



# **THE WAY OF BITCOIN**

Becoming Self-Sovereign

*by Alan B*

FOREWORD BY GIGI



HYPERBOREAN PRESS

2026 First Edition

## Praise for *The Way of Bitcoin*

“If you manage to follow The Way as described in this book, it is likely that money will cease to be an object of worry. There’s more to it than that, however. While the spiritual path might be described as saving you from the inside out, I believe that *The Way of Bitcoin* has the power to save you from the outside in. What starts with a desperate attempt to hold on to the fruits of your labor might end with a peaceful, content, and fulfilled life. A spiritual life, even.”

– Gigi  
Author, *21 Lessons*

“Bitcoin is reshaping how individuals and nation-states relate to money. *The Way of Bitcoin* lays out the discipline required to navigate what’s coming.”

– Samson Mow  
CEO, *JAN3*

“Back to the basics: stack sats. HODL your keys. It is not that complicated. It is The Way.”

– Yellow  
Host, *Don’t Stop Believing*



# Contents

<i>Foreword</i>	v
<i>Preface</i>	vii
<i>Parable of the Empty Vault</i>	x
I Eight Stages	
1 Overview	3
2 Inception	6
3 Speculation	9
4 Fear, Uncertainty, and Doubt	11
5 Taking the Orange Pill	14
6 Altcoin Detour	17
7 Bitcoin Maximalism	20
8 Bitcoin Purgatory	24
9 Bitcoinsattva	29
II The Way	
10 Acquire Bitcoin	35
11 Store Bitcoin	42
12 Spend Bitcoin	49
III Ripple Effects	
13 The Lindy Principle	57
14 Health	60

15	Media	70
16	Craft	75
17	Defense	80
18	Religion	94
19	Governance	98
20	Dynasty	101
21	The Raft	105
 <i>Appendix A: A Brief History of Money</i>		108
<i>Appendix B: The Bitcoin Whitepaper</i>		119
<i>Appendix C: Further Reading</i>		135
<i>Glossary</i>		136

# Foreword

Alan Watts often asked his students a deceptively simple question: “*What would you like to do if money were no object?*” The point of the question is, of course, to help you figure out what you want to do with your life. What is your calling? What is it that you would *really* like to do? What is your craft? Or rather: what do you want your craft to be?

“What if money doesn’t matter?” The irony of asking this question in today’s day and age is that money is removed from matter, and has been for a while. Many Bitcoiners will argue that this is why the world feels so broken, so fake, and why most people feel disconnected from reality, as well as the fruits of their labor. Forever chasing, never arriving. “*All wretch and no vomit,*” to quote Alan Watts once more.

Bitcoin matters, in both senses of the word. It remarries money to the physical, healing the fatal wound that was inflicted in 1971. But more importantly, it matters for you, the individual. If used properly, Bitcoin allows you to be a living example of someone who successfully answered Watts’ question.

If you manage to follow The Way as described in this book, it is likely that money will cease to be an object of worry. There’s more to it than that, however. While the spiritual path might be described as saving you from the inside out, I believe that The Way of Bitcoin has the power to save you from the outside in. What starts with a desperate attempt to hold on to the fruits of your labor might end with a peaceful, content, and fulfilled life. A spiritual life, even.

Deceivingly simple, but not easy. Such is the nature of The Way. Walking it will humble you, and it will change you as well as your perspective on the world. Change is scary, and the first step is always the hardest. Yet the best way to deal with change is to “*plunge into it, move with it, and join the dance,*” as Alan Watts knew. This book is an invitation to do just that. I’m glad it was written, and I hope that it will serve you well.

– Gigi, 10:37 @ 932,364

*Author of 21 Lessons: What I’ve Learned from Falling Down the Bitcoin Rabbit Hole*

# Preface

*“The great Way flows everywhere, both to the left and to the right.”*

— Tao Te Ching, Chapter 34 (circa 400 BC)

You entered a world already in motion.

Time was passing. Systems were in place long before you arrived.

Across cultures and centuries, this movement has been observed, described, and lived.

Laozi spoke of a Way that moves effortlessly and nourishes all things. Jesus spoke of a path to eternal life through loving God with all your heart, soul, and mind, and loving your neighbor as yourself. Marcus Aurelius wrote of aligning oneself with nature and reason, remaining inwardly free amid constant change.

Zen later pared language down to direct experience. Clear sight. Simple action. Following The Way rather than fighting it.

The Way of Bitcoin is not a new Way, but the same Way appearing in a new form.

What changes are the forms through which The Way expresses itself. Clinging to old forms does little to steady the ground. It only adds strain.

Bitcoin appears neither as a promise of safety nor as a guarantee of outcomes, but as something surprisingly constant in a changing world. Every ten minutes, without pause or permission, it produces a signal. A rhythm. A shared reference point.

What first appears as a monetary innovation gradually takes shape as a discipline. A way of relating to time, value, and labor. A practice that rewards diligence, patience, and humility.

Beneath this discipline lies a simple fact. There will only ever be twenty-one million Bitcoin. And yet there are infinite fiat currency units waiting to be printed. Once seen clearly, this constraint changes how time, savings, and effort are perceived. Many readers report a distinct moment when this realization lands.

This book tells the story of the inner transformation that unfolds within a Bitcoiner once this threshold is crossed.

It opens with a Parable. A story meant to be felt before it is understood.

From there, the book traces Eight Stages. These stages describe the changes that tend to arise within a Bitcoiner as he proceeds along The Way. Each stage is paired with a *sādhana*, a simple, practical exercise.

Next comes The Way itself. Timeless principles for how best to acquire, store, and spend Bitcoin.

The book then explores Ripple Effects, the unexpected, non-monetary changes that follow. And it concludes with The Raft. A reminder that even the most useful tools are meant to be set aside once you reach the other shore.

This book is written to be perennial. You will find no recommendations for specific apps, exchanges, or hardware wallets here. Those change. What

remains are principles that endure, regardless of trends, instruments, or market cycles.

Readers new to Bitcoin may find it helpful to begin with Appendix A: A Brief History of Money. A short Glossary is also included for ease of reference.

The Way of Bitcoin can be stated simply:

Save in Bitcoin.

Focus on your craft.

Live a peaceful life.

You could read only that sentence and be done.

If you feel curious to go deeper, let us continue together for a little while.

# Parable of the Empty Vault

*“Time, which sees all things, has found you out.”*

— Sophocles, *Oedipus Rex* (429 BC)

Once, in a vast realm that stretched across seas and lands, there was an annual festival. Noble leaders gathered with their children to celebrate the kingdom’s long history and its reputation for enduring wealth.

For generations, the people spoke of the hidden vault beneath the capital, said to secure the prosperity of the entire realm.

The children grew up hearing these stories of the vault and dreamed of seeing it for themselves. At last, during one great festival, they approached the royal steward, keeper of records, and asked to be shown the treasure that had made their kingdom so dominant.

The steward hesitated. He told them the vault was unremarkable, its story dull and long past its importance. But the children persisted, and the nobles joined them. Reluctantly, the steward led them through winding corridors to the cavern meant to hold the realm’s riches.

The vault was empty.

No gold.

No jewels.

No coins.

The children stood silent. The nobles exchanged uneasy glances. How could a kingdom celebrated for its wealth continue to thrive when its legendary treasure was gone?

After a long pause, the steward spoke. Years earlier, he explained, storms and misfortune had carried away the contents of the vault. The records, however, remained. Over time, those records came to be trusted more than what had once filled the stone chamber. New claims were added. Promises multiplied. Eventually, many claims rested on what had once been a single hoard.

The numbers continued to grow, even as the vault stayed empty.

Only then did the people begin to understand what they had already been sensing.

Prices across the realm had been rising. Goods required more effort to produce yet wore out sooner. Crafts that once stood on their own now depended on distant suppliers and intricate arrangements. The kingdom still appeared prosperous, but maintaining that appearance demanded ever greater coordination and strain.

Some had fared better than others. Those closest to the steward, those who received early access to new records and promises, found themselves growing wealthier. Their proximity insulated them from the consequences felt elsewhere. For the rest, prosperity arrived later, diluted, or not at all.

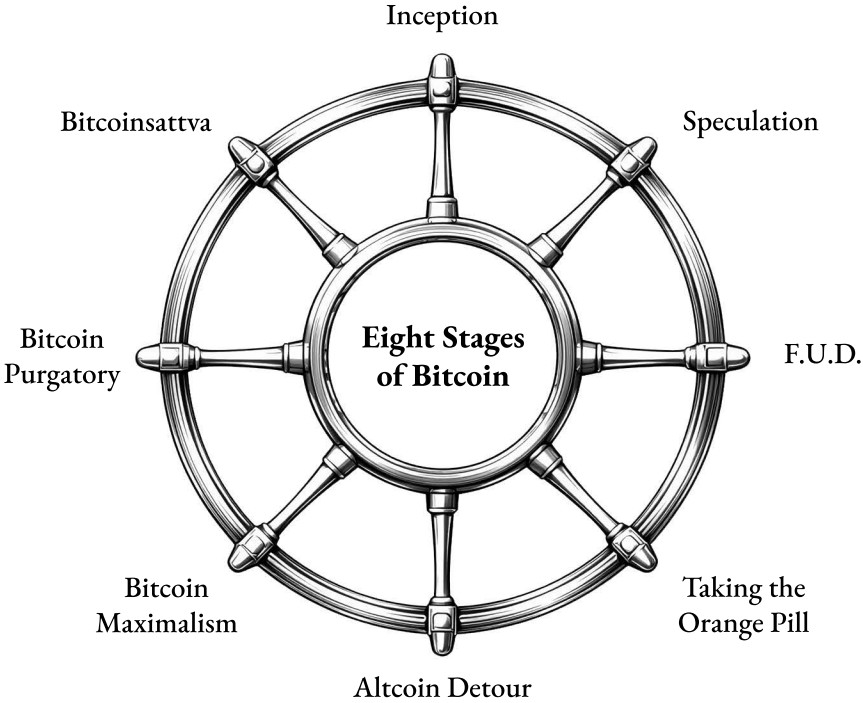
What had seemed like scattered troubles now formed a single pattern. The empty vault had not caused these changes all at once. It had merely revealed them.

In time, the people began to search for a new foundation.



I

Eight Stages



# 1

## Overview

*“He that hath ears to hear, let him hear.”*

— Matthew 11:15, King James Version (1611)

At a certain point, you begin to notice something is off.

Not all at once, and not dramatically. Just enough to create unease. Life seems to be getting more expensive, not in obvious ways, but in persistent ones. The basics take more effort. Long-term plans grow harder to secure. Even when income rises, it does not produce the sense of stability you expected.

You may notice that official explanations do not quite match lived experience. You do what you are told is responsible. You work. You save. You plan. And yet the future appears less solid than it once did.

At first, this registers as practical rather than philosophical. You begin to think in terms of protection.

Saving in cash is no longer sufficient, so you look for better ways to preserve value. You follow familiar wisdom. You diversify. You hold broad investments.

You consider assets that worked for previous generations. This is the natural next step for someone paying attention.

And for a time, it helps. It is better than doing nothing. Better than drifting.

Eventually, though, even careful investing begins to resemble a chase. Gains are offset by rising costs. Progress proves temporary. The ground continues to shift.

So curiosity expands.

You start looking for ways to get ahead of the problem rather than merely manage it. You consider concentration instead of diversification. You wonder whether others see something you do not. You hear about new technologies. New assets. New forms of money. Some seem unserious. Some appear promising. Most remain uncertain.

And somewhere along this path, Bitcoin enters the picture. Or perhaps for the first time, it truly enters.

What follows is a series of stages that many people pass through as their understanding deepens. These stages are not strictly linear. You may revisit them. You may linger in one longer than another. They unfold differently for each person. Yet there is a universality to them.

This same pattern also appears at larger scales, from institutions to nation states. Here, however, we are focused on the individual.

You can think of the Eight Stages of Bitcoin as a map. A way of orienting yourself.

They are:

## OVERVIEW

1. Inception
2. Speculation
3. Fear, Uncertainty, and Doubt
4. Taking the Orange Pill
5. Altcoin Detour
6. Bitcoin Maximalism
7. Bitcoin Purgatory
8. Bitcoinsattva

Let us explore each in turn.

## 2

# Inception

*“As you start to walk on The Way, The Way appears.”*

— Rumi, Masnavi (paraphrase, circa 1260 AD)

Inception begins as a pause.

Life continues much as it has. Work proceeds. Plans remain in motion. And yet attention shifts slightly.

Sometimes it arrives suddenly through disruption. A job loss. A market shock. A moment when careful effort fails to produce the expected result.

Sometimes it arrives gradually. As a sense that the rules governing money, time, or security are no longer as dependable as they once were.

And sometimes it arises through resonance. A respected friend or a written voice mentions something in passing, and it lingers. A sentence lands unexpectedly. A new perspective opens a door you did not know was there.

What matters is not the trigger, but that change has taken hold.

## INCEPTION

It is like a seed being planted. Nothing outward has changed. The surface looks the same. And yet something has entered the soil. Given time, attention, and nourishment, it may take root. Or it may not. For now, it simply rests.

In time, you become willing to listen.

In the Buddhist tradition, the Buddha is known as “the awakened one” because he saw clearly and lived accordingly. This awakening cannot be imposed from without.

Alan Watts once warned:

*“You mustn’t frighten them, because they are doing a very far out act. They’re walking on a tightrope, miles up, and they’ve got to do that balancing act. And if you shout they may lose their nerve.”*

— Alan Watts, Spiritual Alchemy lecture (mid 1960s)

Most people are doing the best they can within the conditions they were given. They are finding their footing in the world they know. Clarity arrives when it is welcomed rather than forced.

This is where Bitcoin first appears.

It enters awareness lightly. It sits at the edge of attention, associated with technology, markets, or a particular kind of person.

At this stage, Bitcoin remains abstract. It does not yet touch daily life. It carries no urgency.

Most ideas move through us this way. We notice them, place them loosely, and continue on.

Bitcoin is present, but peripheral. Only later, as curiosity begins to stir more

deeply, does the next stage unfold.

## Inception sādhana

For one full day, avoid using first-person pronouns such as “I,” “me,” “my,” or “myself,” whether aloud or in writing.

Notice how you speak of things as they are, rather than as you judge them to be.

# 3

## Speculation

*“Hope is a waking dream.”*

— Aristotle, quoted by Diogenes Laërtius (circa 225 AD)

Speculation begins when Bitcoin returns.

You encountered it once and moved on. Now it appears again. And then again.

You hear it has reached a new price level, one you did not expect. You’re surprised it did not fade away the way you assumed it would. Articles continue to appear. Conversations resurface. People you respect, or at least pay attention to, keep mentioning it.

This repetition creates friction, which gives rise to curiosity.

You begin to wonder whether you overlooked something. Or whether others are overlooking something now. You tell yourself you are only observing. Only learning. Only gathering information.

At some point, curiosity crosses a threshold.

You decide to buy a small amount. Just enough to be involved. Just enough to pay attention. You do not expect it to change your life. You do not give it a long time horizon. You are not thinking in decades. You are dipping a toe in the water.

And once you do, the experience becomes personal.

Bitcoin is no longer an idea. It is something you own. Price movements now register. News carries weight. Questions feel relevant.

Speculation marks the moment when attention shifts from the abstract to the lived. You hold Bitcoin now, but you are still thinking in terms of speculative fiat gains.

## Speculation sādhana

Read the Bitcoin Whitepaper, included in Appendix B.

As you do, place yourself in the time of its release. Imagine encountering it as part of the early cypherpunk community, before price, headlines, or hindsight.

Then read a selection of early writings about Bitcoin from the BitcoinTalk forum. Phil Champagne's Book of Satoshi, in Appendix C, organizes these well. Pay attention to the questions people asked, the doubts they raised, and the problems they were trying to solve. The housing crisis had just occurred. Trust in financial institutions was strained. The search was not for novelty, but for sturdiness.

Read without trying to decide anything. Let exploration come before judgment.

## 4

# Fear, Uncertainty, and Doubt

*“Men are disturbed not by things, but by the views they take of them.”*

— Epictetus, Enchiridion (circa 125 AD)

Fear, uncertainty, and doubt tend to follow speculative entry.

Many people first buy Bitcoin when it reaches new all-time highs. These moments often coincide with visible monetary debasement: inflation accelerates, scarce assets appreciate, and the prices of everyday goods rise.

In this environment, Bitcoin responds accordingly. As the verifiably scarcest digital asset in existence, operating independently of policy or intervention, it attracts attention. New all-time highs are reached. Bitcoin returns to the headlines. Those who have been watching from a distance finally step in. This is when entry feels safest.

Soon after, resolve is tested.

Nearly every all-time high is followed by a pullback. Price returns to its longer-term trend line. This is not unique to Bitcoin. It is the market cycle, shaped

by recurring patterns of greed and fear.

Nothing fundamental has changed.

The supply remains fixed.

The network continues producing blocks.

Ownership remains intact.

And yet, because price is now lower than your entry point, uncertainty begins to stir.

Doubt intensifies. External warnings grow louder. Short-term price movements begin to take on outsized importance. What if it's going to zero?

For those who hold, this stage passes.

Over time, what matters is not the daily valuation of Bitcoin in fiat terms, but the number of sats you hold. That number does not fluctuate. It changes only if you stack, spend, or sell.

For many, however, this is where the journey ends.

You panic sell. Bitcoin fades back into abstraction.

For now.

F.U.D. sādhana

Sit with this question for a moment: What would it take to change the rules of Bitcoin? For instance, what would it take to change the twenty-one million Bitcoin supply hard cap?

Now imagine a different game. Chess. You are familiar with its essence. The board. The pieces. The constraints. The way the game unfolds. Its longstanding history.

Let's say that *you* decide to change the rules of chess.

Perhaps you want to make it more exciting. Or more fair. Or more accessible. You add new squares, alter how pieces move, or rebalance the rules to address some perceived shortcoming. You can do this. Nothing prevents you from proposing new rules.

You might convince a few friends to play your version. They may enjoy it for a time. You could invest enormous resources promoting it. Sponsorships. Influencers. Advertising campaigns. Tournaments played by your rules alone.

And yet, almost everyone else in the world would continue playing chess the classic way. At best, your version becomes an alternate game played by a small minority. The original persists. Why?

Because the classic form is already Pareto-efficient. Any attempt to improve one aspect of the game makes another aspect worse. Over centuries of play, the rules have settled into a balance that resists alteration.

Subtle changes do sometimes occur.

*En passant* in chess and *Replace-by-Fee* in Bitcoin follow the same pattern: narrow refinements that resolve edge cases while preserving the underlying structure.

Reflect on why many eventually arrive at the same realization:

You don't change Bitcoin. Bitcoin changes you.

# 5

## Taking the Orange Pill

*“This is your last chance. After this, there is no turning back.”*

— Morpheus, *The Matrix* (1999)

The moment you take the orange pill is the moment you become a Bitcoiner.

This is the stage where Bitcoin stops being something you observe and becomes something you commit to. Understanding has taken root and is no longer easily shaken.

By now, you have seen Bitcoin rise, fall, and recover. You have watched it be questioned, dismissed, and declared dead, only to live again. Over time, this repetition becomes familiar. You are no longer put off balance by it. You have your sea legs about you.

At some point, a simple fact lands with full force.

There will only ever be twenty-one million Bitcoin.

This is your AHA moment.

Scarcity ceases to be theoretical. It becomes immediate. You see that adoption

does not need to be complete for supply to matter. You recognize that if this process continues, those who arrive later will face narrower options.

A particular feeling often follows.

That you are late.

And yet, not too late.

Urgency follows. You are drawn to act. You convert as much of your excess capital as reasonably possible. You move from consideration to commitment while the path is open.

Until now, Bitcoin has been treated as an investment. Now, it is recognized as savings.

Accumulation becomes practical rather than speculative. Bitcoin becomes the place where surplus effort is stored. You still hold other assets at the margins, as doubt has not fully evaporated, but Bitcoin is now the primary vessel for preserving your time and labor.

At this point, many are surprised to discover that conversion takes longer than expected. Bank transfers are not immediate. Exchanges impose limits. Precious metal sales require coordination. Real estate takes longer still.

The decision is immediate. The process unfolds over time.

Some people are orange pillled by others. Some orange pill themselves. Regardless of how it begins, many Bitcoiners describe the experience the same way:

You don't choose Bitcoin. Bitcoin chooses you.

## Taking the Orange Pill sādhana

For a period of time, measure your life in Bitcoin rather than fiat.

Price all your assets, expenses, and daily purchases in Bitcoin or satoshis. Notice what 0.1 Bitcoin represents. What 10,000 satoshis represent. What a single sat represents.

Become fluent in the language. Sats. Bits. Whole coins.

One Bitcoin is written as 1.00000000 BTC. It is divisible into one hundred million satoshis.

Do not focus on day-to-day price. Attend instead to the quantity you hold in cold storage. That number changes only as you choose to change it.

# 6

## Altcoin Detour

*“There are two ways of reaching the house next door. One is to travel all the way round the globe; the other is to walk a few feet.”*

— Alan Watts, *Behold the Spirit* (1947)

For many Bitcoiners, the next stage is to step off The Way.

By this point, you see what Bitcoin is and why it matters. You accept its scarcity. You recognize that it is the asset you ultimately want to own.

And then a thought arises. Perhaps there is a faster way.

You now carry knowledge that most people do not. You see what fiat hides. You understand monetary debasement, scarcity, and incentives. It begins to feel like an edge.

If this understanding is real, why not use it to get ahead? If Bitcoin is the destination, maybe there is a shortcut. A smaller wager, made cleverly, that accelerates the journey. If a few hundred or a few thousand dollars can become much more in a short span of time, it begins to feel possible to reach a Bitcoin