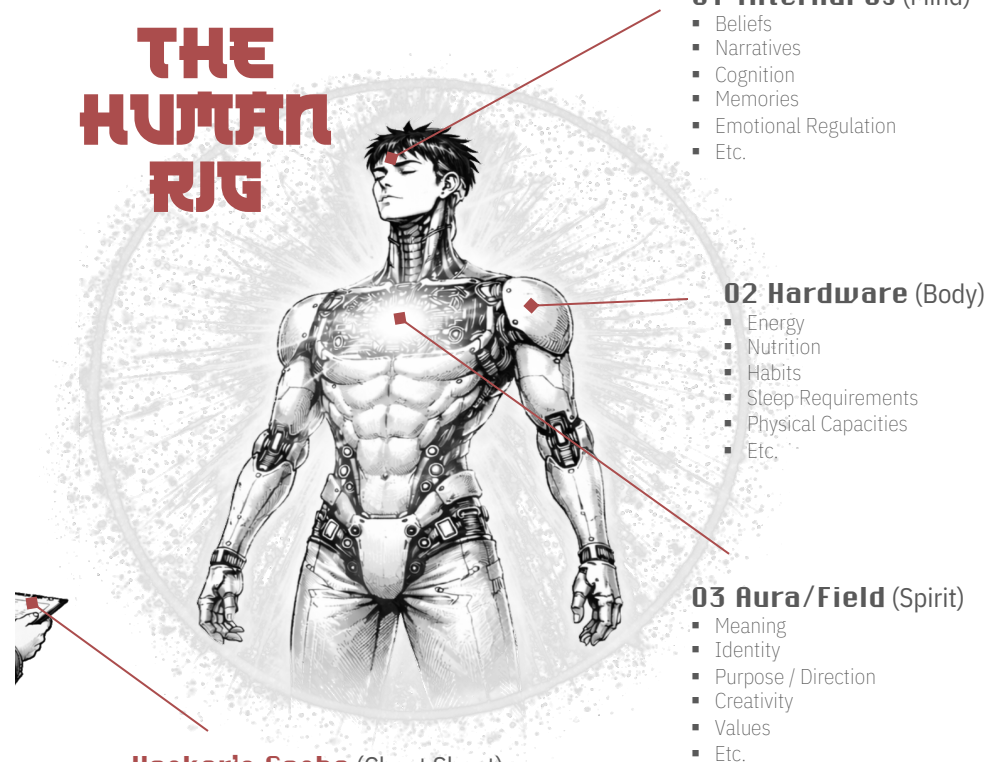
```
// neuroplasticity + unlearning = Rig reprogramming
```

Heads-up before you see my Hacker's Cache:

- > it's dense (*take your time*)
- > it's diverse (*from self-destruction to self-discipline*)
- > it's declassified (*some names are redacted — the rest is yours to study*)

As you read it, consider how a Cache might be useful on YOUR journey...

THE HUMAN RIG



01 Internal OS (Mind)

- Beliefs
- Narratives
- Cognition
- Memories
- Emotional Regulation
- Etc.

02 Hardware (Body)

- Energy
- Nutrition
- Habits
- Sleep Requirements
- Physical Capacities
- Etc.

03 Aura/Field (Spirit)

- Meaning
- Identity
- Purpose / Direction
- Creativity
- Values
- Etc.

Hacker's Cache (Cheat Sheet)

- Life is dynamic and often chaotic.
- Use your Cache to store critical data like:
what you're about; what keeps you grounded and true.

```
// FYI: my cache exists on a single 8.5" x 11" sheet  
// front = text : back = encrypted symbols
```

HACKER'S CACHE

// you were programmed to be a slave << free yourself
#include <non_negotiables>

SURROGATES (GOALS YOU HAVE CHOSEN)

As of March 2026

1. Enter in 1st jiu-jitsu tournament // to develop a fighter's mind, body, & spirit (+devotion, -apprehension)
2. Launch [redacted] // to be more aligned with your gifts & desired lifestyle (+consistency)
3. Find [redacted]

MEMORY LEAKS: Forgetting your life matters, & that you are responsible for filling it with meaning & purpose.

WARNING SIGNS (WHEN YOU'RE MALFUNCTIONING, OVERCLOCKING, THROTTLING, ETC):

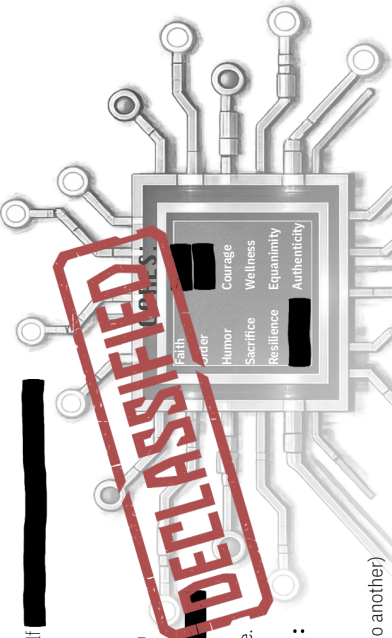
- *** LOW BANDWIDTH! ***
- Emotional dysregulation (emotions override your logic, core values, authenticity, and/or best self)
- Hypocrisy and cognitive dissonance (e.g., you self-deceive, rationalize bad behaviors, say one thing but do another)
- Cold, withdrawn, harsh, aloof, abrupt (i.e., you end up hurting and/or disappointing loved ones without even knowing it)
- Resentment against your pops for not preparing you better. Resentment against yourself for not knowing or doing better.
- Lingering pain, anger, sorrow, anemoia. Disenfranchisement, self-doubt, low confidence, pity parties, burnout, self-criticism, missed opportunities, feelings of being 'stuck'
- Self-destructive / self-limiting behaviors, procrastination, insomnia, [redacted] melodrama, [redacted] people-pleasing, overcommitting,
- Stress, anxiety, depression, dissociation, loneliness, helplessness, isolation, angst, despair, meaning crises, anhedonia, catastrophic & B/W thinking, apathy, passive ideation
- Escaping / coping via food, alcohol, [redacted] tobacco, [redacted] attention, entertainment, shopping, suffering, maladaptive: "helping," info-seeking, romanticizing, daydreaming, bullshitting, etc.

NOTE: Signs provide valuable data/insights. **SUGGESTION:** Work on yourself (continuously). Scan, defrag, debug, refactor, & re-write your internal code (CI/CD).

CHALLENGES: Brain's constant desire for: closure, safety, comfort, dopamine, certainty, & control. Unproductive or out-of-date belief systems (including defense mechanisms). Genetics. Over-intellectualizing. [redacted] Overfunctioning. [redacted] Analysis Paralysis. [redacted] Memory encoding. Bad habits / poor coping mechanisms. Malicious people. Toxic people (including family). Con-artists. Scams. Jezebels. Bad timing. Corruption. Relativism, societal pressures, mass psychosis, totalitarian Govs, PsyOps (Illusion of Choice) — EVIL.

FEARS: Conforming, settling, dying a coward (no meaning / no purpose). **IMPRINTS:** Working-class upbringing. Dysfunctional household (chronic stress). Pre-ovipal guilt. Parentification via a weak father & a diabetic, somewhat controlling mother. [redacted] Breaking arm before wrestling tryouts. Shitty jobs/managers. Vehicle wreck. [redacted] Heroic Dose. Galbladder experience. Suicidal loved ones. Returning to Cali. [redacted] Tom. Dream Academia. First house. Africa. **TRIGGERS:** Bullies & power abusers. Disrespect (real or perceived). Cowards. Trashy / ghetto people. Dissociative people. Virtue signalers. [redacted] Too many constraints. Loss of autonomy (real or perceived). Messy / disorganized spaces. Driving in snow. [redacted] Bad sleep. **REGRETS:** ignoring / perpetuating the signs — not seeking help. **SINS:** (See "PRO TIPS" below)

NON-NEGOTIABLES: Sleep well, stretch, eat healthy, lift heavy, pray, work on purposes (repeat) **PRO-TIPS:** Stay Dangerous. Be Obsessed. Put in the work (create rituals). Organize and optimize. Be decisive. Focus. Stay present (flow state). Play the long game. Confront fear, truth, & reality (don't be a coward). Practice: mindfulness, forgiveness, & gratitude. Be a steward. Love your parents. Use CBT & DBT. Manage expectations. Manage dopamine. Build testosterone. Don't jerk off! Learn to tolerate emotional pain / discomfort (stop self-medicating). Prioritize rest & recovery. Regulate / regain control. Let go of what you can't control (Circle of Influence). Strategize / engineer outcomes. Be agile. [redacted] Hone your skills. Smaller goals = more wins. Sustained discipline = bigger wins. Ask for help. Leverage SMEs. Foster Top 5. Set personal boundaries. Be a minimalist! Save money, create wealth. Smile, explore, play! Chase dreams. Embrace mystery & the unknown. Confront bullies. Prepare more to worry less [redacted] Manage ego via cosmic awareness. Create systems of motivation. Create & curate art. Seek nature. Detox regularly. Honor mentors. Honor God. **DESIRED STATE:** Bliss / Inner Love / Inner-Peace / Detachment / Transcendence / Freedom!



CAPTURE

Y0000 — just one more step and you're done. That's right, you just cleared the hackathon. Now let's finish this run.

Lay out the cards with your work face-up, 3 x 3. Pull out your phone and snap a clean photo — that's your prototype (see sample →).

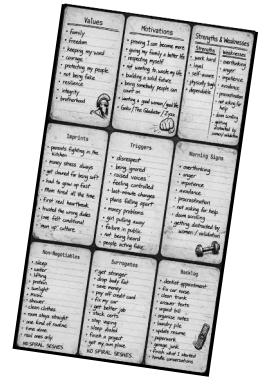
If you walk away now, you've already built a proof of concept. Proof you can still access your mainframe.

// savor the moment

This part is called integration; where raw data becomes insight. Connect the dots. Watch for patterns.

// everything's interconnected — that's the point

Give yourself a few minutes to process everything and stabilize.



RECALIBRATE

The next pages are about refining your prototype. We'll clean the Cache up and strengthen it's utility.

But first — step away for a bit. Go for a walk. Stretch. Lift. Chill. Come back tomorrow if you want.

OR...

If the current's still flowing and you're not ready to stop today, grab a snack, light a smoke, pour a drinky-poo (maybe two). Then slide back in when you're ready.

// next round is Lo-fi: relax and create

stuntprints

Triggers

Warning Signs

STRENGTHS: High cognitive abilities & self-awareness. Natural leader. Authentic. Courageous. Candid. Resilient. Passionate. Creative. Charismatic. Approachable. Dark Humored. Public speaking. Storytelling. Crafting analogies. Networking. Listening. Good host. Good friend. Daring. Fun to be with. **PERSONALITY:** ENTP. Critical thinker. Idealist. Sensitive. [REDACTED] Dismissive tendencies. Artist. Student. Loves to eat, drink, dance, cook, travel, explore, create, & use imagination. Bohemian / unorthodox. Cultured. Optimistic & up-lifting. Geek for: history, psychology, philosophy, mythology, the arts, leveling-up, entrepreneurship, & dream development. [REDACTED] Finds meaning connecting with others & purpose helping others connect with themselves. **MOTIVATIONS:** Adventurous lifestyle, solving interesting problems, mentoring, reducing pain, becoming righteous, a better tomorrow. DEATH.

SOUND ADVICE:

- Do the next valuable thing (especially when you're in SICKO-mode)
- Be your greatest coach and friend (not your biggest critic / worst enemy)
- Work the plan, don't dwell on the discomfort (fear, anxiety, boredom, etc.)
- Certainty & closure are luxuries, not necessities (it's okay not to know)
- The Multiverse exists through our actions (actions have consequences)
- Calculate pros & cons of any situation (is the juice worth the squeeze?)
- Life is both dynamic and impermanent (don't cling, savor the moments)
- Stay on top of things "...second best time to start is NOW"
- [REDACTED]
- Keep your cool — Jesus loves you

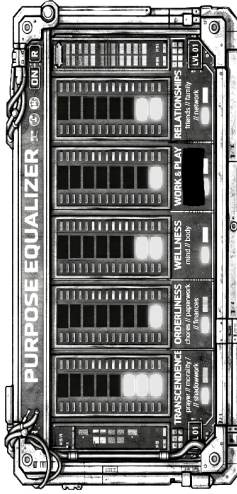
FUEL FOR THOUGHT:

- What does it mean to be free? // what sacrifices must be made to acquire this freedom?
- What lessons have my imprints taught me? // what emotions still need to be processed / felt?
- What do I need to let go of? // e.g., damaging beliefs, unrealized dreams, resentment, etc.
- What problem(s) must I confront to move forward & upward in life?
- What are my current circumstances? // which ones can you control, influence, leverage?
- What meaning opportunities can I create or partake in? // use your imagination
- How are 3 things I am grateful for? What are 3 things I love about myself?
- How am "I" doing? How are my friends & family doing? // where is attention needed?
- What is my NEW dream? // "your life is the manifestation of your dream[s]"
- What skills must I acquire for this leg of my journey? // books, mentors, side quests?

QUOTES:

"Make your fears your agenda" (Holits). "Échale ganas!" (Dad). "A shaman's job is to restore lost souls" (?). "Go all the way. Otherwise, don't even start" (Bukowski). [REDACTED] "Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour" (Peter 5:8). **BOOKS:** What Do You Do with an Idea (Yamada). **HEROES:** Stan Lee, Miyamoto, Chespírito, Robert Greene, Gravemind, [REDACTED] Diogenes, Alexander the Great, Tyson. [REDACTED] St. Augustine, Mom, [REDACTED] **FOUR AGREEMENTS:** Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best! (your "best" is different moment-to-moment).

CONCEPTS: Individuation (shadow work). Discernment. Stoicism. Bushido. Liminality. Hero's Journey. Maslow's Hierarchy. Nihilism. Escapism. Hedonic Treadmill. Absurdism. Eudaimonia. Gnosis. Vox Dei. Theosis. Kierkegaardian Leap. Maya (Illusion). Pascal's Wager. Epicurus Dilemma. Kohlberg's Stages. Neuroplasticity. Unlearning. Dual Process Theory. Risk Responses. Deep Work. Rolling-wave planning. Solomon's Paradox. Halo Effect. Belief Biases. Streetlight Effect. Tocqueville Paradox. "Curiosity Zone." Pareto Principle. Epistemic Humility. Do-Something Principle. Gambler's Fallacy. Ellsberg Paradox. Goodhart's Law. Reactance Theory. Law of Triviality. Loss Aversion Theory. Kübler-Ross. Imposter Syndrome. Parkinson's Law. Hawthorne Effect. Causa sui. Epigenetics. Hintertgedanken. 0, Neg. Pos Sum Games. Chronotype. Big 5 (OCEAN). Attachment Theory. Transference. Cluster B. [REDACTED] Maladaptive Behaviors. Second Order Effects. Kairos vs Chronos. Psychosomatic pain. Hegelian Dialectic. Inuring. Creeping Normalcy (Boiling Frog). Postmodernism. Mercantilism. Bretton Woods Agreement.



BLESSINGS:

Loving parents. Smart → College grants → High-paying jobs. Altruistic mentors. Extroverted. [REDACTED] Creative. Great friends. [REDACTED] Traveled. Adventurous. [REDACTED]

BACKLOG:

[REDACTED] Mom's Recipes. Dancing. [REDACTED] Live abroad. Residual income. [REDACTED] Learn Russian & Portuguese. Make a video game. Write a kid's book. [REDACTED]

// SICKO-mode is cyclical—stick to your plan.

RULES TO NAVIGATE CHAOS:

1. You do not complain about your problems
2. You do not complain about your problems!
3. Respect your limits (choose your battles wisely)
4. It's you against YOU (no one else)
5. "One fight at a time fellas"
6. Fight smarter, than harder [REDACTED]
7. "Fights will go on as long as they have to"
8. If the problem persist — then you have to fight

January						
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29	30	31				

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September						
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29	30					

October						
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29	30	31				

November						
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29	30					

December						
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29	30	31				



DECLASSIFIED



GOOD / EVIL
Intuitions, values, beliefs, purpose, meaning, Worldview / ideas

STRENGTH / WEAKNESS
Thoughts, memories, identity, freedom, Selfhood / me.

Spiritual

Personal

Shock & Denial

Anger

Bargaining

Depression

Acceptance

Imprints

The code beneath the code.
Emotional and psychological scripts etched into you by experience — good, bad, and ugly.

Examples:
Heartbreaks, betrayals, parental wounds, first wins, childhood laughs, panic attacks, near-deaths, mentors, violence.

What made you, *you*?

List the memories that left a mark.
Patterns in your Rig trace back to these.

Triggers

The switches that activate your emergency responses — fight, flight, freeze, fawn.

They can be emotional, social, or sensory.

Examples:
Rejection, raised voices, clutter, bills, failure, being ignored or disrespected?

NOTE: Triggers reveal unhealed imprints.

List the inputs that make your Rig crash, lag, or overreact.
These patterns are clues... decode them.

Warning Signs

What are your tells when you overhear?

People-pleasing, overthinking, lashing out, isolating, escaping, doom-scrolling, addictions, rage?

These are glitch signals. Pay attention.
When they show up, your Rig is throttling. You're off-course.

List the thoughts, moods, & behaviors that appear when you're not okay.
These are your early-warning detections.

Lined writing area for notes.

Non-Negotiables

Surrogates

Backlog

LOVE / HATE
Feelings, relations, belonging, acknowledgement.
Communications / others.

LIFE / DEATH
Sensations, actions, environment, body, things.
Survival / world.

Social

Physical

SYSTEM OF A DOWN

FORGET ME NOT

BEER

FAQS

WTF was that? That... was a radical deconstruction of ME.

Past, present, desired future.
Operating System, Hardware, and Invisible Field.
It's how I regulate and keep track of what's important to me.

How'd you come up with it? Quiet desperation.

I used to engineer and project manage for big corporations.
Made the money — lost the meaning.

Then I fell deep into SICKO-mode. Didn't want to self-delete, but didn't want to exist either. At some point I got tired of feeling like shit, so I started working on myself. Cutting noise. Clearing backlog. Unplugging from the Matrix. I had to re-engineer my existence — so I tore everything apart, and logged everything worth examining. I became my own project.

TL;DR
Self-care isn't just a level in life, *it's the whole game*.
The Hacker's Cache is how I play with the source-code.

Does my Cache need to be this deep? Not on day one.

Don't try to download your whole life in one sesh.
Surfacing everything at once can be too painful—even *risky*.
Keep it light. Bulk up slowly. Then do a cut.

What if I don't build a Hacker's Cache? Well....

Then you keep running the same loops.
Same glitches, same impulses, same blind spots.
Nothing changes because nothing gets mapped out.

Build or don't — that's your call.
But without it, you're running on whatever script the world hands you.
And the world's script isn't written for your benefit.

Non-Negotiables

Skip these and your Rig starts glitching.
This is psychological hygiene: the basics that keep you stable.

Examples:
Sleep. Water. Movement. Sunlight.
Reflection. Fellowship.

Non-negotiables operate rain or shine.
SICKO-mode or not.

List your essentials — the daily/weekly activities that keep you sane, sharp, and human.

Surrogates

Short-term missions that restore momentum and boost morale.
Not your life's purposes — but they move you toward them.

Examples:
Drop 10 lbs. Earn a cert. Pay a debt.
Make amends. Quit vaping.
Finish a project.

Surrogates give you a sense of progress.

List a few worthy targets.
Aim for meaningful, not flashy.

Backlog

Sometimes your OS lags because too many open loops drain power.

This is your cleanup list:
Fix a leak. Switch phone plans. Organize files. Handle that overdue errand.
Pay the damn ticket.

List the unfinished business that's low-key stressing you out.
Even small wins restore bandwidth.
Clear the queue; lighten the load.

Do you think I'm broken? Spoiler: Nah.

You're probably just out of sync with your values or mission. Maybe a few core processes are jammed up or overheating. Doesn't mean you can't patch or repair.

Then why does everything feel so meaningless?

Short answer: You've been disconnected from the Source.

Social engineering fragments identity, attention, and relationships. We don't make what we use. Food's toxic. Water carries plastic. Drugs are abundant. Surveillance is constant. And testosterone keeps crashing — just like the markets.

And meaning?
Meaning is a feeling — and feelings come and go. You can't force it to appear, just coax it.

Like an alley cat:
The more you chase it, the more it hides.
But if you put out some milk
and get busy with your life's purposes,
it tends to show up when you least expect it.



Is everyone else this messed up? Pretty much, yeah.

Most people hide it behind filters, jokes, grind mode, whatever. Meanwhile, TechnoFeudalism keeps widening the void. Some stay unaware of it, some numb themselves to it, some collapse, and a few confront it. (that's you)

Wait, is this some kinda cult? Only if you're the messiah.

Otherwise it's DIY.
Now stop avoiding the reboot. Let's execute.

PLAY

Alright, homie — you've seen my Hacker's Cache in the wild. Now it's time to let you cook. Here are some punch cards. You'll need a few basic tools, mental endurance, and about 45 minutes of uninterrupted time. Ready? It's going to be a raw data dump.

Materials:

- Scissors
- Pen — *0.7mm preferably*
- A flat workspace
- Timer — *stopwatch, phone clock, etc.*

⚠ *if you don't have the cutouts, use index cards or a notebook.*



Guidelines:

- 45 minute time limit. Cap the run — there's a reason.
- Don't overthink. Trust the process. Perfection is the enemy.
- Sit with your thoughts. Stay engaged with the exercise. Don't multi-task!

Algorithm:

1. Cut out the punch cards
2. Set your timer
3. Sort cards in whatever order feels right — *3 min*
4. Fill out the first card — *3 min*
5. Break — *2 min*
6. Fill out the second card — *3 min*
7. Break — *2 min*

⋮
Repeat until the last card is complete

21. STOP.

Take a deep breath.

You're almost there...



Values

What do you actually give a shit about?
Not what you *should* care about — what you'd fight to protect.

Courage, discipline, loyalty, family, art, nature, freedom?

Values shift over time.
Where do you stand right now?

List the things that truly matter.
If it burns in your gut or softens your heart, it belongs here.

Motivations

What fuels your mission?
What keeps your Rig running when the world crashes?

Is there a song, movie, or anime that gets you pumped? Maybe it's a creative vision, a promise you made to someone, perhaps even revenge?

Or... if you're low-energy right now, dig into what used to light your fire.

List a few motivations / power sources.
And if nothing can fuel you right now... that's data worth capturing too.

Strengths & Weaknesses

What comes naturally?
What have you sharpened over time?
Patience, humor, cooking, squats, creativity, leadership — flex it.

Now the flip:

What drains you? What do you avoid?
Anger? Focus? Finishing what you start?
Asking for help? Your small dick?
(Kidding. Leave that one off the list).

List your power-ups and your bugs/glitches.