

BALANCE. Living in balance one experiences joy, without clinging to it. One endures sadness, without being overcome by it. One neither yearns the past, nor the future. One observes good or bad, without passing judgement. **L**iving in balance one is aware of the world's true nature. This awareness brings contentment without complacency, while inducing tranquillity without the loss of passion. **T**he challenge that remains is to find the balance between unwavering determination and cheerful surrender.

Zeno (333 - 264 BC) founder of the Stoic school of philosophy: "Tranquillity can best be reached through indifference to both pleasure and pain."

see also STOICISM

BITCOIN. Bitcoin is a cryptocurrency invented in 2008 by an unknown person or group of people, using the name Satoshi Nakamoto. The currency has been used since 2009, when its technology was released as open-source software. **B**itcoin is a decentralized digital currency that can be sent from user to user on the peer-to-peer bitcoin network, without intermediaries, such as banks. Transactions are verified through cryptography and recorded in a ledger called a blockchain. **I**n the beginning bitcoins were worth fractions of a dollar and in 2010 two pizzas were bought for ₿10,000; at today's Bitcoin value those pizzas would be worth about \$300,000,000. Recently the value of Bitcoins has doubled every year. **A**t the turn of the decade large institutions started investing in Bitcoin and it is now recognized as a superior value storage, in contrast to common currencies, which are subject to inflation; nowadays transactions for millions of dollars are not uncommon.

*The best book about Bitcoin that I've read is the 2020 title: BITCOIN: Hard Money You Can't F*ck With ... Why Bitcoin Will Be The Next Global Reserve Currency, by Jason A. Williams.*

Q: "Where does the money you're spending come from?" A: "We print it; as the Federal Reserve, we have the ability to create money." This is the reason why Bitcoin matters.

Its supply is limited - there are only 21 million Bitcoins - they are not subject to inflation and any increase in demand means the value goes up over time, which makes it the ideal asset.

BLOCKCHAIN. BC is a growing list of records, called blocks, that are linked using cryptography. Each block contains a cryptographic hash of the previous block, a timestamp, and transaction data. A blockchain is resistant to modification. **O**nce recorded, the data in any given block cannot be altered retroactively without alteration of all subsequent blocks.