

Notes: Bitcoin Lunch-and-Learn with Dr. Edward Blomgren, G/A Graduate Gemologist ¹ L&L for the SoulKu Staff

(The full Notes, with clickable links: <https://www.edwardblomgren.com/about2>
Scroll to the bottom of the page and click on the BTC coin)

Our discussion today – is an **introduction** to bitcoin (BTC) in the *post-Covid* era of financial literacy and financial freedom for us “regular people.”

The emphasis is on BTC (contrasted with the other 23,000+ so-called cryptocurrencies [properly called “alt coins” or “shit coins”], but confused with BTC.

There’ll be ample time for Q & A. Please look at this as the beginning of an adventure that should serve your financial future very well; *your choice, of course!*

A Few BTC “Accelerator” Sources

*Before anything else, **please, please, please** listen to these key, brief BTC videos on YouTube:*

Crypto Casey:

- 1) What is Bitcoin? The Ultimate Beginners’ Guide! (EUREKA Moment) You Will Understand Bitcoin!: <https://youtu.be/i201o7k8C5o>
- 2) 4 Phases of Crypto Mastery: 7 Types of Investors (Beginners’ Guide!)
<https://youtu.be/PbKFHKgLIMI>

Mark Moss (YouTube channel & co-founder of Swan Bitcoin):

- 1) OMG It's Here...The Final CBDC Piece was Just Released
<https://youtu.be/5dtr2q3WJFI>

Matthew Kratter, Bitcoin University (formerly, Trader University):

- 1) Bitcoin for beginners (2023): <https://youtu.be/IQHLpdWvyK4>

¹ *I am not a financial advisor, and nothing herein is intended or to be regarded as financial advice. The thoughts expressed by me today are my own, for and from my own circumstances gained over many decades of traditional and alt research and experiences. They may or may not, in whole or in part, be useful to your situation. Please develop, use, and trust your own research and judgment. Use intelligent discernment when acting on counsel of ‘licensed’ financial advisors! My hope is that you **please always** do your own research, due diligence, and use your common sense.*

Matthew Kratter, Bitcoin University, continued. . .

- 2) The SEC is coming for you crypto (ETH): <https://youtu.be/ldcRstRjMqQ>
- 3) Does BTC waste energy? <https://youtu.be/1KmnXsoSHJc>
- 4) Bitcoin mining has zero carbon emissions: <https://youtu.be/o5jHQ1-9XDQ>

Education is Key. Here Are Some Good Basics:

- 1) What is BTC, and why it's worth noting? <https://bit.ly/3BhSeYY>
- 2) 99Bitcoins.com – “We Translate Bitcoin to Plain English”: <https://99bitcoins.com/>
- 3) **Best crash course on money, currency creation, myths, and mechanics**, from Dr. Chris Martenson (also a toxicologist and real deal Covid expert). You can do no better than this easily understood & fun course on what money is, how currency (fiat) is created, and expressed historically throughout all societies, and the current lies fed to the public, especially relevant for financial literacy in 2023 & beyond: <https://bit.ly/3l3z5nG>
- 4) You'll find a 24 page “Complete Guide To Cryptocurrency Analysis” [here](#)
- 5) Read the book, *The Bitcoin Standard: The Decentralized Alternative to Central Banking*, by Dr. Saifedean Ammous. This has become a classic and is very, very highly regarded. A great tutorial / introduction to BTC. Ammous has a new book out, which I haven't read yet, *The Fiat Standard*. On my list.
- 6) To see real-time prices, market cap, graphs, and much more on all cryptos (and make your own portfolio to track real or hypothetical crypto assets), a site used by the crypto community is: <https://coinmarketcap.com/>
- 7) For BTC, it's useful to read bitcoin originator Satoshi Nakamoto's 2008 “white paper”: <https://bit.ly/3AbQrDI>

8) BTC compound calculator: <https://bit.ly/3itS6Ou> or calculator for “dollar cost averaging” (DCA), <https://dcabtc.com/>

9) BTC Satoshi calculator (BTC units, “cents”): <http://www.btc Satoshi.com/>

10) **Bitaddress.org** . . . to create paper “cold storage wallets” (public & private keys): <https://bit.ly/3itqnx>

11) **BTCChecker** . . . verifies amounts in any public address: (Practice: look up the addresses below on this link (cut & paste and place in search bar on the site): <https://bit.ly/3BbKCqI>

To open an exchange account to buy/sell BTC (and other crypto alt-coins, though I recommend using extreme caution with all alt-coins; I'll explain why) use either referral link:

➔ (1) BTC only**, I recommend <https://www.swanbitcoin.com/DrBlomgren>
(far lower fees; ease of use is intuitive; easy self-custody; excellent management team, etc.) You'll get \$10 free BTC when opening an account, an added bonus

(2) All other cryptos, including BTC, use this link to the classic, legacy exchange:
https://www.coinbase.com/join/blomgr_qy

NOTE: Opening an account with either exchange above will also get both you and me free \$10 in BTC as a bonus by using my referral link. \$10 USD = 34,083 Satoshi's ('Sats') = 0.00034083 BTC as of 4/19/23.

** SwanBitcoin.com allows DCA, Dollar Cost Averaging, on a schedule that you set!

A few super-knowledgeable experts in BTC & crypto space, found online

1) **Andreas Antonopolous**, Brilliant, accurate, visionary, knowledgeable & truthful; one of the ‘fathers’ of BTC & crypto. See ‘aantonop’ (YouTube channel). First-rate; he’s the best, fully human, and humorous, too.

- 2) **Michael Saylor**, (MIT-schooled billionaire CEO of *Microstrategy, Inc.* who has bought over 2B in BTC for his company); level-headed expert on BTC and the macro aspects of the crypto space; a first-rate mind!
- 3) **Max Keiser**, Co-founder of swantbitcoin.com, a first-rate exchange; ex-stock broker, BTC visionary and multi-M, possibly B in BTC; Keiser Report channel on YouTube: <https://bit.ly/3DdLVpx>
- 4) **Will Woo**, “Only the SAVVY” YouTube channel: <https://bit.ly/3D9UKAN>
- 5) **Ben Cohen**, on both technical analysis (charts) and fundamental analysis; “Into the Cryptoverse” YouTube channel: <https://bit.ly/3D8KAAv>
- 6) **‘Uncomplication,’** (YouTube channel;) on Wyckoff distribution & more <https://bit.ly/3iw9rWS>
- 7) **‘Crypto Casey,’** (YouTube channel); search her name
- 8) **‘Bitcoin University’** Matthew Kratter, (YouTube channel); search channel name

YouTubes—a few particularly good videos to start with

1. *Macro discussion (‘big picture’): ‘Loss of civilized society,’* Alex Newman with Dunagun Kaiser: <https://bit.ly/3b5LUbk>
2. *Crypto: How to create your own economic freedom:* <https://bit.ly/3b9jo8Q>
3. *Bitcoin for Beginners: Bitcoin Explained in Simple Terms* (by Andreas Antonopoulos): <https://bit.ly/2ZpQ7o5>
4. Search on YouTube “Bitcoin as reserve currency”

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A few financial literacy basics, IMHO, to learn to be able to navigate the world of rampant financial fraud, with greater *ease*

1. Re-familiarize yourself with percentages & decimals, e.g., 0.25% means ____;
2. Relative vs absolute claims (for understanding risk; efficacy; results);
3. Signal to noise concept—most is noise, little is signal. (**Signal**—e.g., facts, knowledge; useful; **Noise**: bullshit, distraction, mis- or dis-information; ‘news’)
4. Zero-sum / win-loss concept in modern finances;
5. Compound interest—what it is; how it works. See calculator, above.

6. A familiarity with MMT (helicopter money), Keynesian vs Austrian schools of economics; sound money vs. fiat currency; money vs. currency. Dr. Chris Martenson's course (<https://bit.ly/3l3z5nG>) is a great introduction to these.
7. Staying broadly abreast of the world macro geopolitical pictures, without becoming obsessed, feeling defeated, disempowered, or depressed. (Determine what's important to your goals + what you can change.) Then, be aware of the rest as "factors & environments" that may affect how you make decisions. Remember, most is 'noise,' not signal, intended to distract and relieve you of your hard-earned money so others don't have to work and contribute to society meaningfully
8. To accurately understand the macro picture, you **must** minimize social media time-wasters, e.g., FB, Twitter, Instagram, etc. Most importantly, **turn off all MSM**, such as MSNBC, Fox, ABC, etc. They have *extremely* low signal-to-noise ratios (i.e., mostly distractions, banal entertainment, lies, B.S., more lies, virtue-signaling; selling crap, *to start*). Noise, once viewed, clicked, etc., powers the algorithms for your eyeballs (attention) . . . to sell you things, mostly junk, and of no value. MSM lies to the masses 99% of the time; MSM is *intended* for the masses, to keep them disempowered, and it works superbly well! The sad truth is, the "elites" have no incentive to keep you informed. **The MSM is the propaganda arm of the State**, telling you what to think, who to hate, how to disconnect with the meaningful things of life, etc.
9. Understand the role of FUD (Fear, Uncertainty, and Doubt) put out by the and anxiety pimps in the media & financial world, and avoid them!
 - a) Find the right social media, e.g., intelligent podcasts or YouTube channels, and you have gold; e.g., ZeroHedge.com is a must; CorbettReport.com; PeakProsperity.com; Tom Luongo, podcaster on Guns, Goats, and Guns (YouTube channel) is a brilliant man on cryptos and world macro / geopolitics.
 - b) MSM is 99% propaganda narratives, proffering FUD! Literally turn them off to mitigate dis-information and demoralization. Currently, they're ever-more desperate *as growing numbers of people wake up*. Now their primary role is *de-moralization* (see Yuri Bezmenov, ex-Soviet defector & KGB operative, who explains the long term strategy for internal US/Western disintegration. This will shock and scare you to the core, sorry: <https://bit.ly/3pz91U9>

Crypto-related

1. *As with any investment, the universal rule is (and it's a good one): "Never buy/invest more than you can comfortably afford to lose"!!* A good rule to follow with BTC, and why DCA (see #3 below) is especially important.

2. Explain why Self-custody is a must! (vs non-custodial wallets held at an[y] of the exchanges): “Not your keys, not your coins.” Is a simple truth;
3. “DCA Hodling**” (also, hodling [verb]; hodler [noun], etc) strategy. Avoid speculation and day trading unless you become an absolute expert. If not you **will lose** fast, I guarantee it!) **Origin is a typo of ‘hold’
4. If you’re going to speculate (foolish, IMHO) in buying any new “alt-coin” (crypto term), always read its whitepaper (found on its website)! Research a coin/project’s **teams** (development, finance, etc.) and their goals, purposes, etc.—their ‘use case.’ Know that 99+% of coins will not return your investment; most will disappear in the fog of competition and the originators will be the big winners. Watch out for wishful thinking and greed (e.g., “the new BTC, or amazon”; shit coins; meme coins)
5. FUD is used by big BTC players (whales & sharks) to get your BTC at much lower prices! Competition between informed wolves and fearful, grossly misinformed sheep.

Dr. Ed’s Rules of Financial Literacy

These have served me *very well*, gained from 40+ years of study and real-world experience. I don’t apologize for being blunt, or offending anyone’s delusions:

1. You **must** learn to do your own research and “due diligence. Never rely on sales pitches or experts to tell you what you should do!
2. Ultimately make and trust your own judgments after listening to trusted others, knowing that virtually no one has your interest first/foremost in mind, compared to their own. Remember, win-loss / zero sum in finance world.
3. 99% of other people will be envious of any success you garner. They’ll display passive & active sabotage. I recommend you keep your successes close to you and only share with carefully vetted others, *if you choose to share at all*. Always be careful about this.
4. Give conditionally of your success. Share your abundance, but don’t be a fool about it. Be conditional, i.e., those supporting your values and goals.
5. My experience has been this: If you follow the masses, you’ll lose (i.e., be massively disappointed, depressed, and poorer if and when you realize this mistake). Here’s a great quote: “*Men, it has been well said, think in **herds**; it will be seen that they go **mad** in **herds**, while they only recover their senses slowly, and one by one.*” ~ Charles MacKay, books: *Extraordinary Popular Delusions & the Madness of Crowds*)
6. Be your own independent thinker, even a contrarian thinker. Adopt for yourself—and in others—“**radical self-responsibility**.” True, you’ll have fewer friends and make the masses nervous, even angry, but you’ll have true(r) friends this way and achieve more

than the masses, the herd, the sheep. Achievers NEVER achieve by being one of the masses, the average, the dull, the sleepwalkers through life.

Be suspect of all large organizations and mega-*institutions*—i.e., gangs of people empowered to serve their own needs first and often, I'll note, at your expense. *Examples*: modern medicine & big pharma; law; higher education; finance; governments at all levels, especially Federal; public schools.

7. If using “experts” do so very, very carefully, perhaps as merely one source of information in your due diligence process.
8. Look carefully at the experts’ fees, charges, and hidden costs—both short term, but most importantly *long* term. Get *value* for your fees. Mostly you won’t.
9. Financial “experts” are slick salesmen & women—selling or whoring their own products or ideologies for I gain *first*; you—if lucky—may get some crumbs;
10. “Financialization” is strictly win-loss, and mostly B.S., but results in untold wealth to the *owners*, but at your expense. They win; you lose.
11. Financialization has been made intentionally and unnecessarily complex; its language of specialization, like all language of specialists, is designed for exclusion, e.g., to keep others in dependence; to hide the B.S. (at best) and to hide unethical & criminal activity (at worst), behind laws, lawyers, and a system serving the 1%. You are viewed a peon, a rube, the mark—with concealed contempt, but this doesn’t mean you can’t succeed. Step away from the masses.
12. Again, and I can’t emphasize this enough, personally I’ve found the MSM to be almost pure propaganda *trolling for the status quo*, and to be useless (except to know some of the details of the deceit set forth). Cynical, yes; but that’s how the vast commercial information culture has chosen to manifest: slick deceit;
13. And personally, I’ve found that governments, at all levels, everywhere, lie nearly 100% of the time. Our “leaders” and so-called “elites” have no interest in an informed citizenry, starting with the indoctrination from public schools when you’re a few years old and continuing through to college and professional schools. The same I’ve found at the level of large institutions, and *worst* when public (governments) and private (mega-corporations) works together (“partnerships”—the current nice-sounding lingo). (BTW, such “partnership” is the classic definition of fascism). Just look at what’s happening today, a growing fascism under our noses; few see it).
14. For the above points, I use my “180° Rule” to get some basic semblance of the truth. I’ll discuss.
15. Be keenly aware of where sociopaths and psychopaths (1-4% of the population), and protopsychopaths, like to dwell, and their roles. They wreak havoc in personal lives and society. Term to know: kakistocracy

Important Crypto Notes

1. BTC's "volatility" is its strength for truest "price discovery" and is also why BTC has compounded at an **average** annual rate of 212% since inception in 2008. Use the calculator linked above to see this illustrated for your particular savings situation. BTC, like all markets of any significance, is subject to manipulation—count on it. I'll discuss a few factors of this.
2. Consider being a 'HODLER' and not speculative trader, for the reasons discussed. Instead, consider 'dollar cost averaging' (DCA) your buys, and hold for the long term (>3 years). Remember the prime directive: "never invest more than you're prepared to lose."
3. If you ignore #2, and decide to trade/speculate, get the best training you can afford. There are some online trading & training academies for technical trading (charting); Matthew Kratter's Bitcoin University (on YouTube) is stellar and very affordable. Then "paper trade for 6 months until you're comfortable (while "hodling" and DCA-ing), and BEST OF LUCK! I highly recommend that you do **not** use any leveraged trading strategy unless you're willing to **lose everything, in short order**. If you ignore this warning, statistically the chances of you losing everything is about 98% for 2 main reasons I'll discuss! Keep in mind that even **expert traders** lose > 45% of the time! **See the clue?**
4. Avoid 'unit bias' (the tendency for people to want to complete, or buy, a unit of a given item or task, and believe there is an optimal unit size and want to get through to the end because they get satisfaction from completing it & reduction of status envy), and thus the allure of buying huge numbers of cheap 'shitcoins' (e.g., 0.0003 cents each!) with the fools' promise of riches. With over 23,000+ cryptos, most are shitcoins, scams, and useless. Do your due diligence! My stance is: BTC only; that's because "proof of work" (vs. p. o. stake); decentralization; privacy; its philosophy of 'peoples' financial independence,' and lots more we'll discuss over time, and you can learn about from the sources I've provided in these pages. Nevertheless, think for yourself; do not rely on me.

NOTES: