

HOW
(((THEY)))



RUINED MY LIFE

AUTOBIOGRAPHY OF

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The subject of gangstalking is one which has become sensationalized in the jewish controlled media and deliberately so as this is the means they use to attempt to discredit it as a reality. It is however a reality as I myself came to understand in the most visceral sense in recent months. In the following I will attempt to present my experiences with gangstalking and delineate the criteria which have been historically associated with this terrorist practice of the shadow government that rules the world and which practice is the key to their temple of solomon.

I had always felt that I was being harassed and persecuted throughout my life. This may have its source in my degenerate liberal father's gaslighting psychological and circumstantial manipulation of both my and my friend's lives but I now understand that the source of this perception of persecution and harassment goes deeper and to much more subterranean depths. These depths contain the jews, freemasons, jesuits and other affiliated pantheists and adherents of the mother goddess religion who seek the total control and enslavement of the population of the world, themselves likely mere instruments of mysterious archontic forces (which they perhaps call 'angels' but are in reality the 'mud shadows' spoken of in the books of Carlos Casteneda and the archons spoken of in the gnostic work "The Hypostasis of the Archons").

My persecution as a child was largely instigated in retrospect by jews, principally members of the establishment with whom I was at times affiliated in the township of my birth. I was the friend of sons of judges and administrators as well as of miners and carpenters and was never defined by any socio-economic caste; was neither a blue collar nor a white collar but was always of a 'marginal' character.

The jewish establishment from birth sought to do my friend and I harm just as they had so far as I know subjected my father to similar treatment though in his case it was largely deserved owing to his prodigal son personality-living a life of alcoholic revelry and the squandering of his parents assets amidst the general neglect of the care of his biological offspring. I will make allowances for his behavior and abuse however as he may have been the product of generational ritual abuse himself. Of this I am not entirely certain.

My friend had been mangled by a jewish female doctor whose name of infamy was 'dr.death'. His spine had been misaligned during the delivery which caused hearing problems that would plague him for life. I had been subject to molestation by a jewish doctor as a child who fondled my genitals emotionally traumatizing me. Between the mockery and insult of the schoolyard and the belligerent alcohol soaked abuse my father imposed upon my friend

and I when he decided he had had enough carousing and attempted to further inflate his ego by slandering and belittling his developing offspring.

As a child I grew up in a remote district, a collection of small towns reclusively sequestered away in the far north in a gold mining town and tourist area which was built up by my grandfather and other pioneering white people. Since I was of a generational nationalist family who had regard for their ancestry and was not a completely anti-racist group though my father was steeped in the entartete kultur of jewish degeneracy as a typical baby boomer liberal...nonetheless in spite of this fact and probably on account of his chronic inebriation he was perpetually kept under watch by the police. Given that it was a goldmining town the ratio of police to citizens was approximately 1 in 100, the district being a training area for the O.P.P (Ontario Provincial Police). Empty houses were set up around the house my grandfather built with my father who was the vice president of my grandfather's general contracting company. These were occupied by police who were conscripted to spy on my father. His miasma thus blackened my future in more ways than one.

In school I was always suffering chronic social anxiety and could barely speak to people and was mocked by some of the jewish teachers for not having the capacity to speak. The shadow of my father overarched my reputation as a miasma and I was subjected to persecution by various jewish children and others from the establishment who apparently viewed me as an easy target and thus delighted in persecuting me. This is presumably a feature of their jewish culture which is itself an extrapolation of their consciousness.

A jewish math teacher had observed that I was having difficulty in math and rather than seeking to get a tutor for me decided to remove me from the advanced stream of academics and place me in the 'general' stream with the laborers children. I assume this act was deliberately undergone to harm me and sabotage my academic career.

At around the age of thirteen I had gone on a trip to visit my aunt in Toronto and she had subjected me to a greater sense of discipline than my parents. I had decided to turn over a new leaf from the apathetic punk behavior I had adopted while listening to grunge music. I began to develop my mind and took to reading and listening to classical music. My friend, who was more of an acquaintance than a friend encouraged us to get cable t.v and claimed in response to my mother's concerns that it was addictive-that it wasn't. Judging by his physiognomy and the fact that he was years later I discovered by chance, hired by the largest media company in Canada (run by a family of rich jews of course-the Aspers) it would be fair to say that he was jewish and was simply attempting to set me up and sabotage my progress by getting me hooked on cable tv and its deleterious influence. From thence I became a wigger and more or less set my education aside until four years later. Shortly after acquiring t.v he disappeared from my small circle of (((friends))). The interference of t.v in my life sabotaged my personal development both educationally and neurologically.

Another fact which occurred at this time was the unfortunate discovery of bodybuilding which sabotaged my life- a lifestyle if such it may be called which was completely destructive to my personal development and allocation of energy (towards relatively fruitless pursuits) and which inculcated in me a deep set psychopathology of body dismorphism which I speak of in greater depth in my autobiographical topical work "Hell-th: Stairclimber to Heaven or Elliptical Path to the Abyss: an Indictment of the Ill-Health and [un]Fitness Industry" in the appendix. This 'lifestyle' and all of its meaningless standards of 'maximizing muscle and minimizing fat'; lifting as heavy weights as possible within certain parameters,etc. was as discussed in the document engineered by the jews Joe Weider; Joe Gold; Bob Hoffman; Steve Blechman and others presumably for this genocidal purpose of shifting the attention of white men away from what matters in life namely the survival and advancement of their own race-using their strength not for narcissistic purposes but in defense of their own kind.

Around this time while living with my mother and friend after my mother's separation from my father , a jewish male child (I hesitate to refer to him as a 'boy' as I suspect jews of being hybrid creatures who are hybridized with either proto-human hominids such as neandertals, proto-mongols and proto-negros and/or some demonic lifeforms: jews claim that they derive from 'elohim', ie. non-human entities); this being appeared at the top of the driveway leading down to where I was playing outside holding a supersoaker water gun in his hand with nervously twitching fingers. he approached as if on a mission from his (((god))) and descended the hill. This was the beginning of the end of my future friendships.

Another two jewish male children with whom he was affiliated drew me into their circle (kikle) and I was subject to their spying and monitoring and found myself cordoned off from the rest of the youth of the school system having at best tenuous connections to them which created a more crystallized social circle, a closed system of relations that was restricted to the jews and one other white boy. Thus I was subject to jewish monitoring throughout which precipitated the end of human friendships since that point. At an arbitrary point seemingly without notice or cause the jews dropped me like a hot rock and I wound up without friends.

I lived alone for a year where I studied philosophy and wrote-this was near the end of high school after I had relocated from the town of my birth where I had lived for the first 17 years of my life owing to the persecution and marginalization that I had met with during this time frame. I was taking correspondence courses and was kicked out through writing what the jewish teachers didn't like and eventually wound up in a jewish private school which was not officially jewish but was infested with and monopolized by jews and which I was to come to understand later was affiliated with a jewish controlled and populated university in the adjacent building.

While there finishing my high school I became aware of the jewish presence and, as had Adolf Hitler in Mein Kampf while in Vienna had an epiphantical experience when I recognized that 1) there were jews and, 2) though dimly, what they were like.

At this school I stated explicitly to one jew: "there sure are a lot of jews here aren't there" to which question he became uncomfortable and the brief conversation I had with him regarding algebra (a very jewish form of mathematics) tapered off.

The behavior of the jews in the school was symptomatic of the malaise of modernity: the jabbering; boisterousness; the money obsession; the frenetic activity; the gossip and slander; the condescending behaviour towards their mulatto and non-white/non-jewish fellow students (for this was a time when society was still predominantly white in Canada and in a city with a white population of around 60-70% excluding jews)-the general constellation of jewish behavior in short. I found I was being monitored somewhat throughout this time but did not in my naivete understand the subtext of the jews' characteristically jewish innuendo and insinuations.

Once my last year of high school was (I thought) completed the future of university in another province looked bright. However the jewish academic advisor had given me false and confused information and I had to return to the city from which I thought I had freed myself and finish courses during summer school which I was unaware I had had to take. Given that only a few weeks remained before university began I applied to the adjacent university and went into the first year.

While there I had a university professor in a politics class who shouted in my general direction during a lecture something to the effect of "Hitler being evil" and using the 'f' word for effect, aspersing Hitler. This professor was a freemason who was an Irish emigre, had been educated in Dublin and was, in retrospect, a probable crypto jew hybridized with the Irish. He appreciated my essay critique of the parasitical redskins in Canada however. At around the time I had another professor who was a jew who taught medical ethics and the philosophy of law and who was acquainted with a famous jewish judge on the supreme court Bora Laskin who was responsible for cranking out talmudic legislative toilet paper. I drew a pencil sketch of the 'professor' on my desk with a yarmulke and ear locks and a joke book in one hand and a talmud in the other. This might have been another factor in my being subject to the scrutiny of jews as I was monitored further and more closely by certain jewish students and a couple of jewish security guards at the university. I led a reclusive life and avoided people.

At one point I discovered in an alley way a desk filled with papers and lighters around it and decided to put two and two together creating a fire which brought the fire department in the city. I was sitting on a hill with my shorts over my head to keep the sun off and was approached by the fire people and interrogated. They went away and before they could come back I went off to my residence.

This residence faced a place that was probably occupied by jews who were always spying out at me out of the windows and one night when I got up to go for a walk out of frustration for having been fired from a fast food job for swearing and allegedly being rude to customers. I discovered the next day that they had put up a sign stating something to the affect of calling the police on 'johns' portraying me as having utilized prostitutes.

During this time period I had been promised employment in my hometown which was about five hours away. My former hockey coach who was the mayor of the town and was a freemason claimed over the phone that he had employment for me working to clean up trash for the town. When I returned to my hometown to work he suddenly told me that he had given the job to one of the two jews who had ruined my friendship with one of my only white friends just a couple of years previous. I was then left without any employment for the Summer and spent my time studying philosophy and reading in my grandmother's basement. My grandmother who was with her husband one of the foremost pioneers of the town was an Icelandic nationalist, a so-called 'old stock' Canadian of clergy descent. She would spy on me and attempt to harass me in the basement as she didn't want me to develop myself as my mother, a Danish emigre who came to Canada in the sixties outshone her pedigree and had refused to endure the passive aggressive gaslighting and abusive manipulation of my father her former husband. Both my grandmother and her son would find all manner of means to undermine and denigrate me. While there my father awoke me in the middle of the night banging on the door to my room with his fists screaming and shouting in a drunken state. As I was reading on another occasion he stumbled in drunk and stood over me brandishing his fists, shouting in a drunken state "You have no friends!"

At this time I was reading some of the postmodern philosophy of 'Deleuzse and Guatari' about 'desiring flows' and impulsion to act and seemed to have been placed under the influence of this contamination of the mind. The philosophy motivated me to carry out deeds I would not otherwise have done as a rite of passage. The deeds were of a subterranean nature that would be considered a borderline criminal act though not of a sexual nature.

At around this time I had acquired a girlfriend who I had met off a dating service who I flew to visit as she lived in Yellowknife in the northwest territories. She was Acadian and I am not entirely sure this is unrelated to jews perhaps via some archaic pelasgian genetic influence. I am quite confident in asserting that Acadians are in fact jews nonetheless based upon my experiences with them.. She claimed to have been experimented upon by her own mother who was a psychiatric nurse and had been a cocaine user as a teenager. Her sister was a police officer who stated half facetiously that if I did anything to her she would give me trouble. This jewish female came and visited me and, coming to believe I would not make law school she decided to return to her old boyfriend who was seventeen years her senior from whom she had separated owing to his being well off but not before she tore up a picture of Adolf Hitler I had. This made me extremely angry but I bottled it up in my stoical

way. My father also played a role in souring her to me as he boorishly attempted to usurp her attention and 'dominate' or 'cuck' me.

Around this time I had a massive pain in my jaw owing to an overcrowded mouth and the jewish dentist encouraged me to have my wisdom teeth removed. The jewish female maxillofacial surgeon may very well have left fragments in or botched the job deliberately as this is one way cancer can be generated as well as heart attacks and strokes I later came to understand, through bacteriological infection. Beyond this I am quite certain that chips have been implanted around the vagus nerve, the main nerve governing motor function which the cabal targets in their desire to control people with directed energy weapons.

Later that fall after a summer of suffering in misery owing to having been given comparatively bad grades by a crypto jew North African professor and another crypto jew Italian professor I thought of having a career change as I didn't anticipate I would make it to law school based upon their biases and this also disillusioned me to academia altogether as I had also come to understand the liberal biases of the education system.

I switched programs and had returned to the city to attempt to finish off my degree with a different program. Prior to this point I had been reconciled after approximately a five year period with my friend and decided to celebrate. We drove around with our father and purchased plastic BB guns and took them to the park to fire at squirrels. We eventually made our way to a hotel where they were staying and my friend and I were firing the guns out of the window at cars and people and one couple eventually ratted us out to the police who came and kicked the door of our hotel down and arrested us. I was quite traumatized by the incident and my expectation of whatever pending punishment. At this time I was about to attend classes for "business management" which could be integrated into my degree and would, I thought, enable me to finish it. I had a redskin minority hire professor teaching an 'intro to theater' course and he had given me the worst grade I ever had, just above an 'F' for a couple of papers, his only excuse being that my papers weren't 'graduate school papers'. Clearly he, as a typical anti-white hater was merely seeking to impose harm on me based upon my overt superiority to himself (though I was always exceptionally humble and had very low self esteem owing to all of the harassment of others throughout my life).

Another professor I had encountered who was a lawyer, a former Rhodes scholar and professor of commercial law claimed my work was 'law school caliber' and made cryptic allusions to dialectics, presumably being a freemason. He also made mocking reference to the poor tan of a jew in the class saying he "looked rather orange today" as his skin was an orange color (jews tan poorly and the color of skin is often an index of jewish genes). I decided to drop the program owing to my inability to tolerate the crudity of business, something completely foreign to my nature as an Aryan.

Another incident that occurred when I was in my early twenties prior to my having met my girlfriend also occurred via a dating service (perhaps this is one of the functions of dating services: to monitor the population and set people up to hook them into the cabal as a pawn and/or single out introverted individuals for the gangstalking program for experimentation with D.E.Ws (directed energy weapons) and chipping as a means of 'mapping human consciousness' for population control? The facts speak for themselves in my case). I was talking to a fifty year old woman who turned out to be Jewish and she came over to my residence after which we went out for coffee. I found it awkward in dealing with her and ceased to communicate with her but about a year later I again going on the same dating site encountered her and this time we met in my apartment. She had communicated to me about sex and we met up. She had come over for that purpose and had attempted to 'warm me up' with the movie "The 40 Year Old Virgin" and in a formal manner I stated we should skip it and simply begin. She got naked and I then hesitated deciding it was a bad idea perhaps intuitively understanding the wrong involved in dealing with a Jew. I felt sorry for her but told her we should watch the movie instead. She became embarrassed as she was naked but we watched the movie in awkward silence. She attempted to make enticing gestures, licking her lips at times but I looked away in disgust though I felt sorry for her. When the movie was over she departed and that was the last I saw of her. I assumed, as she had encountered me on more than one occasion that she was an operative sent to ensnare me and spy on me.

Owing to the case I had hanging over my head I was going through a lot of stress and once sentenced was given seventy five hours of community service but no criminal record though paradoxically the police department of the city stated they had a record and that I could have it 'expunged' at a later time. Apparently the absence of a record was simultaneously its presence? Another case of absurdity in the theater of the real of the Jewish occupation government. I did my community service hours and decided to return to school that fall to study politics and to finish my degree as a politics degree.

I managed to find a room with a young Catholic couple who I did not know were Catholic at first (not to say I would have had a problem with that as I was not sufficiently aware of the anti-white agenda and the significant influence played by the Jew-deo-Christian in it). I was staying there and had at the time discovered Julius Evola's work and acquainted myself further with pro-white philosophy reading Arthur Comte De Gobineau and Alfred Rosenberg. The politics courses I took were exceptionally tedious as I was having to read over fifty pages of polysyllabic babble-tartuffery- which gave me some insight into the superficiality of politics as an academic discipline and the nature of those who study it.

Amusingly enough, there was one course called "City Politics" I studied which was the only redeemable course not because it was taught as it was designed but because the invalidic jewish professor caught sick and a robust Polish conservative professor took his place and spun the entire course curriculum one hundred and eighty degrees. The course was designed to denigrate the traditional norms as most of the other courses at the time were.

I quickly became disillusioned with the courses and dropped them and decided I would apply for the military though I considered corrections as I was very interested in prisons and that aspect of what represents itself as 'law' more from a sensationalistic and Benthamite perspective than out of human regard though I had contemplated corresponding with prisoners in the past before this time as I felt an affinity with them having lived a reclusive 'outsider's life'.

While in the duplex of the catholic couple, they were attempting to move in a female nigger who insultingly said that I was a 'dork' in her characteristically niggerish manner and I upbraided her telling her not to talk to me like that. Apparently this made her fee fees hurt and I was blamed by the catholic couple for her not having a willingness to rent and upbraided. They then had a weird passive-aggressive session downstairs where they sang in a chanting fashion with the woman's father who was a pastor something about 'eternal peace' which they repeated over and over again. This gave me some insight into the neuroticism of jewdeo-christians. Eventually they moved in a Chinese female as the niggers replacement.

I decided to leave the place and return to my hometown to wait for my military application to go through. I had had an interview with a jewish airforce officer who made it appear that it was highly likely that I would be admitted and this is what prompted my decision to leave the city and its unpleasant tension while I awaited what I thought would be my future career in the army (I had decided to apply to the armored division as a tankist) as I doubted my ability to be accepted in the navy as it entailed greater competition and, owing to a lifetime of abuse and harassment at the expense of my father and various others I didn't hold out much hope for myself).

I lived out of my parent's properties in my hometown (properties built by my grandfather with his bare hands and largely allowed to go to ruin or be sold off by the drunken hands of my my father) awaiting the call to do basic training. It was taking quite a while (I had waited a couple of months) and I decided to try the US military hoping it would be easier, however the recruiters wanted me in but in order to obtain US citizenship I had to have a green card which was a large obstacle.

Eventually after another couple of months I received a call stating that I had been rejected as I was a 'security risk'. This might have been a result of my legal issue which, though it was claimed I had no record could be paradoxically researched and discovered by the military. However the jewish interviewer may also have had his hand in-but this could never be known by myself.

I decided that I would return to the city once more and attempt to do more school. I had again the misfortune of living in poverty attempting to find a place on a dental floss budget. I was staying at a hostel at that time and the proprietor was a nigger who was supervised by a jew which latter claimed that "everything was just his perception" and that for this reason he didn't care about others or their issues. From this place I managed to find a place with some extremely neurotic christian female who was trying to play the yuppie role of status seeker and yet had to live in a mediocre house on the side of the main avenue that was concentrated with redskins and ghetto savages. She was apparently dating some jew who appeared to be using her for his salacious cthonic pursuits. She had a copy of the jew J.D.Salinger's "The Catcher in The Rye" which out of vengeance I stole from her as she stated it was her favorite book. This was owing to the fact that she was making me very aggitated with her neurotic spying and interrogation and had claimed I owed her a large phone bill though she stated long distance calls were free.

I had at one point during the short time I was with her accompanied her and her friends to a pub where they could subtly interrogate me. They were playing a game that entailed the participants' answering questions that were of a typically christian nature related to such hypothetical instances of "what would you do if x?" and "do you consider x good or evil?" this as a means of finding out if I was 'evil' in their understanding of the term. After having it demanded of me that I pay the phone bill I decided to leave in an impromptu manner without giving notice and had the misfortune to have left my collection of vintage G.I.Joe action figures there. Such is karma.

From thence I moved into a quasi-nationalists house in the trendy area, someone who was an apparently 'ethnically conscious' Canadian of Scottish descent. He had staying with him two others one of whom was Irish and had a jewish girlfriend who stated her job was to 'sell a concept'. The other room-mate was a half-irish/half swiss teenage punk who may have been a crypto jew and who was studying to become a locksmith. I eventually had to leave the place as the extreme passive-aggression of the Irish deviant was intolerable.

Perhaps this was yet another trap designed by the cabal?

From this place I returned to the hostel as far as I can recall, the constant movements of my shiftless life of impoverishment having become lost in a tangle of memories. At this particular hostel, situated in the trendy area of the city where all of the leftist communists dwelt (university professors; professionals; welfare bums and students as well as assorted other yuppies).

There I was discussing the fact that the holyhoax didn't happen with a young German guy and at that very moment a couple of jewish teenagers came in and were eavesdropping and the young girl burst out in crocodile tears "my grandmother died in the holocaust" which was barely credible as this was the mid 2000s and she was a teenager. The two went out the door and the next day I received a knock on my door to the attic room where I was staying as far away from others as possible by the nigger proprietor. He stated that I had to leave as I was spreading hate, but luckily his decision was overturned by the jewish desk clerk who stated my motives were probably 'pretty pure'. I suppose they didn't have adequate grounds and thus didn't want to press the issue with me. Note to self: always oppose the jew, never acquiesce to his demands or implied threats unless it is a life- threatening matter, where it would be highly probable you or those you love could be harmed. On some occasions even this must be opposed at the expense of one's life as the goal of the cabal is the murder of the White race. It is thus up to the individual to decide whether any particular opposition is worth the risk of whatever loss the jew has the power to impose upon him and his kind.

At that time another creepy hosteler, a race-mixed freak who claimed that he was attending university in Las Vegas entered and attempted to involve himself in degenerate behavior with me. He was affiliated with a rather jewy looking female who I went to a scenic area with (honey trap?). She bragged about her alleged aristocratic ancestry and yet looked rather pasty like a jew. Soon after he left he was replaced by a reeking Malaysian who stunk the place up with fried chicken which he allowed to sit out. After awhile (perhaps after a couple of days) the room became clouded with a mist of sorts and I complained getting him evicted. I was moved to the downstairs and experienced two other people being thrown out of the hostel into the street which ruined one of the person's ability to finish a trades program sabotaging his life as he had come to the hostel from another province. Such was the hypocritical humanism of 'hosteling international' the globalist organization that prided itself on its altruism.

At this point I was forced to leave as the hostel limits for how many months people could stay during the Winter and Spring was approaching. I managed to find a job working in security for one of the city's most grungy security companies as I continued to wait for my military application which seemingly had no end in sight-I managed to scrape enough cash together to take a course in 'Human Anatomy and Physiology' for my degree which was still uncompleted. I was posted to a construction site in the middle of nowhere and simultaneously I had managed to get a place with a room-mate whom I discovered was a fag. Not having any alternative I decided to chance it and moved in else I would have had to quit and leave the city as money was tight.

When I returned home from the security job which was a night shift I entered the apartment and heard the fag screwing some young Phillipine's-ho (possibly a teenager) in the other room. There was a mannikin head that had makeup painted all over it and a dish of what appeared to be cocaine. I decided to pack my bags and leave that very instant as I had

no willingness to wallow in the mire of this individual's existence. He was the manager of a gay bar which was just adjacent to his apartment block and he spoke to me of how he had been in the military briefly and had decided against remaining as he didn't want to die. As he said so he seemed to have second thoughts understanding as he did the bug chasing self- destructive lifestyle he led.

I was forced to quite the job and leave the city once again. I spent my time studying my course in my hometown in addition to thoroughly investigating racist philosophy and attempting to make contact with like-minded people as a means of integrating myself into a group or organisation. I continued to keep in touch with the military recruiters in hopes that I would finally be able to gain entry and have a means to have a meaningful career but to no avail so I decided once again to return to the city nearest my place of birth and once again work in security.

I was hired by an arab guy who ran a company in the city and who had apparently been a guerilla fighter in Iran. His company was the bottom of the barrel of the city and I worked in the middle of the night. I had managed to get an apartment again in the trendy area wherein the hostel was located and was studying books on cults and mind control. I shifted over to another apartment owing to a disagreement with my friend and roomed with a young Japanese couple.

The arab boss would knock on my window and force me to work at odd times sometimes doing triple shifts but I was afraid to be fired or lose my newfound independence from my alcoholic father so I decided to endure whatever hardship was imposed upon me by the Iranian. I was posted to various construction sites where I read criminological literature and Teutonic mythology as well as abstruse books on formal mathematics and also the philosophy of Oswald Spengler.

I had to take a training course to become licensed and this was put on in a dojo and I took it with a gathering of fellow employees (negros) who I was attempting to awaken to the jewish conspiracy reality. They seemed receptive. The instructor was a Scottish Canadian who had worked in corrections as a corrections officer working the frontlines of the local penitentiary and who had a black belt in Brazilian Jiu Jitsu. he took me aside afterwards noticing that I was explicitly talking about jews during the course and told me that he used to go to the States all the time to meet fellow White activists and that 'the jews weren't that powerful'. Before I could probe him for more information, the owner of the dojo a Brazilian fire fighter approached from the street and that prevented him from answering so he simply advised me to read Karl Jung and I left at that point never to see him again. To this day not being fully aware of what he was intimating regarding the jews' 'not being that powerful' though I suspect now that some form of pro-white occult order or orders exist that are oppositional to the jewish despotism , I am not able to definitively conclude on this matter.

I decided to get another apartment in the same apartment block managing to get away from the uptight Japanese guy who was studying economics and would later go on to hold a Phd in the subject. His girlfriend was always attempting to involve herself in conversation with me also and I felt sorry for having to abruptly leave but I valued independence and didn't care for the neuroticism of the environment and the prissiness of the Japs.. I worked continually throughout the night travelling around the city via bus having to work in wretched conditions on construction sites and at bars and hotels, two of which were notorious for being haunted. My friend, with whom I was living, was being very troublesome in the apartment presumably owing to his sense of inadequacy which itself was a result of the traumatic abuse of our father who had him institutionalized at the age of fourteen after being forcibly medicated and helicoptored to the nearest city where we were living and awakening in psychiatric ward. This in response to our biological father's harassing my friend in a drunken state and my friend having thrown a chair at his head out of self-defense. My friend was also kept in conditions of extreme deprivation as I had been though perhaps to a lesser degree and had styled himself an 'ascectic warrior' when he was undergoing periods of fasting, malnutrition and general deprivation owing to the presumed willful neglect of care on the part of our father. This and countless other acts and omissions on the part of our father leads me to conclude he may have been and perhaps is part of a program of the shadow government to impose trauma based mind control on his own offspring. My friend at the time we were rooming together was studying Crowley and attempting to curse me, taking out his aggression on myself.

At around this time I was working at an office building after hours and encountered a jewish girl who approached me I forget how. This is the modus operandi of the jew: they seemingly (and seemingly is the word) simply approach out of the blue and are a presence in your life. They are presumably used as a pawn of their higher ups and/or through their own agency (or on that of the archons) as a means of subverting the non-jewish 'gentile' and attempting to entangle them in vice or to exploit them for their own advantage. She involved herself in conversation with me and we communicated over facebook, a social media virtual reality platform I had never gone on before. She was going to coordinate a date with me but suddenly suspecting I was what she would call a "white supremacist" which she did via facebook and she broke it off at the last minute. Her proposed walk was with her golden retriever 'Louie' which I had heard is some form of occult reference and this is the way they can get you alone, possibly for ritual murder or other forms of corruption. I mentioned her name 'Rotem' to one of my arab coworkers, a Syrian named 'Hassan' and he stated he knew her. The name was apparently androgynous and applied equally to men and women in Hebrew. She was apparently from the state of Israel. Hassan bragged about how he involved himself with a Norwegian girl and was perpetually attempting to undermine me shining a bright halogen flashlight in my eyes for which I reprimanded him. He attempted to get me fired also.

On the same construction site in a blue collar area I was forced to work alongside a couple of niggers from Ethiopia; Eritrea; Somalia and Sudan as well as Kenya. One Eritrean told me a story and seemed to delight in doing so, of a white couple who, while on African safari fell prey to lions with the wife being eaten. The nigger game wardens who were accompanying the elderly couple refused to do anything claiming that the lions were a protected category of animal. On another occasion on this site I spoke to a Somalian who had been an officer in the armored division in Somalia and who had icy blue eyes and Nordic features and also stated the jews were 'devils' when I spoke to him of them.

I was shifted over to a ghetto apartment in the central park of the city. This particular den of iniquity was once an upscale condo unit which had a swimming pool in which a child had drowned (or been drowned!). It had been converted into a ghetto block filled with more bedbugs than redskins and niggers and had on the ground floor a convenience store that was run (presumably via government grant courtesy of the white tax slaves) by a Sudanese nigger who used it as a cover to run drugs out of the back and prostitute redskin females. The place was thus a multipurpose domicile: a place of 'convenience' for johns and pimps, druggies, dealers and residents.

I met the jewish rental property manager there, an uptight, neurotic Irish-jewish hybrid who seemed to have a severe mental problem with me. I spent my time reading Aristotle there and did ten hour shifts for sixty seven days straight as a means of saving money so I could escape this city of vice as I was uncertain when I would be able to gain entry into the military no definitive response still forthcoming. I would hear gunshots going off nightly surrounding the block and had encounters with police crashing into the building in response to redskins smashing vehicle windows; pulling fire alarms and other nefarious dealings. The race-mixing white trash caretaker would always come around and annoy me with his low minded conversation and play with his mongrel children and the pigeons around the dumpster. At around this time I was reading Otto Weininger's "Sex and Character" and finishing off my last course to complete my degree.

I had not taken any 'in person' courses for one and a half years and I could comparing the quality of the course delivery and content observe the decline in what called itself academia even in that short time span. The instructor of the kinesiology course I was taking was a South American mestizo bimbo (possible crypto jew) judo expert who wore flimsy diaphanous shirts which revealed her nakedness leaving nothing to the imagination (apparently she didn't wear bras), this presumably as a means of currying favor with her young male demographic and boosting her instructor evaluation. Finally I had finished my schooling and would leave the city which for me had become a home away from home. I had managed to scrape together a tax return of some five thousand dollars without which I would never have been able to vacate and would have continued to stagnate in a poverty trap in this city of vice.

Finally I had obtained the means to obtain a better place to live and to escape the murder capital of Canada where I resided which it should be mentioned was and is as of the time of this writing a jewdo-masonic enclave in Canada (the city of Winnipeg in the province of Manitoba the exact geographic center of North American) which was and is ruled ever since at least the jewish staged general strike of the early nineteen hundreds controlled by the jews and played host to high level jewish families such as the Asper family the owner of one of Canada's largest media conglomerates and the creators of the tower of babel called the Canadian Human Rights Museum which is another symbol of their supremacy mainly being a holyhoax propaganda vehicle ('victimhood on parade'). Their alleged holyhoax usurping the bulk of the building. This building was designed by themselves and their architects to represent the tower of babel and cost the taxpaying slave caste many millions for its construction: paid by whites to facilitate jewish supremacism and the white genocide agenda (vilification of whites).I was finally able to escape this city which had constituted a poverty trap for me as well as a presumed panopticon prison though at the time I was unaware of its scope or function and that I was a targeted individual.

I had coordinated via facebook to meet a few prospective roommates who owned houses in Victoria and managed to find a place. When I had gone there to meet the person I had also encountered their neighbor who was I came to understand retrospectively, a jew who claimed to be of Greek origin. She involved herself in conversation with me and I decided it would be better to live in her place as there were less room-mates and so I shifted over. Perhaps she had deliberately enticed me into the residence as part of her role in the cabal (I was enticed by the greater space and less room-mates as well as less cost). This I will never know for certain. While there she attempted to discover information about me and referenced Hitler and the holocaust several times though I didn't understand the implied meaning of the statement at the time (trying to elicit a reaction to assess whether the gentile could be a threat to the jews' despotism). Her mother, who lived on the other side of the duplex, was often listening to me on the other side of the wall. The young female (she was thirty five) claimed she worked as a painter and made a sizeable income of over 1 million per year gross according to her business flow chart I observed in her basement. Perhaps her business was simply a cover for more nefarious activities? I left when she wanted me to pay my friend's room rent claiming I was responsible for him-I had enabled him to come and obtain a room in her house out of an altruistic desire to assist him and our father had refused to pay the money after his false promises leading us to have to relocate to an extended stay hotel in the downtown area which was surrounded by meth heads. My friend stayed in the porch and I, who paid the lion's share, occupied the room which had a single bed. I was working graveyard shifts in security and still awaiting entry into the military.

I spoke to the recruiters in the navy and the officer there stated that it would be about nine months remaining should I be accepted. I was starting to become anxious about not being accepted as it had been over years since I had applied and I was thinking that I should plan on taking more school in the event I was rejected. Since Winnipeg was the only place I knew and I had connections to obtain employment there and it was a comparatively inexpensive place (in Victoria at this time in 2009 I was paying over a thousand dollars a month to rent a room in a hotel and making only twelve dollars an hour) and thus I anticipated I would be able to obtain more money and thus add to my degree. However, upon arriving again in Winnipeg my employer stated that given the mortgage crisis that was occurring in the states and having a global economic impact I was not able to receive as many work hours previously and I once again wound up in a poverty trap as before.

The jewish rental property manager of the building I had lived in prior to my departure for Victoria accepted me in as a resident, perhaps so the jews could keep tabs on me there. When I left this same jewish female Irish hybrid submitted me to a collections agent and got me bad credit. I left as I had finally gotten accepted into the Navy after over two and a half years of waiting.

Upon my arrival in the military I was immersed in a seventy two person platoon amongst which were openly professing communists, a couple of jewish plants (some of whom were fags) and the average fare of Canadian conservatards and youth seeking career opportunities.

I was very vocal amongst the recruits regarding the jewish question and was spied on and targeted by them. I was unaware at the time of the extent of the jewish panopticon and the influence and power of the jew and was uninhibited in my attempt to expose the jewish tyranny which was one of the principle reasons for my joining the military: so that I could play a role in opposing jewish supremacy and the white genocide agenda. According to reports I had heard while training in the military the platoon I was part of was the worst of all of those training and there was a fairly consistent attempt to demoralize us. The training was very limp wristed and consisted largely of a degradation of my health through what I assumed incorrectly at the time to have been forced vaccinations (of which I had five at once); sleep deprivation (averaging about four and a half hours per night) and constant petty belittling and mote picking on the part of my fellow recruits. One of the drill sargeants claimed the limp wristed nature of the training was to reduce everyone to a state of equality- democratic inefficiency in action once again-the force of disintegration through the integration of the strong and the weak (mentally; physically and spiritually)

Perhaps this was influenced in part or in whole by the jewish plants and by the drill sargeants who wanted to edge me out? Of this I am uncertain but i decided at the time that it was not an environment I desired to be a part of and sought a voluntary release. I was contemplating returning to Victoria as I preferred the place but had minimal funds and

decided I would return to Winnipeg to pursue other plans.

I managed to find an apartment with an old client of my previous security company and had a jewish rental property manager enable me to obtain an apartment adjacent to my alma mater. I managed to convince them I would be a good tenant as the previous jewish rental property manager had gotten me bad credit without cause which I had discovered when I sought to apply to the company. I managed to gain entry and worked again in the middle of the night at random locations. I had reapplied to the military as I had regretted my decision and decided that I should apply as an officer and remain in Winnipeg applying to the airforce.

I was forced to work on call 24/7 and only in a part time/casual capacity for a variety of companies such that my schedule was very chaotic. I invited my friend to live with me again and we illegally constructed a partition in the apartment as means of creating separation in a bachelor apartment so that the rent could be afforded. One of the buildings I was forced to work in was an apartment block which was filled with jews and I was forced to work with a female negro from Ethiopia and was subjected to backbiting slander and harassment by the retiree jews who had nothing better to fill their time on the site.

I was posted to a complex of apartment buildings which were connected via an underground passage and which were highly concentrated with jews-another jew beehive warren that I, the death's head moth, was appointed to 'guard'. I was subject to constant monitoring on the site and harassment by the jews who infested this 'hive'. Almost out of an instinctive animosity towards the jews who occupied the place I deliberately snooped around the sub-basement of the complex which had a daedalian maze of old storage units made out of wood with only flimsy locks. Since I was always interested in locks I decided I would try my hand at a little B & E. I took a screwdriver and screwed off the hinges on the locked doors thereby gaining access and sequestered a fair amount of loot that presumably mainly old retiree jews had stocked away though nothing of any negotiable value. I was being interrogated on site by jews and by one half-breed metis security guard ('metis' meaning crocodile fat in Egypt which was used for anointing pharoahs but presumably is a joke on the part of the occultists who rule Canada applied to the mongrel halfbreed redskin-white hybrids who receive free money monthly from the white tax slaves for alleged 'reparations' or whatever the excuse may be). I managed to get off the site with a fair amount of trinkets such as fishing poles, reels and lines as well as other things which I was looking forward to employing on the property in BC. In addition I conferred upon myself a trophy I had absconded with and used an engraver to engrave 'security' on it in place of the label it had previously.

Another Site I was posted to was a jewish old folks home with a synagogue attached. I was instructed by the jewish person in charge not to eat in the synagogue area but I did anyway out of spite and left a can of tuna in the garbage.

I managed to acquire employment with another security company, the world's largest and was hired by the jewish human resources person(female). I was posted to various liquor stores that were run by jews and was harassed and mocked by the jews on site. From that point I was posted to a full time shift at another location as the jews were complaining about me and wanted me removed from the site. I was posted to an underground shopping mall doing night shift work which was located around high priced lawyer's offices and I worked alongside a crypto jew who I was unaware was jewish though he made indirect references to his being of partial Norman stock who were apparently bound up with jews in some way. He would always bully the redskin vagrants who hung around on the site and when he discovered one passed out he would drag these by their pant cuffs out into thirty below weather and leave them there. I was kicked off this site for alleged rudeness for not catering to the jews and other shabbos goy lawyer lackeys in the office. I was posted to another site in an apartment block where I was forced to deal with rude token minorities and others as had happened so many times previous.

At around this time I was presented with what was represented as the offer of a lifetime by my father who inveigled me into a proposed 'business project' for the establishment of what called a 'bee farm'(apiary) on his father's land outside of Vancouver. I was relieved to have such a prospect to escape working nightshift and having the prospect of a more comfortable life, for he represented himself as having the ability (both financially and mentally) to establish a sustainable business venture on that land. My intention was to create a white community there and to other whites to live free on the land. Accordingly I decided to forgo my military application and was forced to quit my job to relocate as he stated he needed me to occupy his mother's place and to take care of her while he drove someone's truck to another province for a trifling sum.

Since I anticipated my return to my hometown would signify the beginning of my future life I happily quit my job and relocated. Unfortunately in doing so I was stepping into a trap that would serve to be the ruination of the sad life I had been subjected to at the hands of my father and the J.O.G (jewish occupation government)and all of its negative consequences-the erosion of my sense of self worth which I had taken years to overcome. I now had a slight confidence and was soon to understand the nature of psychopathy and all of the techniques the manipulative untermenschen employ in their subterranean game of power: gaslighting; sabotage of others; implicit slander; creation of dependency; a general erosion of self worth through the belittling and undermining of my character. Only this time as an adult I was able better to perceive the method of the madness of a malignant narcissistic psychopath-my father.

I had relocated to my hometown under the belief that it would only be five months before I would be able to get to the west coast and begin a new life with greater opportunities and prospects. However, to my disappointment he was not able to transfer his mother to the old folks home and sell her house as he had sold all of the other properties he had inherited from them prior to that point and thus I was forced to once again return to the city and find another job.

At around this time I had secured full time employment with the largest security company on earth and was working at a Boeing aerospace plant which manufactured airplane parts. At one point I was posted on the periphery of the site when the then prime minister of Canada Stephen Harper came to commemorate the F16 fighter jet that was being made there and I observed the unprofessionalism of the CSIS security workers who idled about. Tony Clement, one of the ministers of parliament came by and told me to open the gate. I simply gestured towards it and said 'go ahead'. he stated imperiously: " Do you know who I am?" in response to which I shook my head and he opened the gate and walked off with exasperation followed by his CSIS guards. At this time I was working on the site and was being badgered by a nigger coworker who was always calling me a skinhead and a 'robot' as I was not as emotionally unbalanced as himself. I attempted to complain about him and his abuse to the company but to no avail. On another occasion another nigger who was working for Boeing was harassing me without cause and I spoke to him in what he determined was a rude manner. He complained about me to my company and I was fired. I attempted to seek justice with the alleged 'human rights' person of the company, an Irish bureaucratic whore, but to no avail. I came to understand that White people have no 'equal justice' in the country of their ancestors.

After having been fired from the second largest security company I managed to obtain yet further work for a few others and was again on call part-time/casual barely having enough money to scrape by. I had attempted again to apply to the military this time for the reserves while I waited for my father to be ready for his proposed business project to begin. I was accepted by a presumably racially conscious officer into the army reserves and had intended to develop some skills and acquire some money in the event that it would be of use in shifting over to the west coast as the Canadian military has basic training common to all elements (land, sea and air). While there I again spoke of the jews to the recruits and one of their number attempted to turn them against me. I observed one time he muttered under his breath "we gotta get Dell" referring to my old last name that I had prior to changing mine. I also had a drill instructor who was a jew while in the training which was held on weekends. I became very sick almost as if I had been poisoned while there. I decided I would quit because I couldn't tolerate the filthy conditions and the poor quality food and fluoride water I was forced to drink.

I was working security at another Boeing aerospace location for another company and had a supervisor who was a Jew and with whom I had some interesting discussion as well as with another Jewish supervisor who was a control freak psychopath. I had also worked for some time at a hospital doing night shifts at this time and with yet another Jew who dressed in army fatigues outside of his uniform. One last site I worked at prior to my leaving the city of Winnipeg was an office building of a telecommunications company. I would 'investigate' the place by roaming around the offices and gathering trinkets such as taking some of the office worker's degrees and making photocopies of them and taking the meat out of their lunches in their staff fridges as a means of augmenting my meagre fare of ten dollar a day food budget. I would also workout on the site in the staff exercise room. One of the security workers was an Israeli Jew who claimed he was studying to be a doctor and was a very arrogant and contemptuous 'person' similar in his behavior to another Israeli Jew I had encountered with the Iranians' company who bragged about his knife skills and how he was seeking to become an RCMP officer (the federal police of Canada: Royal Canadian Mounted Police the private army of the crown of England) and had been in the IDF (Israeli Defense Force). The former Iranian boss seemed to be a (quasi?) criminal and possibly was using his company to conscript jihadists. He also had a former Iranian special forces officer in his company who was an engineer. In working at the telecommunications place I ensured that I left the Israeli with an extra large workload when I left abruptly to finally begin the transition over to the west coast.

I had completed a personal training certificate at this time as a means of doing something productive while I waited for developments to occur and relocate away from the city after the proposed business project. I decided I would try my hand at personal training as I had everything to gain and nothing to lose save a little time on my part. I communicated with a crypto-Jew who ran the Canadian Association for Exercise Physiologists and who trained people out of the downtown YMCA, a ghetto enclave for Negroes and Redskins and office workers and he said that I could be a member of the organization given that I fulfilled the requirements. I decided I would attempt to show the results of my then nearly fourteen years of experience in exercise and diet fanaticism with others and so advertised on an online community forum. The only responses I received were from one person who stood me up forcing me to go to the ghetto gym and look like a fool waiting and another guy who claimed he was training for the RCMP. Unfortunately at that time I was unable to continue with the training as my father decided it was 'go time'-so I packed up my bags and left to return home (which at that point I still viewed as a home).

The subsequent period of my life was lived without much in the way of Jewish interloping so far as I could tell though at the time I was yet unaware of their tactics of gangstalking- the means through which they spy on and harass the 'goyim' who are not obsequious slaves to themselves. I relocated to my hometown where I was to live with my father and to refurbish his mother's house in preparation for its sale as a means of having

sufficient working capital to establish the proposed 'bee farm' outside of Vancouver. At the time I was reading a lot of bioanthropological works as well as fanatically obsessing about various dietary modalities and doing a lot of experimentation with strength training and dietary modalities following a ketogenic diet as discussed in the appendix "Hell-th: An Indictment of the (ill) Health and (un)Fitness Industry".

I had attempted to seek employment there but was again stymied from obtaining any by the chief administrative officer of the town, the same former hockey coach and freemason whose office was located adjacent to the house and who I could view through the window. He decided (in spite of my considerable experience in the field of kinesiology and the fact that I had a degree with course content as well as a personal training certificate) to give a job that was available of a fitness coordinator to a jewish female with whom I had grown up and who had lived a few houses down from me. Her father was a geologist and mother a teacher which, as far as I've come to understand is the general classist modus operandi of the jewish occupation government (J.O.G)-to ensure that jews are given pride of place and that only establishment people who are born into their system succeed.

My father was continuing to reciprocate his habitual cycle of abuse of chronic inebriation and I was trapped in his mother's place without any means of escape. I lent him the remainder of my savings so that he could pay his astronomical oil bill that he had wracked up. Incidentally I should note that he sabotaged his father 's business and the business property that his father had devoted his life to creating was bulldozed by the town from his failure to pay taxes. This it turned out was the conventional modus operandi of this habitue of the dens of iniquity that populated the district like poisonous mushrooms and which were also as was the beer and liquor store, run and staffed by jews who profited off the misery of the whites both poor and rich (see the "Anti-Alcohol: Purging the Poison" pamphlet for insight into the jews and their control of the alcohol industry and their motive so for doing so; profit; genocide and the building up of the police state, written by the author).

My father continued to impose upon me his traumatic abuse perpetually attempting to interfere in my research and exercise experimentation and to employ all manner of insidious gaslighting techniques to elicit emotional reactions from myself which, in conjunction with a ketogenic diet, were not difficult to do. One example comes to mind which he would repeat incessantly throughout the entire time I had the misfortune to deal with him and which created massive stress and near psychological debilitation was to interrupt every meal I ate which I did on a routine schedule usually every four hours-he would leave at a certain point and deliberately arrive at the exact moment I was raising my spoon to my lips planning his entire day around my meal schedule and his access to the den of iniquity called 'the bar' mainly the one located just a block away called "the bomb" which was a pun on the town called Balmertown and which was run by a greasy kike with gold teeth.

The renovations to the house were gone about in an extremely sluggish fashion and I became desperate to begin my life which I had now put into his hands and become dependent upon him. He had represented to me that the property was valued at over a million dollars and that if it didn't succeed as a business both my friend and myself would be able to come away with twenty percent of its sale price which would have amounted to around two hundred thousand. Thus I deemed it prudent to keep my hand in. However I was desperate to achieve things and relocated to the mountains of BC and live with my friend and hope to achieve things in the process. It wound up not working out with him owing to his irrational unwillingness to accomodate my sleep as I had managed to acquire work in security which necessitated sleeping during the day and working at night. I worked at a celebration in a nearby town and observed the corruption of the RCMP punching a young white blue collar guy in the face so he would stop talking.

I was only able to escape the town after my friend kicked me out after I broke down on a payphone in tears speaking to my father and demanding he give me back my money I had lent him to pay his oil bill so I could avoid homelessness. My mother who lived in the town paid for my ticket as my father had already squandered most of the money and would only repay a portion. I was thus back again with my father in my reclusive hometown trapped. At this point, in spite of his initial representation that he would furnish me with an adequate quantity/quality of healthy food he started manipulating me and only purchasing low quality food or forcing me to pay for it out of the remaining sums of money I had that I garnered through selling off his silver coin collection to a convenience store owner. I thus, when the money ran out was forced to go to the butchers and obtain butcher scraps for food of which he attempted to take the lion's share of the best quality claiming he was going to give it to his friends in his typically specious reasoning, convincing himself that what was wrong (theft) was right and my attempts to consume the rotten fruits of my hard labor of having to walk in the middle of the town with an open box of butcher scraps for all to see were unjustified. He would hang around a halfbreed redskin cab driver called 'shots' Mercer (crypto jew?) and another guy called 'frenchie' who ran the garbage dump and follow his disreputable and degenerate lifestyle in which he drank away all of his parent's money leaving the four bedroom house a block and a half away his father had built for him empty eventually selling it and all of their other properties. The sad irony lay in that all (without exception) of the properties he sold off were sold to race mixed beings and non-whites save that particular residence almost as if he in his pathologically deviant mind were punishing himself for inheriting property and simply wasting it: easy come easy go.

At this time I discovered a lot of information about freemasonry, read George Lincoln Rockwell's "White Power" and the "The Protocols of the Elders Zion" as well as discovering a lot of the particular means being employed by jews to genocide whites(chemtrails; vaccinations; cell towers,etc.). At this point I attempted to impress upon the alcoholized brain of my father the necessity to establish a survival retreat with his parents money either on

the land outside of Vancouver or elsewhere but he would simply claim my arguments were a 'good idea' and continue to drink and idle about wasting time and effort.

At around this time he was being increasingly belligerent and manipulative largely owing to the lack of sunshine of the prolonged winter, and began to turn on me to a greater extent having nothing better to do but occupy his egocentric consciousness with gaslighting and manipulation tactics which I opposed, at times through force, throwing a snowball at his face on one of his childishly orchestrated 'rebel without a cause' moments where he refused to listen to reason in simply selling off the properties and relocating. One time he arrived drunk after I had almost had a breakdown owing to his abusive gaslighting and pushed his way into my room saying as he thrust money into my hand: "I've decided-so you want to go- go!" giving me a mere \$1200 that I was supposed to leave with and to abandon all of my material goods. Eventually I persuaded him to leave me alone and and was thus able to stay. Given the nature of the events occurring with the White genocide agenda I thought it would be best to simply have the property in Surrey sold and to purchase houses in my home district to rent out to people which would have been the financially prudent path. he kept saying it would be a 'good idea' but qualified everything I said and argued for and persisted in doing what he wanted anyway. Finally he managed to get enough cash and I went to Surrey to scout out the place and set up.

While journeying to Surrey for the first time I had made arrangements in advance with a hostel that was presumably run by jews (this I discovered upon seeing their swarthy faces). I went in and attempted to pay but I was subjected to manipulation by the evil jewess who staffed the place who claimed "I didn't look friendly" and who refused me admission. I protested and claimed that I had made reservations but they were adamant so I eventually left and while journeying around the downtown of Vancouver I stumbled upon a bureaucracy adjacent the hostel which purported to assist in finding accomodations for people and they stated that the hostel did that to people all the time. I was thus forced to expend more resources (money) in finding basic accomodations.

Upon my arrival in Surrey I found a room in a down and out extended stay hotel whose proprietor appeared to be a jew, a rough looking wooly haired kike who employed a south sea islander who was his puppet slave and who involved himself with me in conversation and who claimed he had worked for the RCMP. I tried to wake him up to the jewish issue and he used that as a pretext to brag about his RCMP affiliation as an alleged cook.

While there I looked on social media for people to hang out with. I, not understanding the nature of nonwhites at the time in my naivete invited a Phillipines'-ho over and he displayed behavior of a homosexual kind attempting to involve himself with me in sexual activity. I declined and brought his visit to a rapid close from that point.

I wandered from the Vancouver airport and found my way onto the property which was surrounded by East Indians who had largely colonized the area having thirteen bedroom houses filled with their family relations, vicious guard dogs and electronic gates with moats surrounding their farms and their old grandparents picking berries in exchange for citizenship. The property was adjacent to one of the remaining white farms which was a winery and controlled by an old German Canadian couple who allowed me to live off their property in a farm shack which had no running water or fridge. I managed to obtain employment working in security again and it was very difficult to travel to and from work sites where I was located. At the time I was still following a ketogenic diet eating raw hamburger with butter slices and raw eggs which I obtained from the nearby farm run by an Italian. I would workout in the YMCA which was twenty minutes walking distance from the farm. While there a jew was always attempting to involve himself in conversation with me and make statements about me and I was monitored and watched by the RCMP and EMS. One time I was followed from behind by the RCMP and becoming annoyed stopped and waved them forward. They rushed up to me in their vehicle and searched my bag illegally patting me down and made moralizing comments about my book on steroids I had borrowed from the library. I was attempting to assist the farmer with his wire rope business and would do some of his dog work on the side in exchange for a pittance.

I worked for an arrogant Chinese client on one of my security sites at a bowling alley in Surrey and he would harass and badger me making all manner of aspersions about my character. I observed some Arabs in the bowling alley who appeared to want to become assimilated into the cloaca gentium of the postmodern J.O.G (jewish occupation government) system. I felt pity for them having had their societies and culture destroyed and being enticed into the panem e circenses of the jew system to drink of the wine of Babylon. I experienced similar things around on my security sites observing the arrogance of the Chinese, that pestilential miasma from the East that plays second fiddle to the jews.

One site I worked at was a Mcdonald's in the poor area of Vancouver and observed bums tying off in the washroom and being harassed by a couple of jews who were in an inebriated state and who attempted to challenge me but I warded them off with a snap kick- a fatality! I decided to switch companies hoping to obtain full time work and was hired by a couple of them. One of them was managed by an East Indian and another was supervised by an East Indian race-mixer who had an arrogant, condescending white female who spent her time making backhanded insults against me as the East Indian guy drove me to one of the sites. Another company I worked for within the few short months I lived there was staffed with a Phillipino guy with whom I was partnered at another Mcdonald's and he stated that "different people weren't meant to be together". While there a jewish punk whose last name was Diamond who was apparently affiliated with organized crime in the affluent city of White Rock punched out a customer randomly and the RCMP police subjected the person who had just been knocked out to interrogation having no expression of empathy for him at all.

Another incident with the RCMP I observed occurred with a couple of teenagers who were placed up against the Mcdonald's wall without any justification and randomly searched without cause.

Needing extra money as I couldn't obtain enough work I sought employment on the side with the Italian farmer who put on a Halloween haunted house for children but he stated didn't have any. One of his employees was a young Anglo-Saxon guy whose family had lived in the area for generations and who had been reduced to poverty and had to have recourse to driving a bmx bike for over an hours commute each way in order to do the work for his boss who was a good natured person. The Italian I discovered a couple of years later died through apparently being gored by a bull the newspapers claimed though the East Indians in the area were possibly gunning for him as they wanted his land and constituted an ethnic mafia in the area (bene Israel-the jews of India).

What forced me out of the area eventually was my hearing fireworks go off in the middle of the night and my calling the police in response thinking that there was gunfire going off. The police dispatcher for the RCMP an East Indian political whore had a rude attitude and referenced that it was an East Indian celebration and I told her "my mistake sorry" and hung up but she called again and spoke rudely to me and dispatched approximately five RCMP vehicles to my small farm shack anyway and I was greeted with the guns of the RCMP. I was nearly shot by them owing to the malevolent incompetence of the non-white J.O.Gbot (jewish occupation government robot) and my reputation in the area was ruined. I thus had to leave as the old farmer was shooting buckshot over the roof of the shack making a display of his animosity thinking I was involved in drugs or something of the sort. I accordingly returned to my hometown once again as it was getting cold in the farmshack anyway and I didn't have adequate funds to remain in the area.

Back in my hometown things were grinding away meaninglessly as I came to understand that my father's life consisted of little more than pouring liquor down his throat and roaming around aimlessly in his father's Cadillac throughout the day while I was trapped in the place without any vehicle to go anywhere or means to obtain employment or to escape the place in a town of just over a thousand people and the adjacent town of three thousand being over fifteen kilometers away.

Eventually I used some of the money I had earned in security to move out to where my friend was and attempted to obtain more security work. There was not much available in the way of employment so I spent my time studying and reading in addition to taking buses into the small twenty thousand person city from the town I was staying in, a sky resort town and spent my time stealing from box stores, a continuation of my activities in Surrey, what I called "the great gathering", employing my loss prevention skills against the so-called 'corporate monster'-all of the stores were owned and operated by jews I suspected and it would have been a reasonable suspicion. I would go to grocery stores and fill up bags with

ground parmesian cheese and enter it in as 'bread crumbs' as well as steal baker's chocolate and expensive aged cheeses placing them outside in the garden center in Walmart especially near the fences and exiting the store and snatching them up outside of the store, pulling them under the fence. I did this also with padlocks and pocket knives amongst various other gimcracks none of which I was caught for. I made up a certificate to reward myself and titled it 'loss officer' a well deserved certification indeed.

At around this time my father had finally sold off the house to a buyer I had found (the only person who had made an offer), a mulatto who had a jewish wife and who was presumably a jew himself. I had played hockey with his son as a child and his son was apparently springboarded into the stratosphere of the hierarchy of my town and had inveigled himself into the good graces of a white female with whom I had gone to school. The only thing that mattered to my father however, was the bottom line as he had no racial loyalty or desire to preserve his familial legacy and, according to the Aryan tradition, transmit his inheritance via primogeniture to his first born son, myself, which I was to come to know and painfully as my unfortunate experiences with my father continued to play themselves out in the theater of the real.

My father showed up in his beaten up truck that I would come to despise as so many others had undoubtedly come to despise him throughout his life of self-indulgent inebriation and wastefulness of assets, roaming around in his parent's vehicles and drinking and driving, seeking to slake his thirst of the bottle. Perhaps, as stated previously, pity should be extended to him as he was and is probably a product of trauma based mind control himself. But perhaps one should steel his heart to pity? He, my friend and I piled into the truck which was towing a very heavy trailer filled with hundreds of pounds of stuff like the Beverly hillbillies and he drove off to Surrey.

In the mountains the wheels of the vehicle caught fire owing to the amount of friction the sheer weight of the trailer placed upon the brakepads and my father had to change the tire. We stopped over in the Okanagan Valley of British Columbia which was a hotspot of occultism and were spied on by various people in our hotels. Eventually we made it to Surrey and stayed in a hotel run by East Indians. My father made a big scene urinating in public in a drunken state and nearly got us kicked out. He would self-importantly attempt to portray himself as a business man which was the costume he wore throughout his life in the theater of the real, creating the appearance of being a superior mortal to conceal the abject failure that was his life.

Again I was largely cut out of the loop as he pretended to 'transact business' with the city, spending his time mainly in childish inebriation and roaming around playing god as was the usual course of his life, with his biological offspring's future. He had communicated to me that he would possibly be selling the land instead of relocating there as if it didn't matter that I had given up at that point, one and a half years of my life. This was a year before. We were

in traffic at one point the second time of my being there and he, becoming stressed out and panicky in traffic all of sudden threw up his hands and said "I'm just going to sell the land!" which sabotaged out future plans. He had stated that he wouldn't give us our twenty percent portion of the property either and that the sale of the property was bound up with the estate of his mother who owned half and when she expired his two sisters inheriting a third each of the half making him the owner of only a half and a third of the property. This completely sabotaged my life's plans but I held out hope for at least some compensation adequate enough for me to take some schooling or have a possibility of keeping my head above water and avoiding drowning in the poverty trap in the desperate struggle for existence that is the hypocrisy of the democratic plutocrat regime of the J.O.G.

Since he had blown a hole in the ship of enterprise and all but sank it, we had to make an escape like rats fleeing a sinking ship. I decided I would return once again to Winnipeg and take school and reapply to the military. I wasted the small amount of money I had forced my father to pay me as wages for nearly the two years he had wasted making myself available to assist in the renovation of his mother's house. I found an apartment in the city adjacent to law courts, a building owned by a jew who had a caretaker who was a jewish fag who wore a hammer and sickle shirt. While there a jewish female occupied an adjacent room and would listen through the walls to me listening to Jeff Rense's conspiracy radio show which discussed zionists and jews and various peripheral topics. The landlord and caretaker occupied the basement underneath my suite one time and were listening to my friend and I talk about jews. When he mentioned he thought they worshipped 'the Demiurge' they were very silent underneath the floor almost as if they had been caught. At that time I had attempted to join the navy reserves and was accepted in by a negro recruiter. While there a couple of jewish reservists who were teachers were referencing the synagogue as a means of trying to elicit a reaction from me to discover whether I would react in some way. I was forced by a security company I was working with to work in a dangerous environment in a grocery store and would have had to work there full time just to pay the bills and for that reason wasn't too keen on sticking around.

I did security in a hotel where a large number of redskins were given free lodgings as they were flooded out of their reserve. This may have been deliberately through the use of directed energy weapons (H.A.A.R.P) in tandem with chemtrails to create a cooling of the atmosphere which caused precipitation that could be localized and create flooding. At the time I wasn't aware of these issues though I was reading Fritz Springmeier's books "How the Illuminati Create a Total, Undetectable, Mind Controlled Slave" and "Deeper Insights into the Illuminati Formula" for trauma-based mind control. The redskins at the site were receiving fifty dollars a day per person for food-almost as much as I spent in a week. One redskin female was allegedly studying some form of school and yet was mainly listening to music. Another redskin was gobbling up whole plates of fruit and leaving most of it for the flies while I had only scraps of raw hamburger meat and was paid minimum wage to consign

myself to staying up in the middle of the night and never seeing the sun. Another redskin on the site, who allegedly was a political hack for his tribe was chronically inebriated and had a belligerent attitude. I believe that I was removed from the site for not being sufficiently obsequious. Rather than to continue to be subjected to the abuse I decided I would persuade my father to relocate to the country and escape the chaos of the city as I was also being spied upon continually by what appeared to be office workers in the adjacent property as well as police helicopters flying around the downtown and irritating me, one of which followed me along a main avenue and back to my apartment right over my head.

If it weren't for me the remaining assets of my grandmother's house would have been wasted as this was the modus operandi of my father. I managed to persuade him to leave and made plans for a possible permanent relocation to the country and potentially to resume my previous plans to apply to the military as an airforce officer. I was however still waiting for what I anticipated would be a 'big payoff' so I could potentially buy a small property of my own and/or pool resources with my friend and father into a residence, a survival retreat, as I was by that time well acquainted with what the jews were doing in their white genocide agenda.

I relocated to the countryside over an hour from the city's perimeter and wound up in the local farming community of seven hundred people. Upon arrival I attempted to reach out to people but received minimal to no feedback as I was an anomaly in their limited horizon world—a stranger who dressed in a strange way and spoke of highly controversial issues that threatened their sense of comfort (false sense of security) namely the jewish problem. I had never been in a more backward town filled with such narrow minded plebeians. Of course a few of the people were decent but largely an unreachable congregation of goyim.

Thankfully there weren't many jews in the town save the owner of the grocery store, bar and a couple of postal workers so far as I could tell. I appreciated the quiet of the country. However I did not appreciate the boisterous alcoholic harassment of my father which continued to perpetuate itself in circumstances in which I was definitely trapped in yet another reclusive small town.

Around this time I was coming to understand that a ketogenic raw paleo diet was not working and was beginning to get run down. I stumbled upon some research on the net about the contaminating nature of meat and was put into a state of fear concerning my health. I researched further and stumbled upon veganism and decided I would experiment. This is covered in "Hell-th: An Indictment of the (ill) Health and (un)Fitness Industry" in the appendix. I began investigating esoteric subjects as some of the conspiracy shows led in a roundabout way to them. I had ordered a wide variety of books and immersed myself in them hoping to come to an understanding of the truth behind the jewish conspiracy and the nature of freemasonry and other subjects. My time in this small town largely consisted of research.

Again the dreary winter was upon me and like the episode of the Simpson's when Mr. Burns and Homer became stranded in a cabin I was trapped again in a dreary set of circumstances with my alcoholic father who would subject me to his gaslighting tactics and to his control of circumstances. He possessed the ability to have the property in Surrey sold and yet stubbornly refused to sign off on legal documents that would grant his conniving sisters the legal right to possess their one sixth part ownership of the property as he was greedy and desired to hold people in his power in the midst of his alcoholic revelry. He had stupidly (again like Homer Simpson in the episode where he loses all of his savings on a game of blackjack: " 18-hit me...21-hit me..d'oh!") not switched the title from his father's half ownership once his father died and his mother inherited his father's share--from thence his sisters inherited each one sixth upon the death of his mother meaning he lost half of its value minus one third amounting to a loss of approximately three hundred to three hundred and fifty thousand dollars--all owing to his negligence. This is the nature of the being I was dealing with--an infantile and egocentric baby boomer of the worst stamp.

It was unfortunately far from over with his deleterious influence on my life--he stated, out of boredom and a desire for amusement presumably, that he was going to visit relations in Medicine Hat, Alberta, a place I had never been before. I decided I would go in hopes of being able to obtain employment and do some schooling prior to the sale of the Surrey property which was a seemingly interminable pursuit.

While there I was staying at his friends basement but was kicked out owing to my having disagreements with him over his harassment of me and depriving me of basic food money. He decided he would get a motel room as he was also thrown out due to his drunkenness and we were then in an extended stay hotel. A few short days later he was pulled over by the police, had his vehicle impounded and was forced to stand trial in another province for prior drunk driving charges over which he had had his license revoked and a nationwide ban on driving. He self importantly told me to 'go and pound pavement and get a job' as he abandoned me in the extended stay motel with inadequate money to pay the rent. There were less than two weeks remaining to stay so I faced homelessness.

At the time I contemplated suicide as my life had been destroyed by his evil influence but the thought I could dispatch him instead and potentially collect inheritance money and have a means to exist decided me against it. I reached out to my mother and she assisted me with money for a bus ticket to her hometown which was a safer place as Medicine Hat was an unknown environment and what I had experienced of it suggested that it was a relatively hostile environment, a police state spy society populated with rough laborers and criminals in its seedy underbelly which was not something those who were not very discerning would be aware of.

I ventured off to my mother's hometown in the mountains of B.C and arrived at midnight at the homeless shelter. She greeted me there and drove me to the shelter and I was signed in by a snobby leftist punk who was studying his marxist courses while he 'worked'-another microcosm of the macrocosm of the classist plutocracy which constitutes the J.O.G system. My attempts to make 'human' conversation with the psychopath were to no avail and I further came to understand the nature of being an unperson in a psychopath society.

I attempted to live in the shelter which was barely tolerable receiving minimal to no sleep owing to a hired security's guards spying on and monitoring the sleepers in the sleeping room where we had to sleep on cots. Of course the females had their own private area and there were none there at the time-so much for equilibrium in terms of advantages conferred by the matriarchy. I attempted to find work even though I had had minimal to no sleep managing to get an interrupted five hours per night. I applied to an East Indian's business and he said he had painting I could do but by that time I was so exhausted I could hardly function and managed to obtain money from my mother to take a plane back to Winnipeg so I could return to Riverton.

I was again forced into circumstances with my father and soon he was able to leave and return to Medicine Hat to freeload off his low life relations, barely able to pay their discount room rental fee. I was finally able to relax and involve myself in research. Unfortunately he had cut off the internet as he was too poor to pay the cost and I was forced to have recourse to the stock of books and the town library's two computers which were situated in a room in the town hall. I made myself more known in terms of my views at that time, the mayor and his secretaries being able to listen to what I was listening to and thus making me even more of a target as their office was contained in the library in another room. At one point in the town, the mailbox was smashed down and there was construction work constantly going on around the house which I found very annoying. I now look upon that in addition to the perpetual spying from houses and vehicles (parked and mobile that would accelerate past my residence) as a sign that I was being subject to harassment in the form of noise pollution.

I was researching a lot into new age philosophy and adhering to a vegan diet. At one point I sensed that there were black shifting shapes bombarding me in a state of heightened sensibility during a fast. Whether this was a mere figment of my imagination (not likely) or the presence of the archons themselves or merely the illusions induced through some form of ELF generator machine as part of the gangstalking I cannot say. I was again forced to leave soon after as my father had not paid his power bills and was unwilling to pay owing to his having spent all of his money he had inherited from the sale of his mother's house on alcohol, drunk driving and restaurant food so I was again forced to leave and was given enough money (and only enough) to take a bus to Medicine Hat where he represented to me that he had a place for me to stay.

Once I arrived he sprang upon me yet another surprise: that the 'hostel' he had made arrangement for me to stay in was in fact a homeless shelter. He had a utility trailer and I, after having spent a night in the shelter opted to stay there in a sleeping bag as Medicine Hat was a warmer place than the small town outside of Winnipeg. I stayed there for a few days and eventually the owner of the business upon which the lot was placed kicked me out and threatened me with the police as a squatter should I not leave immediately. Thus I was again forced to live in the shelter. One homeless negro in the shelter said to me in response to my protesting the conditions under which I was forced to live: " this ain't paradise bro".

The workers in the shelter were being paid an exorbitant wage which at the time (and up to the time of this writing) was standard policy for socialist Canada where the hypocrit class of champagne socialists gorge themselves on the fruits of others people's labor in the name of 'humanity'-a microcosm of the macrocosm of plutocratic state capitalism). They were amusing themselves, in the dead of night, one white blonde female with cornrows in her hair, a presumed weedhead by the look of her physiognomy, was making a lot of noise disturbing my sleep and to attempt to influence her to quiet down I obsequiously requested she kept it down. Fearing that I might rat her out to her superiors she quieted down.

During the day I was unable to function as I had had an average as with the previous occasion in homelessness only approximately five hours sleep and thus found myself drifting off in the library. A young female social worker was minding her pet retard in the library and deliberately trying to moralize and virtue signal while I attempted to sleep so I told her to pipe down and she, making a show of passive aggressive victimhood made off with the loud retard.

I had requested my drunken father to prepare basic food stocks which I had stored in the utility trailer and transported it to him on a rickety bicycle across town to where he was staying. Every day he would deliberately make it improperly perhaps out of a spiteful hostility towards me even though I wrote out the rudimentary instructions for him on a shred of paper on more than one occasion. later my friend reported to me that our biological father had stated he was 'living for spite' and his passive aggressive behavior bore testament to that indeed. At one point, half starved on a vegan diet and completely exhausted by lack of sleep I was carrying the crock pot of millet and beets to the steps of the South American church next door to eat and, finding the food again improperly cooked I broke down, smashing the crockpot on the ground. Dear drunkard came out of the house to commiserate with me and played his characteristic role of 'liberal hero' he adopted to inflate his ego-destroying the lives of his own biological offspring and then picking them up from the mire into which he had thrown them.

I reached out via the internet for roommates and discovered one person who had responded, a half breed metis who invited me to what I believed was his place and I arrived on the bike. The ramshackle townhouse was occupied by male Phillipines'-hos approximately five of them and the half breed metis who was, he claimed, a nurse and a jehovah's witness, the Phillipines'-hos being catholic. The metis appeared to be a homosexual though he didn't attempt anything with me in my brief stay at the townhouse. The Phillipines'-hos had represented themselves as having been able to make the decision to enable me to reside there so I signed the contract and was given funding by the Catholic organization and a government subsidy to pay for the room. The Phillipines'-hos the metis informed me later, were bisexual as that was part of their culture-they fornicated with one another apparently. I was too exhausted to care very deeply and simply wanted to sleep so that I could recoup my losses and begin a new life though I was still hoping I would be able to acquire some amount of money from the sale of the Surrey property whenever that would be.

Knowing the treachery of my father I wasn't holding out much faith that would be a certainty though I anticipated receiving at least enough to take some school and attempt to develop myself. I had managed to obtain employment during this brief time with one of the largest companies on earth and its subsidiaries a cleaning company at the mall. I pushed a cart around the mall and picked up trash and cleaned toilets and bathrooms for about a week before again I was forced to leave-to terminate my ties to Medicine Hat and receive a blackmark with that company. I was attempting to sleep after a day of pushing the cart in the most literal sense and it was past midnight-each night the Phillipines-ho savages kept me up until as late as one AM and woke up only six hours later. Thus I, having come out of a homeless shelter and desperately in need of sleep was being forced to burn the candle at both ends. I protested very politely and requested they turn off their t.v. This apparently elicited a rage response in them and they plotted against me to sever the contract ratting me out to the true landlord who were a couple of coarse money grubbing slatternly females of the town who bragged about money all the time. They demanded I leave and I attempted to explain to them that the Phillipines'-hos had represented themselves as the owners and showed them the paper work but they were adamant in evicting me. I attempted to invoked the police in my defense and they showed up on the scene and greeted the landlord whom they knew, involving themselves in conversation with them. The Phillipine's-hos were communicating with another Jehovahs' witness who was the leader of the church the metis attended and he was commiserating with them as if they were the victim. I told him he was a hypocrit, and I was forced to leave the landlord stating "nice stuff for a homeless person" as if somehow I had no entitlement to own property. I had to pay for a cab and quit my job and leave returning to the storage facility where my goods were stored and prepare to take a greyhound bus back to the town outside of Winnipeg.

Given my father's deliberate obfuscation of the sale of the property as a means of holding people in his power passively aggressively, I decided it would be best to escape and to live again in the mountains of BC in a healthier environment. I relocated there as my mother had obtained an apartment for me through her connections at the flower shop where she worked. While there I was only able to obtain part time casual employment and became depressed being marginalized and an outsider though my vegan diet almost certainly played a role. I attempted to investigate activities I could participate in to build survival skills such as ham radio but they were not interested in accepting anyone younger being all retiree baby boomers which is so characteristic of their generation of self-serving egotists who care little if anything for posterity and instructing and educating them, imparting any of the dimly glowing coals of wisdom they have garnered throughout their lives. I thus had recourse to simply researching and studying to come to a greater understanding of various esoteric subjects and dietary issues as the vegan diet was not working well for me.

I attempted to run around the school yard adjacent to my apartment and was reprimanded by a teacher who threatened to call the police though I was simply seeking exercise on public property; running on soft grass under the sun in the name of health. Such is the nature of a socialist prison. I managed to attend a course put on by Canadian mental health which purported to be a job skills training program but which was in reality a means of employing neurolinguistic programming on the attendees who were paid by the hour (my main incentive for attending) and to conscript them into mental health programs.

One of the presenters was a white jesuit who openly declared himself to be a member of the society of Jesus and who was a race-mixer with a Malaysian 'wife', the other was a presumed Jew who was a member of the order of the Eastern Star of Woman's Freemasonry and utilized her NLP techniques to create depression in the attendees presumably hoping to hook them into the mental health program and on drugs. Several people fell into a depression during the sessions and at one point I whispered under my breath "neurolinguistic programming" (NLP) which elicited a duped's smirk from her face.

I worked in security at a care home for women for a day and was caught for shoplifting lemons during a fast on my fruitarian diet at another time. I was released by the police as the grocery store owned by a sleazy Jew, was unable to prosecute, as the value of the item was too low and I was driven home by an East Indian RCMP officer. At another time, still as part of the 'great gathering' I stole a knife from a retail chain store that was owned by another Jew. The fat Jewish proprietress raced out of the store after me attempting to film me. Naively and possibly attributable to my vegan diet I was wearing my security jacket and was then caught on film. The owners of the security company who had hired me called and made me come out of my apartment with my uniform and lectured me about how I had damaged their reputation, how they had trusted me, etc. I was sorry for having done the deed solely because it reflected poorly upon decent people like them but had no remorse whatsoever for the exploitative Jew and their chain store profit margin.

From that point I was unable to sustain myself though I probably wouldn't have been able to regardless owing to the part time causal nature of the work I was involved in.

Accordingly I left and returned to the small shack outside of Winnipeg. While there I was continually subject to harassment and abuse by dear drunkard playing his gaslighting games again-arriving whenever I attempted to eat so he could deliberately disturb me as he knew this was something I didn't want-his intention being to elicit an emotional reaction and to vampirically feed off the energy and/or to get a dopamine spike through creating trauma which had always been his modus operandi (a typically jewish and typically archontic behavior given that the jews and archons are agents of chaos who vampirize off the stress; fear; pain and lust energy elicited from their victims). This psychological harassment consistently occurred. One time over the course of my residence with him he attempted to disrupt my sleep when he stumbled in as usual in his alcoholized state of inebriation and started deliberately moving items around and speaking words under his breath. Being that his room was adjacent to mine it created a lot of noise and I came out and told him to be quiet-I had put up a door to prevent him from coming into the area where I was so I could have a private space and maximize distance from him. He started towards me aggressively stating belligerent words-I pushed him away. He charged at me and I cast him onto the ground and when he attempted to get up and lunge towards me I kicked him in the head splitting his forehead open with my heel causing blood to spray out. He was threatening me with the police and kicking me out. I reasoned with him as means of pacifying him so I wouldn't have to suffer more conditions of homelessness. I recall the incident being at the time I had just exited the homeless shelter and returned only a day or two before.

This general pattern of behavior was what I had to deal with throughout my dealings with my father only typically of a more passive aggressive nature, mainly through a manipulation of my circumstances.

I had returned to the country town with my father and had been ordering books regarding the jews such as "The Synagogue of Satan" which presented a historical overview of the trek of the cloven hoof of the jew through the ages and was having my packages ripped open by a jewish postal clerk who began targeting me. This is the general procedure of the cabal-to sew every function and form of society with their own operatives so that they can serve as spies and gather data on and monitor all of the slave caste and any who would conflict with or oppose their agenda. I was thus subject to even greater scrutiny than the year before when I had arrived and wore white power fist patches on my mitts which was a red flag to the zionist christians, freemasons and their jewish masters of the town. I was subject to their rude stares and backbiting, rumor mongering and slander in the town and since it was comprised largely of zionist zombies and/or blue collar alcoholics I found it nearly impossible to find any people to associate with let alone any activities to participate in as the people there were of a rather limited constitution.

I was still waiting for my father to sign off on the title of the property so it could be sold so I decided I would apply to a university in a city six hours drive away which offered a teaching program as I thought this might be a career option for myself. I was accepted conditionally subject to my having to sit for an evaluation by a panel of administrators as I had been arrested a few months prior to the theft of lemons at a grocery store in the midst of a fast and, though not charged, and not having a criminal conviction or record, the 'vulnerable sector search' of the RCMP revealed the incident.

Additional criteria for admissions were that all students had to complete a practicum on a redskin reserve which, with my knowledge of their inherent violence (as they were not only savages by nature but selected for brutality; the males fighting against one another for competition over females and killing each other in the most literal sense, the offspring born being of the most aggressive nature): with this knowledge of their nature I didn't anticipate I would make it through the gauntlet. I had had the fortune of receiving the remainder of the money that was owed me by my father and which had I received the entire sum upon the sale of his mother's property I would have had enough to take school. I thus decided that I should take the risk of relocation especially as the drunken psychopath was continually harassing me having nothing better to do and thus I was further impelled to escape his presence. I journeyed to Thunder Bay, Ontario to attend the university and was unable to find a room or apartment to rent and was thus forced to stay at a seedy extended stay hotel/ motel which overlooked Lake Superior. The front desk agent who greeted me was a jewish female and I attempted to involved myself in conversation with her divulging particulars about myself.

I spent my time there reading esoteric subjects and experimenting with dietary modalities as I was still vegan, managing to get hired by a security company. One of the sites I worked at was a hotel which was notorious for being haunted and whose night watchman was a creepy jewish guy who had a black onyx silver ring and a poison plant he cultivated and placed on the front desk. He claimed to have studied neuroscience in Laurentian university in Sudbury, the place where Persinger conducted his mind control experiments.

The hotel was festooned with cryptic freemasonic imagery and was over 100 years old. I got a strange sensation throughout my shifts there and did my utmost to avoid patrolling in the creepy tunnels below the site which had been used for rum running during the prohibition era, the city having always been a port city which meant a city that was a nodal point for drug trafficking. I did some shifts also at the provincially run liquor stores which were staffed almost entirely by jews as were those in Winnipeg.

At one point the room I was staying in received a knock on the window and I opened up the window to let a redskin and a white guy come through and escape as they said that police were out to get them. I did this out of naive altruism. I asked him if he sold guns and he said "not my scene" and left. Later that night the guy again knocked on the door leading to the balcony and whispered something to the effect of having access to a gun. I wanted a

firearm to protect myself and since I had not received any handgun license owing to the rigamorage of the RCMP and my decision to forgo pursuing it as I didn't want to be put on a list and potentially rounded up I thought it would be more prudent to obtain one under the table so to speak. I had walked around the streets some days before and had encountered another redskin who had offered to sell me weed. I declined but asked, displaying a gesture of a thumb and extended forefinger if he had any of 'these'. He said no and continued on his way. The white guy in the hotel arranged to come by the next day and when I heard the knock I opened the door and encountered two whites, one guy from the previous day and another I hadn't seen before. They attempted to again propose the sale but I became suspicious assuming they were cops and decided against it. They turned around like police and walked away wordlessly. I was certain at that that they were police.

I had applied for a private investigator license through my company and was days away from obtaining it and writing my exam when the hotel room I was in became overwhelmed with bedbugs. I attempted to sleep though it but was unable to endure the grotesque sensation of the bedbugs. I had nowhere else to sleep and not enough money to rent the expensive places available so I was forced to leave once again and return to the podunk town outside Winnipeg.

I kept trying to formulate plans for the future during this time and was uncertain what direction to head in occupationally assuming there was any direction at all given the state of the world at the time in 2015. Finally the property was sold and dear drunkard received the lion's share. He kept trying to withhold the money promised my friend and I but I made constant death threats and at times attempted to poison his food but, out of pity, threw the poisoned food out. He apparently was aware of this and eventually paid our meagre inheritance amounting to an infinitesimal sum relative to what was initially promised as the 'hook' that had enticed me into the business project with him in the first place(perhaps twenty percent of the initial amount proposed).

I had attempted to persuade him to invest the money in a collectively owned property but no definitive promise was forthcoming merely more vague and nebulous agreement on his part. Since he had taken the lion's share of his parent's last remaining property for himself, my friend and I both had inadequate resources to buy any property in Canada save a boony shack in the middle of nowhere at best. My father offered to sell me the shack I was living in as he wanted to get rid of it anyway and for more than he eventually did but, though I thought of that being a possibility I would never have had the means to sustain myself there and at most work in the most wretched conditions in a factory just out of town that made material to prevent flooding which would have entailed my respiring poisonous particulate into my respiratory system.

I thus decided to leave the town and relocated to the city intending to once again apply for the military. I stayed at an extended stay hotel run by presumed jihadists and had extreme difficulty obtaining an apartment, as all of the rental property managers were jews and all of my old contacts had no willingness to rent to me. I attempted to apply to government housing but the redskins who staffed the place treated me with hostility and refused to allow me to rent, not verbally of course but simply through the process of obstruction. I attempted to rationally argue with them to persuade them to allow me to rent but some of the redskin males who were working there came out and attempted to intimidate me physically.

I eventually got a room with someone who turned out to be a jew. As on the previous cases of rooming with jews this house was like a whited sepulchre-the kitchen floors were a black and white checkerboard and the entire house was painted a dreary white and black tone scheme connoting the 'polarity' of the jews' kabbalistic religion. It gave me the creepy sensation of a tomb or temple possessed by entities. The owner was always gone as with the previous jewish female in Victoria and the owner's son stayed around most of the time spying on me. I listened to my anti-jewish radio via headphones but I could sense he must have heard parts of it given his aversive and increasingly hostile behavior towards myself. I eventually managed to find another place through more unusual circumstances.

I was unable to find a place and thus wound up in a hostile in the downtown. I spell it 'hostile' as the hostels (especially hosteling international) had a climate of anti-white male hatred about them and I was to experience more of the same only at this point- nearly a decade later, an even greater intensification of hostility. The liberal feminist who managed the hostile gave me a room which was exorbitantly priced though I had purchased a 'hosteling international' membership card. I sought other apartments while I stayed there for the few days I was there. I went on the internet to a buy and sell website and sought to purchase a knife for my personal safety. The seller asked where I was and when I told him he informed against me to the hostile. From that point I was immediately thrown out by a jewish staffer and his liberal feminist manger and had to pay for an expansive extended stay hotel room.

I walked next to an apartment just a block away from my former alma mater, a place that gave off creepy vibrations as of violence and murder and observed a down and out white guy hanging around on the porch. I approached and asked if he knew of any vacancies in the place and he said he was the son of the caretaker and that there were. he showed me the site which was nearly finished being refurbished as had the previous suite I had rented a few years before and I was eventually approved and moved in. The place was situated in the rotten core of the downtown and the contrast with the countryside and suburban area I had been residing in was stark indeed.

The place had redskin drug dealers on either side, a mental patient above me, a laundry room beneath-pigeon's in the alcove between the two old brick buildings which were connected together and adjacent a house which contained a race-mixing christian couple (a dumpy white male student past his prime with a sallow skinned pockmarked Phillipines'-ho and a faggot couple above on the second floor-a couple of redskins as far as I could tell. When I attempted to have a bath they screamed and shouted as they spied into the bathtub from their window attempting to invite me to partake of faggotry. I was forced to put curtains up to block the windows. The faggots and redskin dealers in the adjacent suites were always spying into my windows and so, out of concern for my safety I installed security mesh on the inside of the windows and another heavy door that gave additional safety from the potentiality of invasion or sabotage of my residence.

I was attempting to find work but was unable and went to temp agencies attempting to develop myself while I waited for the military application which was taking a considerable time. Throughout this time I was also studying and writing and acquainting myself to an even greater extent with esoteric subjects as well as Julius Evola's works, trying to understand the riddle of the jewniverse. I applied to security after having to undergo a lot of rigamorale on the part of the self-righteous non-white and female bureaucrats in obtaining my license and finally obtaining it thought I might have a better opportunity involving myself in security again given my background and experience as no other employment was available and I was not too keen to involve myself in any laborious capacity. All of the companies I applied to rejected me however, the human resources officers being either non-white parasites (one Phillipine's ho comes to mind) or jews. I thus gave up hope in finding employment as no responses to my applications were forthcoming and not much was available that I was qualified for.

The welfare people I was forced to work with mandated attending a session to extract personal information. I was subject to interrogation by a Phillipino worker who was decent enough in her treatment of me but the jewish and other non-white workers had a hostile bias towards me. At one point I was suddenly arbitrarily cut off by the welfare people and upon inquiring the jewish worker stated they had sent out a letter and I was to sign it as a necessary condition of my continued receipt of benefits. I informed her that I had received no such letter and she stated that wasn't her problem shrugging her shoulders with an evil surreptitious smile on her face. I left the welfare office and complained to an auditor of the public service employees and she overturned the person's decision.

I attempted to develop some skills in the meantime attempting to take a high school math course in the evening. This didn't work out and I simply decided to wait for the military to respond as it had been nearly six months since I had applied. After a while I received a call to come down to the recruit center and discuss my application. The only 'people' who were there at the time were a couple of Phillipines'-hos, a jewish punk and another white male who was in his forties and was ostensibly an EMT with whom I involved myself in

conversation. The recruiter claimed my file was the worst he had ever seen and started immediately interrogating me. Eventually I was forced to pay for a psychiatric examination and in my naivete not being familiar with the inherently corrupt nature of psychiatry (search 'punitive psychiatry') found an Arab psychiatrist half way across the city and had to go multiple times to see him in the grocery box store he operated out of. He stated that I had a clean bill of mental health and claimed he was a psychiatrist when I was attending his office for a physical exam.

One time when I was waiting for a bus late at night coming back from the box store psychiatrist, an Arab youth outside of the adjacent university was staring at me and approached the box store at which two other Arabs were waiting for a bus. He attempted to involve himself in conversation with me and I, being a cordial person obliged, but as is so commonly the case with non-whites he simply used the conversation as a means of implying negative aspersions about me. He stated in response to my doing 'nothing' for work: "when are you going to get your shit together" and I referenced the "systemic anti-white bias" against me and other whites and he simply responded with a disgusted emotional reaction like so many leftist types. As was apparently taking engineering at the university and was receiving bags of tax payer money to fund his jihadist education in bomb making or chemical or biological warfare agents.

The military demanded that I pay for another psychiatrist and do various other tests which would cost hundreds of dollars and I could tell they were deliberately manipulating me in their characteristically spiteful; vengeful; jewish way and I thus decided that it would be best not to involve myself with them at all. At the recruit center the jewish recruiters spoke to me softly asking me to come into their office and requested I take out my pocket knives and surrender them, pretending I was a danger. At the time I didn't understand the modus operandi of the kike demon and how employing punitive psychiatry is one of his main methods of doing away with his opposition. He employs a pretense of care or 'other regard' for the gentile (non-jew) as a means of enticing him into accepting a psychiatric evaluation and then claiming the gentile is mentally ill and doing away with him clandestinely.

Another jew at the recruit center was dressed up in a camouflage version of the home-team jersey and ingratiating himself ostensibly with the presumed freemasonic recruiter. This is the transparently obvious technique of the jew in ingratiating himself with the gullible goyim, convincing them he is one of them when he is in reality an interloper.

The redskin faggot and race-mixing creeps next door persisted in their harassment, the former uttering threats against me. The redskin drug dealers to either side of my apartment were also very keen on subjecting me to harassment especially the younger redskin female and her brood of savage chillins who occupied the apartment adjacent. At one point the savages were hovering around outside of my window creating noise pollution and I grew angry and tossed a pitcher full of water on them which elicited a feral screech

from the female. A short time later I heard a knock on my door and observed through the peep hole two police officers. When I opened it after stating "just a minute", I observed a Jewish police officer with his Negro slave whose nostrils were working, attempting to scent out any weed or drug scent presumably. The Jewish officer requested to be allowed in and I naively allowed them in while the cunning Jew attempted to make conversation pumping me for information related to myself. I told him that I was applying to the military (which I was at the time I had not yet made my decision to forsake that path) and they both searched around and discovered my firearms-checking them and observing that they were locked he commented "most people around here don't lock their guns". They left after that without any charges laid.

One other incident that occurred in the apartment was that I, with the collusion of the caretaker who I had had some dealings with decided to lock the laundry room at night so I wouldn't be kept up by the laundry machines. The Redskin drug dealer next door came down one night while I was in the downstairs room adjacent fixing bicycles and started shouting and screaming when he discovered the lock on the door not being able to have his customary way as was and is the entitlement morality of the Redskins in Canada. He raced upstairs and grabbed a hammer and came rushing down to smash off the lock. I was standing there and he threatened to bludgeon me with the hammer-I quickly stated I would get the key to open it not wanting to be assaulted by the savage.

On another occasion with this particular beastman he was playing loud music and I knocked on the door attempting to have him turn it down or preferably off. He refused to respond and I had the caretaker intervene. He continued to refuse and the police were involved. The next day he was escorted from the apartment by the police owing to his drug related activity.

I would on occasion work on bikes with the caretaker's son who was a theosophist and had studied theosophy with a high level mason and was quite knowledgeable on the subject. I wanted to learn bicycle mechanics for survivalist purposes and would accompany him to a Marxist bicycle shop to learn from him and the people who volunteered there. They were the usual fare of Marxist leftist youth who were making their bones pretending to 'help people' in the third world in their typical evangelical praxis. I observed their hypocrisy first hand which mirrored that of the hostiles I had been involved in and had borne witness to in the university. I had always found liberal and Christian values to be symptomatic of mental illness and took a Nietzschean view of their pathological altruism, what Nietzsche called "the virtue that makes small" and "the bestowing virtue"-the desire of the superior to self-reflexively feel their own superiority through being the giver of gifts to those overtly inferior to themselves.

I was at that time preparing for homelessness as I anticipated not being able to find employment and having no future prospects so I continued to gather survivalist gear in the event hardship befall me. I attempted to coordinate plans to establish a seacan house on the plot of land adjacent to the rural property and hoped to secure it so I could have a stable survival retreat. The township refused however claiming it wasn't up to spec even though there was no real valid justification.. The fat mayor of the town, a whispery creep who was a freemason was probably behind the decision as a means of preventing me from residing there. He and his fat son who lived on the corner facing the rural shack would set off fireworks each Saturday night (the day of Saturn, the sabbath of the jews) and had a set of christmas lights in the form of an inverted green five pointed star that purported to be a christmas decoration and which he kept up all year shining its green glow over the streets that converged on his property. My assumption was that he was a pedophile as he had the creepy character of a person who would be involved in such activities.

I had contemplated changing my name years before owing to my father's alcoholic abuse but had not done so out of pity and not having a willingness to hurt his feelings, looking upon such a gesture as a betrayal of sorts even though he had betrayed me. I was still suffering stockholm syndrome I suppose. In the summer however I had already made up my mind after the horrendous gaslighting abuse I had endured to change my name and had decided upon "Loki Holger Hulgaard". Why? The first name, as I looked upon the figure of Loki as a Nordic equivalent of mercury, the messenger of the gods (aesir) and as a catalyst of change, the character of Loki from the Edda always appealed to me and I was attempting, so to speak, to 'be the change' and assist in ensuring the survival of the white race. "Holger" was a mythological figure from Denmark who was a sleeping hero who awakens to defend his people and since my Mother was born in Denmark I had always associated myself with Nordic people hence the adoption of my mother's maiden name and the nihilation of my father's name. Even though he was half Icelandic and half Ukrainian he, as this brief work should convince any rational person was about as jewy as a non-jew could get and still qualify as a non-jew, his whole life being a perpetual imbibation of liquor and marxist propaganda. I attended a jewish optometrist (no white optometrists were available) and the jewish female optometrist asked why I had changed my name to 'Loki'. I gave the above reasons and she smiled a surreptitious smile perhaps knowing the figure was a representation of the jew in Teutonic mythology. Whether this is true or not I still haven't discovered though at the time my intention was to take on a god name representative of change. Whether I will continue to bear this name or no I am also uncertain until I can have more definitive evidence that it is what many have alleged, namely the name of the 'jew'.

At one point I had a cavitation in my tooth which had been caused through the consumption of vinegar through a straw, a so-called 'alternative health practice' that claimed miraculous healing benefits (but which in reality causes ulcers and acidification of the body). I had attempted to remineralize my teeth through using recommendations from other

alternative health sources (such as high fat soluble vitamin diets) but had only minimal success and decided I would get an amalgam put in it. I researched the options available and since gold wasn't an option for me as it, being a metal, picked up radio frequencies and EMF and modified the body's electrical system (the meridians) and so called silver amalgams were in reality base metal and mercury which caused brain damage I opted for a low BPA composite as it minimized endocrine mimicking xenoestrogens (see the handbook "White Praxis" subsection "Übermenschheit: Health Protocols" for more information on optimizing health according to the author).

I thus scoured the phone book and internet looking for a biological dentist but found none and moreover found no white dentist. In fact the only available dentists were jews and non-whites which I came to understand based upon their names and personal pictures on their websites-an imperative practice in ascertaining medical professionals. In the event no white doctor or professional can be found the only remaining options are: non-white or jew which is a toss up: the non-white will in most cases be competent in his skill-that of black magic witchcraft: a deliberate harming of the 'gentiles'. My luck turned out to be a 'neither- nor': an Arab dentist was found and, given my past dealings with arabs I assumed he would be at least a semi-competent and possibly benign operative in the simple "drill-bill and fill" procedure I required. I was however mistaken as, when I arrived at the office some type of inspector was present investigating the arab dentist. I should have taken that as an indication of what was to come and accordingly left but I decided to hold out faith in the unknown in hopes things would go well and I could efficiently finish the simple operation and leave.

I decided to go ahead with the procedure. While in the chair the snakelike body of the Arab female with apparently false breasts appeared with a barely concealed hostile look on her face and prepared me for the dentist who appeared with a bright fake smile on his cunning visage and prepared to go to work. He began to drill and seemed to delight in the activity forcefully drilling into the cavitation and taking away more of the tooth than I had hoped, a deliberate attempt to impose harm upon the white population, abusing his position of power like so many other non-whites. The filling he implanted was also not double cured so it shrunk after the fact which I assume was also deliberate thought I did not know this at the time. This and countless other minute means of harming whites is the general procedure of the non-white and especially the jew in attempting the murder of the white race: death by a thousand cuts. I had also at this time several experiences with jewish optometrists deliberately giving me prescriptions which caused distortion of my vision whenever I attempted to wear their faultily prescribed glasses. Luckily it was funded through taxpayer money through welfare so I managed to avoid added financial damage-the jews' simply damaging their own system and their credibility as well as losing business.

I recommend to everyone that if this should happen to you to publicize it if need be (though the bureaucrats and media are probably jews or freemasons themselves and thus in collusion accomodating the malpractice of jews at lower levels according to their white murder campaign).

At this point I decided to take some training as I couldn't obtain any employment. I had yet to get a complete driver's license and thus was forced to pay for the training: renting a vehicle from a company and accompanying a driver which cost approximately eighty dollars per hour. I again did my utmost to find what appeared to be white trainers ensuring that I avoided the big companies which were almost certainly jewish and which had glossy advertising and a typically jewish greasy sales pitch, as well as avoiding the non-white companies which would almost certainly have similarly malevolent intentions attempting to sabotage the training in some underhanded way deliberately. I managed to luck out so I thought and encountered an older white guy who understood the situation in the world and who sympathized with the plight of younger whites. I did a fair job and was ready for the training. However the government bureau whose duty it was to clean up the premises of their business had failed to do so the lot being deluged with snow and ice making it nearly impossible to complete even basic parallel parking. I ascribe this failure to maintain their premises to a deliberate attempt to cause their 'customers' (trainees) to fail so they would be forced to pay hundreds if not thousands of dollars to reattempt the training. This is typical behavior on the part of socialists (communism with money) and on the part of the hidden hand, the jewdeo-masonic government behind it.

I was thus forced to find another driver to train with as I had suspicions about the sincerity of the driver himself who, being a typical baby boomer was all about himself and his profits and thus whose claims to sympathize with younger generations were largely baseless rhetoric.

I encountered another trainer who was of a more pro-white orientation and communicated with him about the goings on in the world. He was a competent driver and I managed to develop the basic skills necessary. I had set a schedule to take a road test after completion of the training and observed upon arrival that a fair amount of trainees were waiting in the waiting room were negros and other non-white barely literate immigrants getting a free ride paid for by the tax slaves of the country whereas I had to shell out hundreds of dollars to fulfill the requirements imposed upon me by the jewish occupation government. My trainer for the road test was a white female and I thought in my naivete that I would be given a 'fair shake' but I would be unpleasantly surprised. The female gave instructions that were perhaps untowards, a little delayed and I was also misinformed by the baby boomer trainer about some of the rules of the road and thus failed yet again.

I had another road test scheduled and was waiting for this while simultaneously seeking training to obtain carpentry skills, specifically roofing as this 'option' was the only one presented that I could allegedly obtain through government funding. I had also applied to a local college to attempt to take a carpentry program but it was backlogged for one and a half years and was a necessary condition of being a carpenter, a sad paradox as my own grandfather had had a carpentry business and had built the better part of an entire town that

1) I was no longer able to even live in owing to the jew governments' de facto (and de jure) theft of properties constructed by whites via property taxes and land titles but 2) my own baby boomer father's squandering of his parents legacy and violating the traditional right of primogeniture (the first born son's right of inheritance) and additionally 3) the socialist government's imposition of anal retentive prophylactic standards to control every facet of human (white) life via bureaucratic regulation and certification. Thus I was forced into the proverbial back of the line being forced to concede my place to non-white gutter trash from the jungles of Africa and the sewers of Asia. I thus took what I could get as I was anticipating a relocating from the city and wanted to derive some useful skills and training that would be of benefit in my desperate attempt at survival. I had also at this point applied to another college in another city which was my intended destination and had been accepted into an agricultural program. I had managed to convince my father to relocate to the city of Lethbridge as it was as far as I knew a predominantly white area and may I hoped offer me a means to involve myself in political activism in opposing the agenda on the part of jews and their shabbos goyim (christian; freemasons; liberals; muds) in the murder of the white race.

During this time I was heavily involved in the distribution of propaganda against the jewish cabal and traveled around the city spreading stickers and putting up marked slogans in washrooms. I was eventually tailed after by sinister undercover operatives most of whom were jews as well as police helicopters.

Unfortunately the liberal female who was coordinating with a redskin run college who was offering the program informed me that she was unable to find any employment for me in the rural town I had been living in or the surrounding area which she claimed she had sought (irresponsible democracy at its finest or deliberate sabotage on the part of a feminist liberal-you decide). I had never heard back from her and my plans had been obstructed by her omission. I suspect this was deliberate on her part. The same procedure was undergone by the redskin savage who was functioning (in her typically corrupt redskin bureaucratic capacity) to undermine me by the same tactics of omission of 'malignant compliance', where the socialists bureaucrats deny you the resources they claim you have a right to and this through delay tactics and deliberate obfuscation of bureaucratic process under the facade of objectivity and 'democratic process'. Indeed this is democratic process itself: specious hypocrisy; mendacity; bias; exploitation of and intentional harm to white men and to a much lesser extent white women who the jews use to pacify white male aggression against the state by granting privileges to white females who become the mask which conceals the jewish wizards of zion behind the veils of mata hari, the matriarchal nanny state.

I thus put my plans on hold waiting for the bureaucratic savage to enable me access to the program but to no avail. She, the redskin female sabotaged me on three occasions as I was waiting for other things created some set backs in my plans. Luckily I had not 'put all of my chips in one basket' else I would have had no recourse and had wasted my time. I was thankfully out of the city at that point and will never look back on the criminal den called Winnipeg, the hive of the arch criminal Asper family as well as other wealthy jewish families (Richardson's; Diamond's, etc.) who made their profits initially through prohibition and various other typically jewish sharp practices and who now style themselves 'philanthropists' with their tax shelters and the corporate veils of foundations that merely serve as means of laundering and channeling funds into their coffers.

The fact that the rural property was now completely non-optional released me from the bonds of the province and thus I searched for alternatives. I thought of Thunder Bay Ontario as it was a nice place with some of the cheapest houses in the country but the large number of redskin gangbangers dissuaded me in addition to my father's stubborn refusal to go in that direction largely owing to his irrational biases towards Ontario where he had lived most of his self-indulgent life. The only remaining place for comparatively cheap prices with a sustainable environment to the West was Southeastern Alberta specifically Lethbridge.

Given that it had a university and seemed like it would be a tolerable place to live being not as polluted with leftists I thought it would be the direction in which to head. My father represented to me that he had enough money left to purchase a place there or in the Okanagan Valley of BC so I decided I would go with him there and set up a new life once again for myself.

I took a stay over in the rural town and felt the relief of escaping the city which had caused me massive agitation and in which I had confined myself inside my urban apartment twenty three hours a day for an entire year owing to a desire to avoid being assaulted by the leftist druggies and non-white savages prowling the city and a desire to sanitize my consciousness of their vile presence. However I was unable to relax even for a day as my father gave me half a day of relaxation and from that point pestered and harassed me-a repeat of previous experiences. I was soon to re-experience more of the harassment and annoyance of my father where I would end up and from which place I am writing these words under conditions of constant sonic assault and gangstalking harassment in addition to legal prosecution/persecution.

Lethbridge, Alberta, a relatively obscure southeastern Alberta city of approximately one hundred and fifty thousand residents was the avowed destination. The intention was to purchase a house and then to attend school. My father pulled into the town of Medicine Hat, Alberta approximately two hours to the east driving and got an extended stay motel room at a motel owned by an arrogant chink. Most hotels and motels it should be noted are run by non-whites typically East Indians and Chinese, those sufficiently competent mentally to count the money they rip off the white tax slaves through charging exorbitant prices simply to sleep in a room and to periodically

clean up the mess usually hiring white cleaners they can look down upon with arrogant condescension (if the white cleaners are lucky to be hired of course) else they will hire whatever other token minority. Such turned out to be the case with this particular chink owned hotel: an old sign that had been painted by whites of a white cowboy with a rope in his hand was the beacon that beckoned us from a distance as we drove up in our delapidated truck and pull trailer. The sign was being repainted so clearly the chink understood good marketing practices and knew that he still had to pander to the whites while he built power in what was once the white man's land and which was becoming nothing but a prison for whites controlled by a jewish prison warden and his non-jewish, non-white jail guards.

The white female cleaners that came by seemed to appreciate my pro-white values and yet their minds were still cluttered by zionist christ-insanity which created a schizophrenic state of consciousness between their healthier mind (their Aryan Soul) and the semitic poison of jewdeo-christ-insanity that blinded them to the truth and virtually hamstrung their ability to act. While there I was becoming more intense in my attempts to spread the pro white message online whereas before it was more of a physical presence and I had desired to avoid online activism. Now I threw my hat in the ring and went at it with great intensity attempting to spread the message far and wide.

A biker gang came around at that time during the two months I stayed in the hotel and I thought about reaching out to them in hopes I could make some contacts with people who might be pro-white but I decided it would be wiser to avoid them though I could tell from their behavior they were probably oriented in that direction, their drug and alcohol culture dissuaded me (in hindsight I now have come to the conclusion that all biker gangs and all gangs in general regardless of ethnicity are probably controlled by the cabal; in the case of 'pro-white' gangs they are controlled opposition)

I was making attempts to reach people at that time but was unable to find anyone as Canada, as i had experienced previously, was a deadzone for any pro-white activism. I journeyed with my father to Lethbridge and we investigated some houses. The place seemed quite overrun with violent redskins and I had my misgivings about situating myself in their midst, like a cowboy stealing into an Indian camp with only a knife in my hand and they having all of the Winchesters needed to put lead nails in my coffin. I persevered as I waited to take school and make some progress towards my own survival and prosperity.

My father drove around aimlessly in the city with his realtor that I had lined up in Medicine Hat and we viewed a variety of houses which were just off the downtown core. This made me rather apprehensive for future security given the plague of redskin savages that were perpetually lounging around and yet I attempted to persuade my father to invest in a house. However, as in the case of Surrey, BC he again dropped the ball and finally admitted that he didn't have enough cash remaining to afford the houses which were available in the city. Accordingly, my plans for school (which factored in having a house to stay in to eliminate rent cost) were sabotaged by the false premises of a baby boomer liar who had in large part ruined my life.

His father, a Ukrainian emigre, was the president of the lions club and his mother the president of the kinette's club. His father had been rejected from membership in masonry by a jew named kagan (translated 'king' in khazarian apparently). My father was apparently subjected to the same gangstalking activity by the community in our town in Ontario. I have heard that those whose families were generationally nationalist, those in other words, who had an ethnic consciousness were targeted for gangstalking by the jews and their affiliates as a means of sabotaging the family line of their opposition as those with healthier instincts they view as a threat because generational nationalists served as a protector and defender of their own kind.

I found a windowless apartment in a downtown building that was being rented out by a blue collar guy and though it was the cheapest in the city it was quite costly. I had only a finite amount of money and thus that it would be best not to expend the remainder of my resources on a school program with no guarantee of success or employment afterwards when I could work and live rent free and secure part ownership of another residence in Medicine Hat. Accordingly I left Lethbridge and had the direction of my life once again changed around by my father and his deliberate withholding of essential information from me.

Thus it was to Medicine Hat that I journeyed and attempted to make plans there to create a nationalist organization and recruit people via the internet. I managed to secure a residence that was the cheapest in the city and barely within the budgetary requirements he had left having drank away the lion's share of his hard working father's inheritance money and having lived a loafer's life at the expense of his father who financed his joke business that netted below poverty line income hocking redskin shit smears called 'native art' he purchased from redskin bums in exchange for bottles of liquor.

While in the hostel I called a cab company called 'care cabs' and a jewish cab driver pulled up. He was the same cab driver who would later be the cab driver driving cab #33 for the alleged competitor cab company in addition to his care cab function (the jewish controlled company which was the 'caring' facade the cabal hides behind) and was heavily involved in the gangstalking operation that was almost certainly continuous from my birth. He rambled on about cripples and fairness and I did my utmost to agree with him out of a desire to 'get along'. This and copious other instances of the passive-aggressive form of jewish behavior make the behavior of the jew largely stereotyped to the point of being easily predictable and ultimately conquerable-they are forever attempting to gather intel on others as an enemy within and to denigrate, asperse and poison the character of whites, to cause them as much harm as possible in a way most profitable to themselves. The more one experiences the behavior of the jew (not necessarily knowing they are jews) the more one understands and, at whatever future point coming to recognize and identify a jew (good sources are the handbooks: "How to Recognize and Identify a Jew", by John Doe Goy and "Who is The Jew: The Jew Identifier Document", by the author) will then look back as I myself have done, over the course of his life and will know them-from that point the mysteries of the universe will

become clearer to himself and he will, if he is of healthy mind, look upon it as his duty to combat the Jew as a means of subjugating the latter's despotic influence over the earth.

It should be mentioned also that the electrical wiring of the property we purchased was problematic almost as if it were done deliberately either as a spy enabling modification or perhaps a way of transmitting dirty electricity into the house through electrical outlets as I have heard the cabal does in their targeting of individuals. I am now convinced given the psychopathic nature of the realtor (a presumed freemason who was from an affluent family which had a monopoly on a segment of the agricultural industry in Canada) that the house was probably used for purposes such as this as it wasn't, as far as I can recall advertised publically and was only referred to me by the realtor who recommended it. It was also the only house that was in solid condition in the city that was within our budgetary constraints. Some sources on gangstalking have claimed that as many as one quarter of all apartments and residences in all places are designated spy houses and/or traps for targeted individuals that can be effectively monitored and used as a death trap for those the cabal wishes to eliminate. I had seen bills from the previous occupant delivered to the residence and from that data suspect he was either an informant or fed. In my hometown they would also have feds shifted around and the houses were usually devoid of any aesthetics or 'human' quality, always having a strange energy seemingly devoid of life. Perhaps the feds and cabal operatives in them performed sinister rituals inside or perhaps they the feds are not entirely human. My guess is both apply.

Finally I was in a place I was of the belief would constitute a home of sorts at least temporarily while I saved money that would enable me to leave for possibly better things. I was insistent, based upon the past trickery of my father on obtaining my third part ownership of the place immediately but was again unpleasantly surprised to discover that he refused to go to the lawyer and allocate a portion of the property to me legally. He soon left leaving me in the place while he returned to haul more of his detritus to Medicine Hat and I had the fortune (or so I thought) to be left alone without his unpleasant presence and his gaslighting manipulation tactics.

Unable to find work I desperately attempted to get on welfare so as not to become indigent and luckily managed to do so. I was forced to attend sessions that were done weekly as a condition of my continued receipt of employment benefits. In the house I was located I was having neighbors spying into my windows from across the street and across

the alley way. The zionists and jews in the town (though at this time I was unaware of the fact) were already spying on me-presumably they had, as this autobiography suggests, been gangstalking me since birth and now had once again cornered me to one of their enclaves (though I am sure they can set up operations anywhere on the globe). The town is a small city of approximately eighty thousand that is situated away from other areas of the country just North of Montana and over the Saskatchewan border to the West. It is two and three quarter hours to the South East from Calgary and two hours to the East from Lethbridge, Alberta. Thirty minutes outside of the place is CFB Suffield, a N.A.T.O military base with a bioweapons laboratory annexed. In Lethbridge the Canadian Center for Neuroscience Research is located. I was thus positioned in the perfect place for the cabal to target me for whatever sinister experimentation they had in mind. The residents of the town, though on the surface polite are largely-though exceptions apply- a hostile zionist faction who displays aversive behavior towards the 'Other' who they undoubtedly look upon as the incarnation of satan. The city as I was soon to discover, is highly concentrated in the pestilential miasma from the Levant-the jew who uses the place as his cash cow to bilk the gullible zionist slaves of their tax money.

I was often listening to my racist podcasts and heard the jews next door (though at the time I was unaware they were jews) talking loudly outside of the thin wall which divides the interior from the exterior where they congregated in an alleyway of sorts that separates the two houses, an alleyway they took advantage of as the cowardly rats they are to knock against intemittently and which I would come to discover is part of their gangstalking activity- a deliberate and covert harassment of a targetted individual for the purpose of disrupting the target's peace of mind so that they eventually have a nervous breakdown and kill themselves or lash out against the stalkers implicating themselves in a criminal offense such as assault and battery and then being recorded by other gangstalkers, having the evidence submitted to the police who will arrest the individual and have them psychiatrically assessed and institutionalized where they can be done away with through directed energy weapons, a pharmaceutical chemical lobotomy or be jailed or imprisoned and assassinated. Such is the insidious cabal and its modus operandi which I had never imagined existed in that form at that time. I had heard of directed energy weapons in the so-called conspiracy theorist multiverse but would not understand the depth to which it would go in the ensuing years leading up to the time of this writing,

I had decided to do some more physical propoganda and mass mailed propoganda leaflets to a variety of sources intending to awaken certain groups and rile up others with much success judging from the fact that these propoganda leaflets were mainstream news in the national media as well as internationally in a couple of cases. I travelled to the nearby city and mailed them there as well as continuing my stickering campaign targeting high level political targets.

I attempted in the zeal of the moment to carry out similar activities nearby which is documented in the legal case I am as of the time of this writing (Fall 2020) involved in. What follows is yet more detailed and tangible evidence of what has been done and is being done to persecute/prosecute me and attempt to destroy me as a sentient organism. It is my hope that all who read these words will learn a lesson about how jews, non-whites and shabbos goy white race traitors behave and to learn a lesson that you are in a war of survival not only personally but racially and that you must become a fighter in a war not of your choosing in order to survive and to ensure the survival of your own race as a collective, for should it cease to exist there will be no 'reincarnation' or any continued existence for yourself post mortem or in your own current incarnation as the collective consciousness of which you are a part will also cease to exist. Thus it is either fight and live perhaps eternally or perish and be a contributory cause of the death of other whites.

I had been born in a backwoods town at a time when people actually had a healthy consciousness of belonging: however even then the jewish plague overarched society like an infectious miasma of soul pollution that turned friend against friend and neighbor against neighbor through the characteristically jewish divide and conquer strategy we are now experiencing, we of the white race, the Aryans, living in a nightmare world made in the image of the jew and must fight or die as a race. To seek personal survival at the expense of one's own kind has been the folly of our recent ancestors from the baby boomer generation to the youngest of today. Let us learn from the ways of our ancient ancestors and not allow ourselves to follow in the cloven hoofprints of the jew as our more recent jewdeo-christian and liberal ancestors have done. Onward to victory or valhalla.

The jewish plague which has infested the world throughout millenia and which can be demonstrated to have been the instrument of destruction of all Aryan civilization and the instrument of all slavery, colonialism and unfreedom before its 'law' has been revealed within these pages in all of its naked ugliness as a microcosm of the macrocosm.

For those who are capable of seeing the great in the small they will be able, through employing reason, to extrapolate these myriad particular instances of jewish perfidy in all of their minutiae onto the larger global situation which is the macrocosm of the jewish mind as embodiment of chaos on the earth in the most literal sense. Indeed the author speculates (perhaps intuited would be a better term) that the jew is, as Miguel Serrano says in "Manu: For the Man to Come", a "robot of the Demiurge", the archontic infernal entities who seek to vampirize the soul energy of all sentient life as a means of perpetuating their own parasitical existence.

The jews thus are not entirely to blame just as the noxious bacillus is not to blame for disseminating its germ into a host body-just so the host body which serves as its vector is not blameworthy for the spread of disease-at least insofar as it is not consciously doing so (mens rea). Insofar as the jews consciously spread and create the

chaos which is a result of their legerdemain they are blameworthy. Insofar as they are a hapless instrument of these entities they are not.

It is not a matter so much of apportioning blame so much as it is a question of preventing the spread of what the scholar John Lash has called "the archontic infection" of the mind parasite of the Demiurge. Thus the quarantine of jews is one solution but perhaps, as history has borne out, an inadequate one. The genetical-demonic essence of the jew, his 'soul', if at all the jew could be spoken of as possessing a soul, is not entirely the jews' own property and yet is the fabric of his being nonetheless. In order for chaos to cease on this earth the jew must cease to be a jew and to cease to interfere in the life of the Aryan. Failure to ensure independence from the jewish despotism on the part of the Aryan will spell his demise and with him the demise of all of those who depend upon him and his creative genius for survival. The formulaic nature of the jew in his praxis is incapable of sustaining a harmonious world and should he be capable of continuing the downward spiral of his death drive praxis (his rapacious usury and disregard of anything other than himself) he will ultimately destroy himself and all sentient life on this earth through his enabling the entities he is presumably bound up with to vampirize all and sundry and continue to provoke strife between each and all unto death.

Thus it becomes an either-or situation: either the jew triumphs over the Aryan and destroys all within a few short years or the Aryan subjugates in the most harmonious manner possible the jewish despotism and ensures a peaceful world of harmony to reign upon the earth. Such is a formula for a real heaven upon earth not the illusory utopia of the current jewish despotism. It is either the artificial, false peace sign-the inverse of the life rune- or it is the triumph of the life rune-inverse of the peace sign- through the triumph of the will of the Aryan.

Loki

I was unable to obtain work in the area and continued the distribution of propaganda both online and in physical form. This continued for some time while I was being watched and observed by police and military helicopters around town in addition to having planes fly over my residence, some military craft with radar nose cones. I was eventually arrested by the police for allegedly distributing propaganda. This is revealed in the below journal which was written during the course of events of my prosecution/persecution by the J.O.G (jewish occupation government)

CHRONOLOGY OF EVENTS FOR THE LOKI HULGAARD (((HATE SPEECH))) CASE IN CANADA:

AUGUST 1ST 2018- SEPTEMBER 26TH 2019

-Wednesday, August 1st 2018

-Arrested outside of the Medicine Hat Alberta Provincial building after I had finished having a counseling session with a mental health counselor [who acknowledged he was a freemason and was a Mormon] (I was in counseling as an implied condition of my continuing receipt of welfare which was threatened to be cut off by my welfare case worker). Police rush up to me shouting in a rapid way "loki-hulgaard-you're-under-arrest- for-public-incitement-of-hatred!" as they accosted me. I was uncertain what was going on at first and simply froze.

-police take approx \$327 cash as evidence which cash was stamped in permanent marker ink with the above mentioned messages

-I comply with police who take me to the station (~11:15AM)

-call legal aid, a lawyer referral service, and speak to (((anon))), a lawyer who says he will arrange for a bail package. Told to call again later. Kept in cell.

-call legal aid again and secretary refers me to [greg white], lawyer, and I stated I wanted the previous lawyer. (((greg white))) is 'apparently' travelling through Calgary and can't respond. I am told to call again.

-Interrogated by constable [eric marshall]. Upon advice of legal aid secretary (previous) make only minimal statements explicitly stating that I had/have no intention of harming anyone and that the guns were merely for survival[this interview is available in the police report which was by court order removed from the website]

-Kept in holding cell. Attempted to contact legal aid but to no avail. Cell guards/police claim they are working on a bail package.

-Eventually, after approximately 24 hours(during which time no sleep was had) am granted a hearing via phone in the cell with (((greg white))), crown prosecutor and judge who had all agreed that bail should be \$4,000 after I informed them I had no money. (((greg white))) represented events in a false light claiming I had held up the money (with stamps on it) in the face of the safeway clerk (who was jewish) which was false. The safeway clerk pretended to read a jar of coconut oil I was purchasing and attempting to involve herself in conversation with me and exhibited (so far as I recall) the bills I had given her to the camera which is what presumably led to my arrest. I draw this conclusion as this was one of the conditions of my probation (ie. lifetime ban from that specific safeway). I had never

displayed this type of bill before anyone intentionally as my intention was to discretely pass the message without creating any controversy.

-These are the reasons why I didn't want [greg white] to represent me in the case which lawyer was later offered to me and nearly forced upon me by legal aid

-Eventually I was released Thursday August 2nd at 1930 (0730 PM)

-Upon being released I concluded that the world as it was was unworthy of living in and given the forces aligned against free speech and the survival of white people (given that simply communicating that one's kind is being subject to genocide) is prohibited and entails/ amounts to 'hate' and is considered a crime led to my decision to attempt suicide. Also the difficulty of obtaining meaningful or any employment given the employment equity act and mass non-white replacement immigration.

-I decided I would first involve the free speech activist)))Paul Fromm(((in hopes that my case could be publicized and that this would work against the (((hate speech))) laws enabling white people to speak in defense of their existence which is being denied in the media and academia (pretending there is no such thing as white people, the 'concept of whiteness', etc.-an act of genocide by united nations definition).

-I awake Friday 3rd after 6 hours of sleep having been awake prior to this time for over 40 hours since 0500AM August 1st until 2030(0830PM) August 2nd and write my 'Manifesto' available on the website to clarify the issues submitting copies to police and [Paul Fromm] via mail which at the time of writing this particular passage (August 12th 2018) has still not arrived in the latter's possession (possible mail fraud/negligence). In hindsight I understand that it was a naive and foolish act to attempt to be communicative with police, however I am a naive and trusting person not a lying jew or non-white and thus am unfamiliar with legal proceedings and police entanglement

-I took preparation to commit suicide via cutting my wrists. This failed in the first attempt and I made another attempt but this was also ineffective as the blood congealed. I then looked upon this as a sign that I should live and that I was in error in attempting suicide. I called the EMS at ` 1315. The police arrived at ` 1325/30(?) prior to EMS, two officers, a Phillipine's-ho and a White Male. The Phillipine's-ho officer [presumably knowing of my being charged with a (((hate crime)))] was quite coarse and confrontational and told me that if I wanted to commit suicide that I had to cut a different area of my anatomy which he demonstrated ,probably encouraging me to reattempt.

-EMS arrived shortly thereafter and escorted me to the 'social work hospital'/emergency room and had bandaged me prior to the trip. I was checked in and the jewish security guards and nurses were gossiping about me while I was waiting for a doctor which took a fair while. A jewish female doctor or nurse was spending her time bragging about her vacation and property to another jew in the adjacent room periodically looking over her shoulder into my room in a cheeky and insolent way and neglecting their duty

-I had an interview with the jewish psychiatric nurse (((Candy))) who I told the issues and explained I had no hatred of jews. She stated, perhaps enticing me to reattempt suicide, that "you never know what happens after death". She was professional in her behavior and sought the involvement of the psychiatrist on staff who turned out to be jewish, who interviewed me and I again explained that I had no hatred of jews but was simply attempting to alert people to what was going on via propaganda

-I was not (to my surprise) detained or put on suicide watch as, though I instructed the psychiatrist I had no intention of repeating the incident I was contemplating it throughout the time of my stay and told her explicitly that if I had to spend any time in jail I would starve myself to death. The South African doctor did a competent job in sewing up my wrists which I had cut with a razor blade.

-I was released and told by one of the jewish nurses to take a bus home even though I didn't know what my location was in terms of how to return home. I explained this to a jewish nurse (who had presumably overheard my conversation with the psychiatrist) and she appeared angry and finally gave me a voucher for a cab. In the cab I spoke to a driver about the incident and he stated that I probably wouldn't go to jail as he himself had been inside and appeared knowledgeable about the legal system. This gave me confidence for the future and dissuaded me from possibly making a repeat attempt at suicide.

-After this ('2000/0800PM, Friday) the police attended my residence and I assisted them in taking all of my 'weapons' which was a condition of my probation (items included: knives and collapsible batons as well as an aluminum baseball bat-all of which I had in my possession for personal protection with the exception of kitchen knives). I had to use razor blades to cut vegetables subsequently as I was prohibited from having any knives.

-After this time I had left chronicling the events for a few days. However various strange incidents had inclined me to make a journal to serve as a record of the corruption of the legal system and government to release to the public.

-Aug 20th 0200AM: awoke to urinate and observed out of the upstairs window a nondescript large white van parked across street with lights on. When I approached the windows to peer around the trees for a better view it drove away.

-Aug 21st 1145AM: spoke to psychiatrist [eva kaul] who reported to me that my counselor [jeremy ahern] had said the police had told him that my mother told them that I had cut the heads off birds at one point in my life, apparently within my adult years, which is false. I called my mother later who denied making such a claim and having ever spoken to the police about this legal case and myself.

-Aug 30th 0930AM: arrived at court. jewish media guy follows behind me and stalks me once I leave the courtroom calling out my name after I walk in front of him after opening the door to him. He follows me for awhile to the library adjacent to the courthouse.

-My jewish welfare case worker (((krystal coveny))) reduces my benefit amount by \$100 per month to \$586 on the grounds that I am living with family, though \$300 of this is allocated towards rent. However this was known to her prior to my arrest and being publicized in the news media.

-Sept 2nd: contact legal aid requesting out of province lawyer that is referred to me by)))Paul Fromm(((, <http://cafe.nfshost.com/> the Canadian free speech activist and which lawyer is a practicing criminal defense lawyer who is a specialist in the field. The operator behaved in a contentious manner claiming that the Alberta lawyers (available via legal aid) are just as good but begrudgingly files my request.

-Sept 10th: no response from the prosecuting attorney respecting the ITO ("information to obtain")

-Sept 11th: I make further attempts to obtain the "information to obtain" document related to my case and all are unsuccessful as previously (over the few weeks prior to this point- from the point of ordering the disclosure with the information to obtain on the 17th of August). All requests for the ITO from the court clerk, the prosecution attorney's office in Medicine Hat and special prosecution attorney's in Calgary are disregarded by them all of whom claim that the only way to obtain it was with the disclosure(police report) and when I explicitly stated it could be obtained separately they refused to address the issue:

1) the court clerk referring me to the prosecuting attorney's office in Medicine Hat; 2) the latter referring me to the special prosecutor's office and 3) the special prosecuting attorney's office referring me to the local prosecuting attorney's office and refusing to answer my question whether the ITO could be obtained separately from the disclosure and my request for it. The secretary also claimed they would forward my request to the prosecuting attorney.

Sept 12th: legal aid never returned call. Contacted again and spoke to supervisor who said the issue was 'black and white' and that they wouldn't pay for an out of city lawyer (travel expenses). Called again later but no response available.

Sept 13th: contacted the special prosecution office and the operator stated I had been given the wrong number by the crown attorney's office in Medicine Hat. Forwarded me to the prosecutor's office and requested from the assistant of one [heather morris], the prosecuting attorney the "information to obtain"(ITO). The assistant stated that the ITO had been sealed and that they had to unseal and review it and would then give it to me in the disclosure. I contacted the legal aid office and they stated they would call back after I

informed them that an outside party had expressed a willingness to pay travel expenses of the prospective lawyer [name withheld] who I informed them was a non-biased lawyer who I trusted

Sept 18th: legal aid denies my request to engage an out of province lawyer whose travel expenses would be paid by a third party

Sept 20th: court adjournment to Oct 17th. I wait 1.5 hours for basic forms for a hearing to reinstate my firearms license even though the court clerks were minimally occupied throughout and because they didn't know what they were doing, and had to read a manual on the subject and then call various people, etc.

Sept 25th: spoke to counselor [who was a freemason and Mormon] today who showed me the youtube videos of myself and that youtube had-or some outside hacker had-configured the site to play the "Divine Firearms Rights" video that I had made when all other videos were attempted to be played, this presumably as a means of associating me with firearms and in the public mind with violence. This strange anomaly suggested I was being hacked or monitored

Sept 30th: recorded show with)))Andrew Carrington hitchcock(((. Uploaded to youtube but video was taken down a few hours later

Oct 17th: adjourned until the 7th of November. Judge had no willingness to compensate the \$2,100+ that had been taken from my residence by police during their possible illegal search of my residence which money bills were stamped with the phrases above mentioned and taken as evidence. No unmarked money bills or currency in any form was given to me though I was at that time in a state of hardship. Prosecuting attorney stated more information in the disclosure was forthcoming in getting a judge to adjourn court

Nov 7th: informed judge at court that I was interested in engaging a non-lawyer representative which previously the duty counsel [ian baird] informed me was possible and who was familiar with my case. The judge denied this was possible and stated that given it was an indictable offense I could not engage a non-lawyer as my counsel. I informed the judge that I would seek legal aid assistance. The prosecuting attorney also imposed via the judge an obligation on me to "take down posts" from the internet in order for me to obtain additional disclosure otherwise the crown would withhold it.

Nov 21st: Police detective [paul taylor (badge #307)] of the community intelligence team spoke to me outside of the court house about the (((Robert Bowers))) synagogue shooting incident probing for information to implicate me as a terrorist. I informed him of the obvious fact that it was a false flag operation: (reference: <https://zigforums.com/thread/12559259/politics/robert-bowers-exposed.html>) . I had the previous week filed a request to review the judgment of legal aid in hopes of engaging counsel of choice from out of province. Informed judge of situation which was adjourned again. The same police officer spoke to me again attempting to glean information about my complying with 'taking down posts'. I informed him that I was unaware of which posts were being referred to. He

further probed to find out about my job status presumably in response to a formal complaint lodged against me to the welfare department headquarters in Edmonton in hopes of getting me cut off and driving me into extreme hardship by one [lauren froment]. The claim was that I was 'misusing' my benefits. This redskin antifa local had been harassing me online and making implicit death threats to me. This person who is working with a jewish harassment organization operating under the cover of 'human rights' etc. had obtained my email, physical address etc.

-Dec 11th: Was contacted via legal aid who stated that no outside 3rd party funding could be contributed for lawyer fees (travel expenses) and which same was offered by the fee speech activist)))Paul Fromm(((. For this reason, they claimed, I couldn't receive my counsel of choice [name withheld]. I was presented with the 'option' of being given whatever lawyer legal aid chooses or nothing. I opted for the lawyer. The Journal entries between Dec 11th 2018 and the Summer of 2019 has gone missing. The following is an attempt to recall particulars that had occurred subsequent to Dec 2018

-The Royal Bank of Canada (Canada's largest bank) sends me, its client, a letter claiming that they are terminating my bank account without any definite reason. I attempted to find out why via customer service and spoke to an officious, arrogant oriental minority hire receiving nothing but a robotic broken record response and a refusal to provide a reason for this decision. I speculate this was related to the case and according to)))Karin Smith(((of the South Africa Relief project, <http://www.safrrpsa.org/>, is what has been happening in South Africa to prevent conservatives from preserving their assets and even transacting financially.

-When conducting an interview with)))Brian Ruhe(((on his youtube channel had the video garner thousands of hits and which was then taken down after 2 and a half hours. The video was reuploaded to bitchute a youtube alternative. After this a redskin female by the name of [lauren froment] had made copious death threats over the ensuing months making subtle allusions to knives and putting forth pictures related to violence against me in an indirect and implied way. Also I received other comments from a couple of other people (stalkers) who made more death threats and stated that I would commit suicide in jail thereby implying that that is either what they know will be attempted against me (murder portrayed as a suicide) or would seek to bring it about

-A subsequent court date around the month of late January 2019 led to another incident in the waiting room of the court. I was speaking to another person when the redskin [lauren froment] who I had never seen before approached me and said abruptly in a hostile tone: "Do I look like I have a hooked nose!" I was surprised as I had never seen the person before and informed them in a calm voice that I had no idea what they were talking about. They persisted in their belligerent rudeness and I then stated in neutral tones that I would inform the sheriffs which I did and they intervened. My then lawyer, a young liberal took over my representation in that instance and I then left the courtroom at his advisement

-This legal aid lawyer had assisted in the overturning of a decision in the nearby city of Lethbridge, Alberta of a Christian organization that assisted fags in returning or converting to heterosexuality preventing this organization from offering this service and thereby facilitating the liberal agenda (unable to find source). He also defended a paedophile teacher in the nearby province of Saskatchewan (<https://edmonton.citynews.ca/2019/01/22/alberta-teacher-jailed-after-admitting-to-child-pornography-offences/>) and was initially to my mind in spite of these obvious glaring problems, concerned with the preservation of free speech. Having no alternative but known jewish lawyers I contracted for his services as my counsel.

-At this point I had not yet seen the full disclosure (police report) which contained all of the information regarding the case from the perspective of the prosecution called 'the crown' in Canada, and the reason adduced by the crown was that I had 'posted the disclosure on the internet' and that the crown representative, a fat jew had requested I take it down to which I had agreed at that time, being subtly put under duress in the court room and not entirely understanding what "not continuing to post it on the net" meant whether this statement referred to posting on social media or otherwise. The reason for the decision on the part of the crown was that a prior case in Toronto entailed a publication of disclosure (police report) at a party and this allegedly caused domestic strife for one of the parties spoken of in the disclosure of that case thereby damaging their reputation. This soap opera-like event was probably contrived by the cabal to set this legal precedent deliberately. On this flimsy pretext the crown denied me the ability to receive the remaining half of the disclosure which had become available posterior to the initial disclosure which was put on the net at the website

[obsolete website]

-I was given a meeting with the lawyer in around late February over one and a half month's after retaining him as counsel, and he spoke briefly about the case and what was had on me stating in a jocular manner that he 'didn't agree with my views'

-perhaps around a month later the false flag shooting of (((Brandon Tarrant))) occurred which occurred on Easter an occult holiday, apparently sacrifice season in the cabal's pagan worldview:

<https://lighthascome.com/2019/03/15/sacrificial-month-of-march-watch-falseflag-new-zealand-mosque-shooting-exposed-must-watch/>.

After leaving the gym one day I was accosted by a group of police cruisers who stopped me and requested to see the 'notice of recognizance', a list of my bail conditions that I am forced to carry around every time I exit my residence. They attempted to elicit conversation from me but I was incommunicative beyond passive compliance and politeness

-Another incident occurred of this nature with police observing me walking on the street and then waiting at the bottom of the hill for me. I attempted to avoid them as I was uninterested in an encounter with them. However, after walking along a path over a river and coming out at the other side I encountered yet another pair of police cruisers waiting for me and at that point I gestured to them and I was asked if I was Loki Hulgaard by one of the police and failing to respond quickly out of nervousness he requested my notice of recognizance which I then produced.

-Around this time, given the proximity of the town (Medicine Hat, Alberta, Canada) from a N.A.T.O airforce base (Canadian forces base Suffield) I was having military and police helicopters flying over my residence over the roof so that I could only see them if I pressed my face up to the glass given the obtuse angle. It should be mentioned that I had also been followed around the town prior to my arrest by military and police helicopters which followed me from one side of town to the other presumably observing me. On another instance a strange looking military craft with a transparent radar nose cone flew directly over my residence at low altitude, a small house. I had suspected I was being monitored for some time given my alleged propaganda activities which I would relate in another section/document if it were not imprudent to do so

-I attended around mid March 2019 another meeting with the lawyer to review what he claimed was a 'statement of facts' that the crown had drafted up which was a de facto confession and which I have been prohibited from posting online or sharing with anyone else or I am considered to have violated my bail conditions and am thereby subject to a \$4,000 fine and/or jail. I stated I would look at the document and took it away with me.

-I then had another meeting with the lawyer and stated that I was unwilling to sign the document as the emotive language entailed commitments to things I had not done and motives I did not have (eg. "...the accused willfully promoted hatred by spreading messages..."). Also it must be noted that I was not given adequate exposure to the disclosure and the lawyer simply read off parts of it that related to the 'statement of fact'. The lawyer stated that he would return to the crown and that the latter would draft up another version.

-A few weeks later this was done and the language was substantially the same. I stated that that was the case and therefore unable to sign the document. At this point the lawyer stated that that was all he could do for me and that it would be best to part ways given that I had given him information that would prove injurious to my case. I then had to inform the court of this and was left to seek another lawyer.

-In my opinion the previous lawyer had failed in his duty of care to me for:

1)misrepresenting a confession as a 'statement of facts' and claiming that the penalty if convicted at trial could and most likely would be significantly worse if I didn't sign thereby attempting to pressure me into signing it.

2) that the lawyer was possibly in collusion with the crown prosecutor as I overheard him speaking to the crown in the hallway in mocking tones about me and the case (a "we've got a live one here" type of tone)

3) He didn't give me adequate exposure to the disclosure but just read it and gave me glimpses.

4) He stated at the beginning of the case that he didn't want to go to trial but would if he had to thereby demonstrating a less than neutral stance

5) that if I insisted upon seeing/requesting the disclosure again I could 'find myself another lawyer'

-In around mid June I had forgotten to check in at the police station on Friday during business hours which was one of my bail conditions. The next week I attempted to check in as before and I was told by the clerk that I would 'have to speak to a police officer' who then escorted me to the jail cell. I was kept in the cell for 12 hours without any food which I would have declined anyway and during the course of this time approximately 9-10 hours in a belligerent youth was brought in to the adjacent cell who was ranting in a loud and artificial sounding voice(almost as if he was acting out a script) about 'white nazi police' and 'christian nazis' and how they wanted the 'oil in Iraq', etc. I told him to shut up and that no-one wanted to hear his opinions and he eventually went quiet. I heard nothing from him past this point and forgot about the incident until after my release when I speculated that he was probably planted in the cell to elicit some type of incriminating statements from me.

This has also happened to me prior to my arrest in this town where a plant was installed probably as a means of trapping me into making statements that would provide grounds or evidence for further investigation into myself. While in jail the second time the crown attempted to hold me in the cell and have me moved into the remand center for multiple days while they decided whether I should be considered to have violated my bail conditions and that whether this was sufficient grounds to either jail me until trial or charge me \$4,000 for violating the conditions. Eventually the judge via phone in the cell called for my release. At this point also an Arab had been brought to an adjacent cell named <<<Mohammad>>> and was given kid glove/red carpet treatment speaking to an interpreter for over 30 minutes of Arabic jabber. Eventually after a very short while he was released perhaps under 2 hours. The double standard treatment by J.O.G of Whites and non-whites is clear in this instance.

-On another instance where I had to have dealings with jews at a bike shop called 'cyclepath' I left my bike in custody with the jews who ran the store and foolishly told them I had dropped something(a USB stick wrapped in duct tape that I had sequestered there) in the shaft of the bike tube and which was not possible to extricate. I requested that they fish it out in addition to the bike tune up. When I picked up the bike later the jew claimed that no item was there. I suspect they had either submitted it to the police or had simply stolen it.

With jews you lose. I must be more cautious

-At another time shortly after this (one month later) before September 11th (an occult date numerologically) I was to plead 'guilty' or 'not guilty' to all charges, the jewish woman at the foodbank I attend said cryptically and in a sinister tone of voice while staring at me in a subtly aggressive manner "winter's coming Loki" and repeated that statement as if it were some kind of curse. The next time I attended the foodbank after I managed to avoid pleading on the charges she was put out seemingly. The jews in the community seem unsettled, probably given the possibility of the case being thrown out owing to the statute of limitations. I infer this from their agitated behavior.

I should point out that the crown's position regarding the case and the crown prosecutor's actions suggested to me the

following:

1)they were attempting to rush things and claimed that they wanted to beat the February 1st 2020 statute of limitation deadline (18 months from time of charges on August 1st 2018)

2) the judge stated it was 'my fault' that my lawyer quit as i was the defense and he was my counsel though the crown said that 'it is arguable' meaning it wasn't very convincing that it was my fault

-The court had wanted at this time a 'pretrial hearing' which could have entailed my revealing information that may have and most likely would have amounted to an admission to the court of having done what I was alleged to have done at least in their eyes. I managed to obtain another lawyer in time and this is where things stand as of the end of September 2019 where I am legally obligated to plead 'guilty' or 'not guilty' to the charges and select the type of trial: jury or no, court of queen's bench (federal) or provincial. This is Oct 9th 2019.

-It is my hope that people will spread the information about this case round to all social media sites as the J.O.G wants this one concealed from public view given the procedural anomalies or errors it presumably contains and that if they can get a conviction they can then move the goal posts further down the road of tyranny through blowing up the case as another potential 'terrorist' threat given the false association they have created in the media between the firearms and the (((hate speech))) aspects, thereby associating in the public mind white identity politics/White Nationalism with physical violence/terrorism.

Search my name 'Loki Hulgaard' on a search engine such as qwant.com or startpage.com to reveal the sensationalistic slander the media has brought against me. Thank you for your time in reading this.

I warn the Whites globally that South Africa and then Rhodesia. Haiti, the former Portugese Angola and Belgian Congo etc. will be our collective fate if you don't 'throw your hat into the ring' now and use what resources you can to muster(time; money and effort) in defense of you race. The choice is yours: total victory or death by a thousand cuts. within a few decades at most or more likely years.

I predict that by 2024 we will be in the midst of Race War and will then be forced to fight to survive.

What follows is the "Manifesto" that I had written just after release from jail and upon arising after six hours of sleep and having been up for over 42 hours prior in the holding cell. I had also been fasting for around 50 hours during the time it was written. I was also under the influence of christian identity which I clung to as a Spiritual life preserver and which I no longer look upon as anything but a psyop on the part of the jews.

Subsequent to this document is more information related to the case (the charges and the botched search warrant which was illegally obtained and used to justify breaking and entering into my residence and stealing over eight thousand dollars worth of my property. A list is also appended which lists the stolen property).

MANIFESTO



OF

LOKI HULGAARD

Manifesto of Loki Hulgaard

a Canadian Political Prisoner charged with 'public incitement of hatred'

this Manifesto is the intellectual property of the author Loki Hulgaard and may not be altered

Manifesto of Loki Hulgaard

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It is a sad testament to a once happy society when a good intentioned person pure of heart is vilified by the jewish supremacist police state for simply attempting to wake up his wilfully ignorant people to the fate which the jews intend for them and as explicitly outlined in the propaganda I have distributed, ie. "immigration=jewish white genocide" via population replacement of the indigenous whites who created their own nation with non-whites-for this is clearly their plan, namely to orchestrate circumstances to intermix the 'races' of 'humanity' into a more easily controllable lower I.Q population of rootless cosmopolitans in a totalitarian police state under the United Nations.

I was simply attempting to help other whites understand what was being done to them and to assist them in helping themselves and other whites through becoming prepared for what will inevitably be led against them, namely a terrorist army of jihadists(arabs and muslims); of chinese communists; of sikhs; of 'redskins'(who are not native to the Americas and were not the first people in the Americas, Whites were, cf. "March of the Titans" by Arthur Kemp; "Paleo-American Ethnic Diversity", by Billy Roper,etc.); of black nationalists and in other regions different non-white terrorist hordes(eg. United States-mestizos; in South Africa black communists,etc.). Having love for my own people doesn't constitute 'hate' but is merely a defensive reaction against external threats orchestrated by the jewish supremacists against whites via their proxies.

The circumstances developing in society now clearly indicate that vast hordes of non-whites are being imported under the pretext of being 'refugees'; 'temporary foreign workers'; 'asylum seekers' and 'highly educated', essential people, for the 'economic prosperity', 'cultural enrichment' of the nation, whereas they are being imported purely as a replacement population and to use as a terrorist army to destabilize the nation through false/flag/state-sponsored terrorism(jihadists; black nationalists,etc.) to justify increasing police-statism and curtailing the liberties of whites and erasing their culture, heritage and identity under the pretext of 'love, peace, equality, unity', etc.

If there is equality and to be 'peace' and 'love' there can only be such through a separation of races in their own respective countries that they created through their own labour and effort and which were created for them in many cases by White people-which act has been stigmatized as 'colonialism' as if that were an inherently bad thing. Colonialism may be morally wrong when it displaces an indigenous racial group and its culture but nearly all races have historically colonized and even enslaved, genocided or mass murdered other races. This appears to be the natural order of things in primitive conditions, however the White race(also referred to be many as Caucasians or using the false geographic and non-biological term 'Europeans') has been the most lenient and benevolent to all populations they have come into contact with relative to other races such as the mongols under ghengis khan(invading Europe and butchering and raping Whites), the arabs invading Greece and Spain as well as many other European

territories. Whites, like it or not, have given the gift of civilization, of language and technology, to all non-whites on earth. No that is not the civilization falsely associated with Whites that exists today with Mcdonalds and Monsanto, the U.N and NATO-that is jewish hegemony and though many corrupt and/or naive and good intentioned Whites are affiliated with 'the globalist system' they are not the ultimate cause in my opinion, certainly not the average displaced White person who has no representation in the society their ancestors built and who themselves are being colonized by jews and non-whites for the latter's profit and certainly not theirs the culturally genocided and marginalized people typically of the lower to even middle class.

Truly we are a two-tiered society of jewish supremacist elites and affiliates(liberals; freemasons; 'judeo-christian' zionists; wealthy non-white elites such as chinese communists, sikhs, hindus, muslims, etc.) ruling over a slave class comprised of a dwindling White working class minority and their non-white replacements which latter are ever increasing in number.

We Whites are the colonized and our jewish overlords(biologically jewish) are using us as a scapegoat to transfer blame for their actions onto and to hide behind so as to conceal their actions and shield themselves from blame. They the jews are the supremacists as is clearly observable in the inordinate power they hold over the world through their central banking system and United Nations system. They control the media, they orchestrate wars all over the world using the mercenaries they call 'soldiers'(typically of NATO) and they brainwash the populace into thinking these wars are undergone to 'liberate' oppressed victims or to maintain 'peace' between warring factions, they strife in most all cases having been caused by them in the first place.(eg. ISIS/ISIL islamic terrorism; Oklahoma City bombing which was a state-sponsored terrorist act, cf. Jeff Rense of rense.com; for more on false flag terrorism see Ole Dammegard's "Anatomy of a False Flag". Other examples, USS liberty and Israeli bombing; bombing of the King David Hotel in Palestine; 911 and the connections between it and the mossad,etc.).

To address the inevitable issue of whether I am a terrorist which would inevitably arise and which was intimated in the interview with the police officer as a possibility: the notion of a 'terrorist' is as vague and ambiguous a term as 'hate'(or 'hate literature', 'hate speech', etc.). In my judgment the jewish supremacist government is the terrorist as they induce terror in the population via their police state and Draconian laws which latter are all too often(as in my case) ambiguous and this probably deliberately so, so that the population is reduced to a powerless mass of slaves who are forced to obediently slave away with a smile on their face while the jews 'sit and eat'(Babylonian Talmud quotation). "When the Messiah comes every jew will have 2800 slaves"(Babylonian Talmud).

All jewish supremacists which in my opinion holds for probably almost all jews if not all are adherents to the Babylonian Talmud not the Pentateuch/Old Covenant/Testament and from a scriptural standpoint are not "the chosen people of Yahweh" but derive from Esau and the Edomites as well as Cain before him(cf. "Edom is in modern jewry", jewish encyclopeduia). They I have come to suspect, are probably

derived from the fallen angels(nephilim) and their 'seed' or DNA is mixed with most of the races of humanity and this is how they tyrannize over the earth through their networking and nepotism based on blood ties. The jews are not a pure race but they all have this genetic commonality(fallen angel DNA-Lucifer/satan/samael as spoken of in the book of Enoch).

Are there 'good jews' in my opinion/worldview? My vast experience with jews of all socio-economic classes has led me to the conclusion that there are some who appear to be good but that appearance is largely a mask behind which they conceal more nefarious and malevolent intentions(such as usury and exploitation or building up a reputation and acquiring social capital through ostentatious displays of charity; tax exempt foundations,etc.). Is there, I repeat, a 'good jew'? I doubt it as no matter how much trust/friendliness I extend to the jews in my dealing with them I am always met with manipulation, hostility and other forms of negative behaviour. This simply confirms through this wealth of experience, my stance on jews as a collective group who themselves give continual evidence of their working as a collective group in their own self interest exclusively and typically contrary to the interests of Whites using, eg. non-whites against Whites and siding with them/propagandizing them against White people(eg. Employment equity act; discrimination against Whites in the legal system-eg. Far harsher penalties for Whites; greater receipt of state-benefits for non-whites; government grants for non-whites to establish businesses which are in many cases which I have witnessed first hand converted into drug dens and prostitution rings wherein, eg. Negro owners were prostituting 'redskin' and White women, etc.). Thus jews function as a collective group for their own interests ultimately using others when it serves their purposes. Perhaps there are genuine 'good jews'-I have not encountered any so far and Reason dictates caution in dealings with them as well as avoidance of conducting any business or social relations with them as they are "the masters of the lie"(Luther).

Do I 'hate' jews and is my literature that I read and have distributed in my judgment/opinion 'hate' or motivated thereby? No, merely to assist Whites(my kinfolk) in waking up to the jewish problem in their midst and that this latter group is a hostile force. Thus the solution should simply be 'The Byzantine Solution' which occurred in the Byzantine empire: jews should be excluded from 1) practicing law; from 2) holding political office; from 3) running the banking system and from 4) holding positions in education. In a perfect world perhaps they would live in Palestine or Madagascar or a territory exclusive to themselves as their monopoly over White created societies leads to White genocide.

Given their obvious hostile intent towards the white population the jews must be taken peaceably from their positions of power in those societies created by Whites and either live elsewhere preferably or keep to themselves in societies which Whites have created as their parasitical influence threatens the survival and preservation of Whites and their culture. This is not hate but love, the establishment of a harmonious world in accordance with Natural/Divine law(cf. Bertrand Comparet's "God Commands Racial Separation"). Note here that I have written extensively about these issues. A right of a

people to defend itself against genocide entails countering the violence of others. If the jews insist on attempting to genocide Whites, then Whites must defend themselves against them and their puppets(jihadist, violent foreign invaders,etc.). What does this mean in my case in practical terms? It means having weapons to defend myself against 1) home invasion and violent threats against personal security by violent criminals. Never have I had any intention of involving myself in terrorist activity by striking against jews as individuals in the manner of Anders Breivik though I have foolishly out of paranoid fear put this material into my book 'White Law' which obviously would suggest terroristic intent. However I am simply afraid of what is to come and attempted to build myself up through these writings, ie. gain a greater confidence as a means of coping with the circumstances of society envisioning the inevitable case/scenario in which the police state would crash through my door and seek to apprehend me for 'hate' simply because I had books they deemed 'hate' or had made online posts('stick and stones will break my bones but names will never hurt one'-so it used to be before the jewish communist brainwashing of 'hate speech').It is simply paranoid(and justifiably paranoid) fear of the jewish police state and the terrorist armies they are bringing into all White societies on earth which has motivated me to gather firearms and the poor man james' bond style literature(not illegal in any way to possess as far as I know). Unless any 'terrorist plans' were discovered on my person how can I be alleged to have any intentions to commit any acts of violence with firearms, etc.? I admit that it was a mistake to have incorporated that section into my book 'White Law' and in other writings but I had done so out of anger over the issues of the contemporary world and what the jewish supremacists('jews') are doing to my own people as well as other 'races'/'species'(depending on what nomenclature is used-eg. White race/species, black race/species, etc.), I had written this as a means of making a contribution to the survival of my own kind(even that of Others) through combatting discursively the jewish tyranny. Perhaps I had gotten carried away and was caught up in emotional states that led me to cathartically vent over these issues. However I had no intention of undergoing any 'terrorist act' unless that act was purely non-violent which the police state might call 'terrorism' but which I would simply call raising awareness over the tyranny(as in distributing leaflets and putting up stickers). From my point of view I have always known that I would never have been effective even if I had wanted to which I did not and do not, in targeting 'enemies' in a physical way. This act would simply be of use to the jewish occupied government in vilifying White activists who simply want to preserve their own culture and identity and not be slaves to the jews and gradually genocided in the countries they and their ancestors have made. In my opinion/judgment such acts could at best be carried out by high level operatives in the military and police themselves and are in no way something I would have the courage to undergo. Also and most importantly such acts could only be legitimate in the case of counter-violence against the physical violence of the regime brought against White people which is going on all over the world(Europe;America; South Africa) and which will almost certainly be undergone in this country soon via the jews' proxies(jihadist; terrorist invaders; chinese

communists/triad gangs, etc.). Hence I am concerned only with defence not aggression which is the right Divine and Natural of all peoples and individuals who are themselves part of the greater whole of their own Race. Thus I have not 'hatred' for others but am motivated purely by love of God(Yahweh) and Race and the preservation of my own kind in a harmonious relationship with the sum total, not being forcibly mongrelized out of existence and living in a 3rd world communist/socialist police state controlled by jews and their puppets.

As to my writings in general they are a creative exercise, an attempt to entertain and enlighten others as well as a cathartic release of anger and frustration over the issues of today's society. These writings are undoubtedly offensive to many but that is largely the intent. Sometimes shocking people is the only way to wake them up.

As to the other beings who are called 'humans' or 'races' I say only this-I have no hate towards you but find many of the traits of some unappealing. This is merely my personal attitude towards them and is not motivated by hatred but understanding. I have much in the way of dealings with other races but have always attempted to put forth a genuinely friendly or neutral attitude towards them. However, given the animosity many of them have towards Whites(largely a result of their anti-white racism itself stoked by jewish false historical narratives,etc.) it is often very difficult and not appropriate to behave in a friendly manner towards aggressive and hostile 'Others'. Respect being mutual it extends only so far and as a self-described White/Caucasian/Aryan/Adamic male do not have a willingness to behave in an overtly (or at all) friendly way towards unfriendly and hostile 'people'.

Multi-cultural/mixed-race/species/kinds societies are nothing but a chaos of competing interests and are inherently unstable and doomed from the beginning to fall into violent warfare between competing groups. This can be seen at the present time in all white societies which are controlled by jews . Veritable towers of Babel whose foundation can't support the superstructure. Separation is the only solution and since non-whites who exist in White societies have societies/countries of their own then if they are equal as the jewish government claims they must live in their own territory and help their own people there. White people help others but I see noone helping Whites save through self-interest(economic incentive,etc.) and as soon as they gather enough resources in the White countries they are invited to they either leave and return wealthy(given the currency differential) or they remain and attempt to build more power in White societies attempting as a trojan horse to take it over from within. This is colonization and all 'White Nations'(those founded by White/Adamic/Aryan/Caucasian people) are being subjected to this foreign usurpation throughout the world which amounts to genocide by united nations definition, the destruction in whole or in part of the ethnic identity, culture and heritage of a people(read Andrew Carrington Hitchcock's "Jewish Genocide of the White Race Case Closed" on the internet).

I had modified the magazines of the weapons so as to give myself a greater fighting chance(more ammunition without having to reload) in the event of future chaos in a purely defensive jus bellum against the foreign invading terrorist armies brought

into White nations by the jewish supremacists. I am aware of the illegality but was motivated by a paranoid fear of the jewish police state and their proxies. I scratched the serial numbers off as I was intending to cache the weapons to avoid confiscation by the government in the event they declared firearms possession and ownership illegal as they did in Australia and South Africa to prevent the White population from defending themselves against the terrorist hordes they are bringing in. For the record I have a valid firearms licence and purchased the guns from commercial businesses).

I have never harmed another person in my life. I have always been a hyper-sensitive individual(an introvert) and therefore have found it difficult especially with my realistic belief system (based purely on logic and common sense, on 5+ sense reality and empirical knowledge substantiated and amplified through well-argued and intuitively sound literature) to have an involvement in a society based upon lies and hypocrisy(cf. 'The Hypocrisy of Democracy' by William I Pierce). I have always had these values since I began to experience life consciously at a young age. I have always been bothered by false people ('hypocrits'; liars; theatre actors) and have therefore had great difficulty adjusting myself to a society of this kind with its hypocritical claims of 'equality, democracy, etc.' and its implicit vilification of White people as such. My personal background as a socially poorly adjusted person does not defeat the claims I am making in this document about jews and their hegemonic despotism they are running throughout the world.

Most of the upper class Whites seem to care little about their people and the preservation of their own kind immersed as they are in materialism and the possessive individualistic creed of 'liberal social-democracy', the hypocritical value system that prevails at this time. However, 'right wing' or 'left wing' is simply a notional entity which exists within this system. Personally I advocate a political model of a similar nature to that of the Republic of America at its foundation only under God(Yahweh's law). Republicanism is not democracy. If the upper class Whites would only use their political power to serve their own people instead of foreign invaders and their own self-interest the jewish tyranny would be over tomorrow. They are the most serious problem especially those who subscribe to the suicidal creed of anti-white egalitarianism,' anti-white' by default as to treat all 'people' equally in a society founded by Whites is itself a genocidal act. China and the state of israel don't confer 'equal rights' or 'equal opportunities' upon others so it stands to reason that since they are ethno states White people should also have those nations they founded as exclusive territory for themselves. If non-whites are given citizenship and rights in White countries yet still have an ethnically homogeneous society to return to that is not equality, that is colonization and foreign invasion. White people who view this as acceptable while enabling the genocide of their own people can properly be spoken of as 'race traitors' and need to be removed from political power as they are a threat to the survival of Whites as a collective, a 'race'/species/kind.

As to the particulars of the case:

the incident in which I used money as a means of communication of the messages, the money was typically handed faced-down to the eg. Clerks, etc. And was to so to avoid any unpleasant scene and as a means of covertly spreading the message as a money bill stamped in permanent ink would be distributed amongst many people and would be seen by many. The first lawyer I was forced to have as my counsel portrayed things as if I had intended to flash these bills in the face of jewish clerks which is ludicrous. Many times the jewish clerks(especially the one who implicated me as the spreader of this message) turned the bills over and observed the writing and on some rarer occasions I mistakenly turned it over and handed it to them writing side up. My intention was always to covertly spread the message not to hold it up to the face of jews which would be ineffectual as well as an absurd gesture. The first lawyer's misrepresentation of these facts further underscores the untrustworthiness of the system and the legal profession replete as it is with jews who have monopolized it like everything else and who use it to create such totalitarian and ambiguous laws as 'hate speech' laws(cf. Thomas Sheppard's "The Tyranny of Ambiguity"). In the jews' system anything the jews' hate is qualified as hate.

Leaflets: I have distributed leaflets whose content doesn't entail hate but is merely fact. "Immigration=White Genocide"[in White countries nearly all immigrants being non-whites] with the byline 'jewish supremacism' to connote that this equation is related to and caused by jewish supremacism and that white genocide is the goal of jews(cf. Kalergi plan; Steinlite plan; Morgenthau plan, etc.) I have created many more leaflets all of which implicate jews as eg. "99% of the 1% is jewish", etc. This is not hate but fact(thezog.info). The 'resist.com' website I referenced because at the time I thought it was a good source of books and information as well as a handy slogan for people to easily remember. I have made other more ludicrous propaganda images such as 'jewry must perish' lampooning in a cartoonish way the serious hate crime against Germans by jews in their literature, eg. "Germany Must Perish" wherein they advocate the genocide of the Germans around the WW2 era(a world war the jewish bankers themselves created. For the record I do not look upon the alleged historical event the jewish media perpetually whines about and seeks to criminalize all questioning of as an actual occurrence. All the evidence clearly proves that all of their allegations are mere fabrications, "tall tales" that never happened(Arthur Butz, "The Myth of the 20th Century"; The Leuchter report, etc.). If this alleged historical event occurred then why would it be immoral to discuss the particulars and thereby convincing prove in the minds of rational and reasonable people that this event occurred. Whether an historical event is 'painful' to some people or not does/should not preclude its research and investigation. Many millions of people died under the brutal communist regime in soviet Russia and this has caused untold pain to the survivors. Nevertheless this and all the events of WW2 have been and should be discussed so that the truth may prevail and all people live in a state of concord and harmony therewith instead of in a state of fear and cognitive dissonance or wilful ignorance of fact. Living a lie is discord, inharmony but

speaking the truth is concord/harmony. Hating the truth is achieved through censorship thereof which is a clear testament to the hater's unwillingness to face it either out of cowardice or out of an attempt to conceal the facts which are to their detriment[such as being exposed for having perpetrated the 1st and 2nd world war as well as the holodomors(of which there were three); the Dresden firebombings; the concentration camps of Eisenhower wherein millions of Germans were starved to death after the second world war]. All facts of history should be but aren't at the present time investigated from every angle and in as impartial a manner as possible. Only then can truth be attained.

At the present moment all textbooks outside of the quantitative sciences are distorted and falsified just as the scriptures are by the jewish supremacists whose religion is Luciferianism/Satanism. Hence in all White nations most all of the population are given a distorted understanding of history and of reality itself(through eg. The ludicrous Darwinian evolutionary theory and egalitarianism which purports to be a religious philosophy of 'diversity' and 'multiculturalism' but is rather a hegemonic monoculturalism that destroys the different kinds/species/races and their cultures which can only be preserved in their own area of the earth through separation). Hence all 'White nations' are now jewish nations(occupied governments, satraps) are based on a distorted and created view of reality which has only infrequent correspondence to factual reality, a square peg in a round hole.

'Hate' legislation is created by haters who hate the truth and want to suppress it. They are jewish supremacists and "want a world of their own"(Maurice Samuels' "You Gentiles"), they want a "Jewish Utopia"(cf. Rabbi Michael Higger's book of the same name). Their means of achieving this is White genocide(through mongrelization and/or outright extermination of the White males who are capable of defending their own kind who will be vilified as 'terrorists' and 'racists' as a means of rounding them up and starving them to death in concentration camps or some such fate as the jews did to the White Russians in soviet Russia working the latter to death in labour camps on crusts of bread and mass executing others).

'Hate' is a conceptual construct created through their money, legal and political power by jews(most supreme court justices are jews in most formerly White countries on earth as they have usurped and occupy these countries). They want to create this legislation globally to prevent people from being able to recognize that they are an identifiable racial group and that they occupy the heights of power in all White nations on earth and in most non-white nations also(with the exceptions possibly of Syria, Iran, North Korea and formerly Libya, Iraq and others which have been taken over through regime change). This conceptual construct is their attempt to qualify and portray legalistically any conduct or communication(verbal, symbolic or written) that implicates jews in a way they don't like as 'hate' and therefore subject to legal penalty according to their twisted logic. Hate being merely an emotion which is natural for beings(even animals such as dogs,etc.) to feel the fact of making emotions illegal is not only laughable but perverse, another testament to a society of an inverted reality(satanism).

The very ambiguity of the term 'hate' renders it so subjective that any legal definition would be impossible to construct with any validity as how can a communication(symbolic, written or spoken)be construed as 'inciting hate' against another(group or individual) given that a diversity of beliefs, opinions and perspectives exist and there is no uniformity of emotion amongst all peoples and individuals, some hating some things and loving/liking others.

Of course the main point in the issue of 'hate speech', etc. Is whether what is said is true. If so then it should be said regardless of the feelings/sentiments of others. People must adjust themselves and be receptive to the truth not ignore the truth because people's feelings are hurt upon hearing it or being exposed to it. Truth used to be an absolute defence in a court of law under common law but clearly it is no longer, given that this society is based on lies.

If the jews don't want to be exposed in what they do then they should leave or cease doing immoral and indecent things and take ownership for their actions.

The purport of this legislation is to defend 'victims' from being injured in some way or another through the communication(s) of another. Such communication leading(allegedly by strict implication or probability) as assessed by jewish judges of course or their useful puppets, eg. freemasons, liberals, judeo-christians, etc. to harm against another. However for someone to hate the behaviour of another is simply a natural behaviour of inclination based upon who they are(mentally, biologically, etc.) the sum total of their experience and who the other is(context). To attempt to force people's behaviour into a one-dimensional heart shaped mold is perverse and excessively maternalistic(ie. 'statist', nanny statism). Freedom of conscience necessitates individual autonomy and this is the true love not the false love of sentimentalism that is imposed upon the population in the current regime. Love is harmony and to hate those who disrupt the harmony of existence(jewish supremacists) is not morally wrong but morally good and obligatory. If communications which reveal facts about eg. Jewish supremacists which can be verified or proven are made public and this generates hate towards jews in some people that is just too bad for the jewish supremacists. Truth is the absolute defence within historically common law nations(White nations). "The truth will set you free" and we are all prisoners today in a society of lies.

I only hope that my just and moral action wakes people of all kinds up to the malevolent intentions of jewish supremacists and causes them to err on the side of caution in all dealings with jews in general as my experience has led me to understand that most jew are (and I draw this inference on the basis of their behaviour) at the very least nepotistic and hostile to White people they no longer have to pander to and ingratiate themselves with, namely the less affluent Whites who have no political representation in their own ancestral homelands and who are marginalized and persecuted by the jews in most cases given my experience by most non-whites and upper class White people(predominately race traitors).

“We will replace the nations of peoples with nations of individuals”

-Richard Coudenhove von Kalergi

The above quote of the mixed-race freemason from his “Practical Idealism”(1923/4) encapsulates the jews' plans for White genocide. Israel Cohen’s “Racial Program for the 20th Century” further proves the mongrelization agenda as a mechanism of White genocide, as well as the “Hooton Plan” of Ernest Hooton for German genocide.

What do the jews have planned from this time forth? Escalation of non-white immigration into all White nations; arming their jihadist/muslim puppets; creating simultaneous terror strikes in all White nations by Mossad agents and crypto jews dressed as muslims/muslims themselves; communist revolutionary action by groups such as Black Lives Matter and anti-racist action; using their agents in government to orchestrate false flag terrorist acts to blame ‘white supremacists’, etc. To get the population to look upon their next door neighbour as a criminal thereby creating a climate of mistrust and fear whereas before White societies were trust based societies where minimal to no crime occurred and where people had stable communities which were so because of racial homogeneity; using these terrorist acts to build up the police state creating a segregated two-tiered society with jews on top and a mixed race group below (the expansion of the borders of the state of Israel (Oded Yinon plan) from the Nile to the Euphrates rivers through getting ‘White nations’ (NATO) to bomb Iran and Syria out of existence; orchestrating war between China, Russia and the NATO powers (‘West’ vs. ‘East’) and putting the world’s remaining population under slavery under the United Nations with its headquarters in Jerusalem (the falsely named city in the Palestine area once known as Judea during the time of Christ, the Judeans and Christ himself having been White/Adamic/Caucasian/Aryan racially).

However there is good news! For the scriptures relate that Babylon will fall (Babylon being the Jewish occupied governments that constitute the ‘Western world’ today) and Yahweh God’s kingdom will be established on earth at the second coming of Yahshua the Christ. Even for an atheist the multiracial Jewdean empire will inevitably fall through its own inner contradictions and the Adamic remnant will have dominion over the earth, no matter how this is understood.

GO VEGAN
AND DIE

NO SUGAR ADDED / PAS DE SUCRE AJOUTÉ

BIGTM

WEIGHT GAIN / GAGNER DU POIDS



HELL-TH

AN INDICTMENT OF THE [ILL]HEALTH AND [UN]FITNESS INDUSTRY

Hell-th: An indictment of the (ill) health and (un)fitness industry

PART 1: DIE-ITS, KOSHER FOOD FOR KALI

Throughout my life of psychopathology I have been haunted by the 'aesthetic (and ascetic) ideal' put forth in various forms of media from bodybuilding and martial arts books and magazines to 'Eastern' and 'Western' philosophy and esoteric tradition. This impossibly attainable ideal has served as an archetype both an object of veneration as well as one of torment and an underlying inferiority complex that has plagued me for life destroying many possibilities that would have enriched an otherwise impoverished life – impoverished in terms of lived experience and human interactions relegating me to the shadows of society as a perpetual outsider both too fearful owing to this sense of inadequacy and too lacking in the appropriate unctuousity to grease the necessary palms, talk dirty and influence people while 'getting to yes'.

It has been my misfortune to always meet with a 'no' to all strivings for accomplishments which have borne merely the pits and husks of a fruitless harvest. Thus it may fairly be said that this archetype implanted in my super-consciousness (for it has always been my blessing and curse to be possessed of a hypersensitivity that amplified the meaning of life, seeing the 'great in the small' or the universal in the particular) has been the unattainable ideal which has coerced me in a sense to forsake present possibilities for future impossibilities, the 'tomorrow and tomorrow and tomorrow' when all is in a state of as not yet envisioned heights of self-development, in other words 'man perfected', the Icarian flight of fantasy crashing to earth in a flaming wreckage of incompatible parts and burnt out gears.

Thus time flies when you're not having fun and the sands in the hourglass cascade into oblivion on the scythe of Chronos who sits patiently awaiting a harvest of souls from a life lived purely as a hopeful waiting in the wings seeking entrance past the velvet curtain onto the stage of life. The sad irony of course is that the stage is accessible – but only through alternate routes – not waiting to adopt the role of a Caesar or a King Richard but merely as an extra – the cards dealt one by fate. For Caesar was destined to die though wearing the laurel wreath, while the peasants in the fields were ensured on average a longer and perhaps better life away from the intrigues of the patricians in their palatial suites. Thus this exercise in theurgical futility led to one's downfall – seeking to become a living aesthetic god he rather became the living dead whose future possibilities were extinguished through the striving after and maintenance of the impossible dreams of Mount Olympus.

What, it may be asked, is the ultimate cause of these dietary, cultural, and physical pathologies: body dysmorphism; anorexia; obsessive compulsive [dis]orders; inferiority complexes, etc.? All of these behavioural/psychosocial problems have a common root and this can be evidenced through the proponents of these 'ideals', the ideologues who seek to sow these seeds into the furrows of one's mind as a means of creating confusion over the unattainability of these prescribed ideals of 'health', physical. sexual/spiritual prowess, in short the 'ideal state' or 'man perfected', the becoming a living god, a light bearer which inevitably results in the creation of a

satanic figure, living in an inharmonious state – as a mind/body/spirit complex in a state of inner chaos in adhering to these ideologues' prescriptions which are deliberately contrived to harm, a black magic of evil intent.

These black magicians are they who the broad masses have been coerced through endless brow beating and Pavlovian conditioning in the media these mages control, to be wilfully ignorant of their oppressors – to be ignorant even of the fact of their own ignorance in a downward psychopathological spiral of cognitive dissonance. Pointing out this elephant in the room to the blind masses is a futile task indeed but in spite of all opposition truth dictates that the finger must be squarely pointed at the ultimate cause of the invention of this 'aesthetic ideal' and all of the dietary and physical culture psychopathologies that stem from it as source, a veritable River Styx: they who control the world (as of this willing) and have for many hundreds of years increasingly since making inroads to Europe; who have used their 'power of the purse' to buy titles, monopolize trade, consolidate power through corruption of the establishment through freemasonry and Christianity.

They stand before one and are everywhere and yet lurking in secrecy are nowhere. They are the hidden hand who pulls the economic, legal, and informational strings of the apparatus of the universalist imperium that enslaves the broad masses of the world who slumber in ignorant bliss as they are shorn of their wool through taxes and inevitably led to the slaughter once no longer an exploitable resource.

This eternal parasite which has plagued their hosts throughout the ages has established these aesthetic ideals as a mechanism of mind control which is used to perpetuate the servitude of the broad masses.

Behold the eternal Jew, incorrigible tyrant and agent of genocide of all things noble and beautiful in the world. This plagues rat is the cause of this perversion of the health of traditional society's into Hell-th, the Satanization of the physical as a precondition of the Satanization of the spiritual, for 'as above so below' and spirit and matter are one.

What better place to begin that at the beginning, that is to say when I first stumbled upon the formula for my unhappiness, the origin of my psychopathology, a Muscle and Fitness magazine at a yard sale at the age of fourteen. I had already noticed a year before that formal exercise seemed necessary to maintain a certain body composition and that 'exercise' was an ethical imperative – thus I knew to the depths of my Aryan soul, the call of the blood which cried out 'plicht zur gesundheit' ('obligation to be healthy'), the imperative of salubrious living which has perennially been the property of Aryan man from the gymnosophists of ancient India to the gymnastike of the Greeks, the colliseum and gladiatorial competitions of the Romans to the gridiron, wrestling ring and octagon of modern gladiatorial spectacle. Even these latter are signs of decadence, however a decadence instigated by the presence of the Jewish criminal which had, like the scum, floated to the surface of society through its monopolization of trade and intermarriage (contamination) with the Aryan nobility – that corruption which led to the downfall of every society it had invaded.

So too at that time stumbling upon that bodybuilding magazine published by the Jewish creator of narcissistic bodybuilding Joe (Jew) Weider, founder and creator of the international federation of bodybuilding. The aesthetic ideal I bore witness to within the pages of that magazine was as a lucifer fallen from heaven wreathed in the false light of empty promise: the masculine archetype sought by all healthy-minded heterosexual males: boys and teenagers seeking to attain maturity and become who they are – to reify the ideal and thereby evolving themselves out of themselves, reach for the stars. This false promise of heroism instilled in my mind the body dismorphic psychopathology which would ultimately lead me to living a life in the shadows, a broken outcast beset with an inferiority complex and social anxiety disorder. Of course these were already a presence however they were compounded and amplified through this journey along a broad and winding path to psychological perdition.

Upon reading and obsessively re-reading the magazine I came to the realization for a greater need for protein, according to the requirements prescribed therein which I in my naiveté unthinkingly followed. Prior to this point I had been following a vegan diet of rice and beans and perhaps some lean meat hoping that this would have been the way – a directive of the Bruce Lee book I had purchased. This 'oriental prescription' was given a massive propaganda boost in the Jewish media, as to prescribe any non-white philosophy or modus vivendi was a means of supplanting the traditions of the Aryan with any and everything besides. However, stumbling upon the muscle magazine was of greater appeal as it prescribed more of a strength component and thus had greater appeal than the artful guile of orientalism prescribed in the Bruce Lee archetype.

Hence the focus was shifted given that there was no ready access to martial arts expertise either and I sat gazing at the 'picture of Dorian [Yates]' and seeing myself attain the level of the superman from my as yet feeble teenage physique.

The magazine (like all muscle magazines which are entirely owned by Jews (Steve Blechmann, of Muscular Development; Joe Weider, et. al, Flex, Muscle and Fitness; Robert Kennedy, Muscle Mag International) a vehicle of both destructive propaganda and of sales of equally or greater destructive merchandise) had ads for 'mega mass 2000' a 'weight gainer'. I ordered tubs of this product (whey, a possible discard of animal products processing plants).

Nevertheless, it was Kosher approved after all and therefore must be desirable. I was following a diet to be 'ripped' (the title of Clarence Bass's book, as advertised in the muscle and fitness mag) and hence had nothing but puffed wheat which presumably caused some stunting of growth in addition to nutrient deficiencies. I then switched towards a tuna and rice diet and this constituted the staple for a few years to come – white rice and tuna were the only items of my diet for a considerable time as Joe Weider's videos prescribed this lower fat approach. I suffered through the horrors of difficult digestion of cold rice and tuna as the tortures of a Loki having poison drip upon my digestive tract while I laboriously imbibed this nutrient-poor repast which I actually found palatable enough given my Spartan lifestyle, following the bodybuilding prescriptions as outlined in the Jewish magazines that I religiously leafed through as a True Believer in the credo aesthetica turning my small room into a virtual shrine of

bodybuilding imagery taped to the walls with the central focus being the weight bench.

Unfortunately as with the Bruce Lee book, the 'heroes' put forth in the magazines were predominantly negroes as the Jews used this platform to display their archetypes and maliciously intended to establish the negro as their 'animal ideal' or standard which the white males were supposed to venerate as their impossible ideal. However darkened my vision was by this barrage of figures I still retained to some hazy extent the picture of Dorian Yates in my subconscious.

As time progressed I ventured into my 'extreme'/hard-core vehicles of this propaganda, the 'Muscle Mag International' and 'Muscular Development' magazines which drew me progressively towards a correspondingly 'hard-core' diet - one of wheat bread, steak, and prunes. Seeing that this increased my body fat excessively (probably through excessive calories) I eventually reduced the amount of steak substituting it for chicken, bread, shredded wheat, tuna, etc. An acquaintance of mine from a time when I still had 'friends' of a sort upon seeing what I was eating commented 'that's animal food' which was anathema to me and my bodybuilding religion, given that I had no understanding of anything considered 'normal' outside of this and thus looked upon all food outside of this as 'satanic' though only on an emotional, non-verbal level.

It was this purity that I was convinced would bring me, minimizing contact with others given the influence of my drunken baby-boomer, prodigal son, deadbeat 'dad' whose gas-lighting trauma induced in me the social anxiety which only found itself compounded in the false light of the aesthetic ideal and its causality - the means being dietary regulation and formal exercise regimens leading up the mountain summit to the peak, this god-man superman figure who is the living god, the self-apotheosis of the feeble mortal. Always seeking progress I continued along the path.

For more reasons of psychopathology I descended into a body dysmorphic spiral leading to anorexia. I had gotten addicted to ephedra pills which I convinced myself were necessary to attain the 'aesthetic ideal' and, through the physiological mechanism of addiction ended up observing blood in my faecal matter through continued use over a course of many months as well as feeling as if a heart attack were immanent through the acceleration of heart rate that accompanies its use.

Thus I ceased this supplement addiction but in its place I could not maintain the body composition I had through the use of the supplement which reduced my body fat below 5 per cent. I then developed anorexia and went on a calorie restriction diet that led to probable brain damage (this at the age of nineteen). One thousand, three hundred calories were consumed as the daily fare owing to my having taken the 'rocket fuel of Icarus', fat burners, which led to the dimming of my consciousness by the Jews through their media. Recognizing this I understood the necessity of calories to a greater extent than before and (again according to the prescriptions outlined in the muscle magazines) I went to the other extreme also perhaps out of a desire to rectify the starvation through a feast to overcome the famine, having 5,200 calories per day. Initially I put on body fat but after a year went from 129 to 185 pounds of solid muscle. I was closer to attaining the aesthetic ideal.

The picture of Dorian Yates looked down upon me from over the fireplace challenging me to aspire to new aesthetic heights. In order to maintain this new regimen it was necessary to consume (within my poorly thought out calculations) three and a half pounds of fish per day in addition to my rice, olive oil, and almonds with the obligatory small quantities of green vegetables on the side with a calcium tablet per meal as this increased fat burning though of course causing a calcification of the soft tissues which I then knew nothing of. The six meals a day left my digestive tract a pressurized container of gas and bloat.

The lack of digestibility of this food was borne out in the whole rice grains which, though cooked, made their way into the toilet. This ordeal of stuffing after that of starving lasting for a few years at one time culminating in six cans a day of salmon which resulted in the development of an allergy that led to vomiting upon scenting salmon when I opened a can and couldn't tolerate the smell. At this tipping point I recognized it was time for a change.

Somewhere within this time I attempted a vegan diet, that is a diet devoid of animal products as I had prior to the infection of my mind with this mental virus of 'body[dismorphic]building'. It failed however as it was excessively high fat and wouldn't enable the preservation of the muscle I desired to maintain in devotion to my aesthetic totem, this idealized self. Recognizing the insufferable nature of this volume of food and its unsustainability also in terms of financial cost I had recourse to a diminution in both volume and quality being reduced to oats mixed with peanut butter and tuna in a mason jar. The raw oats were largely indigestible resulting in massive flatulence. I thus omitted them and had recourse to a predominantly ketogenic diet or at least a low carb diet.

I refer to this particular form of diet as my 'masonic sacrifice' as I continued to sacrifice myself to myself on the altar of this ideal. This went along tolerably well for a time while I reduced my exercise as my focus shifted towards other matters. However once the promise of a military career presented itself I increased my exercise and also felt the need of increasing the carbohydrate quantity to compensate for energy loss.

Thus I entered into my 'crumb bum' phase following the cheapest diet of tuna with a tablespoon of olive oil accompanied by a bread-like dough of wheat flour dipped in peanut butter with again the obligatory calcium tablet and green leafy vegetable on the side with dates and orange juice with whey post-workout. This regimen was maintained for a time until I began to question this dogma at basic training where I was forced through time constraints to consume eggs, the bane of healthy leaving according to previous Weider dogma.

The saturated fat/cholesterol phobia was introduced through distorted research by a Jew name Ancel Keys who served as the poster boy of this campaign surreptitiously designed to strike at the heart of 'Western' Aryan man through removing these essential dietary elements (above) and supplanting them with nutritionally poor and oxidative stress-inducing polyunsaturated oils, false plastic fats (margarine) and high starch diets (diets which I was to labour under the yolk of in future years leading to debilitation and dysfunction).

Given the poor digestibility of starches I had attempted seemingly every permutation and combination of dietary structure as a means of including this 'dietary staple' the necessity of which was beyond question in this dietary dogma of low fat, high carb – or at least no saturated fat/cholesterol.

Eventually, through digestive storm and stress brought about by the harshness of grains, especially when cooked with insufficient water and for an insufficient time period.

Given their minimal calorie-to-volume ratio I had attempted to preserve the calorie yield such that the energy lasted over time by not over-hydrating the grain (almost invariably rice). It thus was perhaps harsher than it needed to be though still 'properly cooked' according to conventional standards.

Nevertheless the creation of massive internal pressure often occurred but I had standards of my own to preserve that of 'maximizing muscle, minimizing [body] fat' and the kosher bodybuilding tax had to be paid in full through flatulence and bloat. At this point however I had enough and reflecting back on my 'masonic [food] sacrifice' of tuna plus peanut butter in a mason jar I decided to once again enter into the holy temple (sepulchre) of dietary madness and jettison the Weider dogma for that of Vince Gironda, the 'wild physique' proponent of the steak and eggs diet. This I stumbled upon through internet research still seeking the holy grill stone [ground flour] of destiny that would raise me to the status of Olympus, of the hero figures of the nascence of bodybuilding culture the physical culturalists (incidentally given much media representation by the Jewish mind manipulators such as Weider, Joe Gold, Bill Pearl, etc.). Hence I researched with scholarly devotion the 'keto[dys]genic' diet studying with veneration the writings of pseudo-scientist Lyle MacDonald and his book of the same name, a work which largely derived itself from the Jew Atkins and his prescription of a low to no carbohydrate diet. As a side note this medical pioneer fell victim to his own prescription dying at a relatively young age of a heart attack brought on by excess fat and animal protein.

At this time I was ignorant of this blinded as I was by the false light of ketosis placing me into a mental stupor, a 'night-side of Eden' wherein consciousness percolated at a dull level lacking the sun of mind that glucose confers as the preferred fuel for metabolism contrary to the claims of the keto people. Extremist that I am I plunged into the diet and plumbed its depths over the next two years. I adopted a pseudonym for my internet forum Paleo Hacks 'personman', perhaps a dimly conscious tip of the hat to the evolutionary process latent in every man and which I embodied as a struggler along life's dietary path seeking to climb the mountain towards the peaks of apotheosis basking and suntanning in the light of the graven images of Gironda and Yates, of Culter and Priest.

Everything that could be imagined was experimented with in these two years (and beyond) with the consumption of vinegar to whole (cooked) garlic bulbs as testosterone boosters to the Herculean labours of dietary practice – meals of mealworms, cheese block celebrations celebrating the 'great gathering' of box store thefts from Wal-Mart, etc. as well as the consumption of butcher scraps and even a

raw pig's foot. Eight hundred dozen eggs, eight hundred pounds of raw ground beef, four hundred pounds of butter and much raw liver constructed this labour of self-sacrifice as I struggled heroically through this two-year period without vegetables or fruit and without carbohydrates.

The obsessive involvement on Paleo hacks and Raw Paleo diet forum led to the daily diet being comprised of 4 meals: 1) 12 raw egg yolks with 70 grams butter and 12 coffee beans; 2) 8 ounces ground beef with butter again and turmeric mixed with the meat; 3) 12 cooked egg whites with shredded coconut and herbs and spices (especially powdered garlic); 4) a repeat of #2 with a piece of baker's chocolate. This diet was heavily supported by the Jewish propaganda of Paleo hacks which was run by a race traitor liberal who banned me for attempting to raise awareness of the Jews. Sadly I myself had fallen victim to the Jews and another of their dietary pitfalls, the inevitable cancer diet – just ask Atkins.

Eventually this diet also led to its own destruction ('destroyed itself' in Marxist parlance) as adrenal fatigue, a near dysfunctional body that could only struggle through cardio and had minimal ability even in weightlifting, resulted in my understanding the necessity of the incorporation of carbohydrates. At this time I had stumbled upon research which led me to call into question the 'purity' of the ketogenic diet not only in terms of the health of meat and dairy (leukemia, cancer, acidification of the body, etc. especially in high amounts) but in terms of a reliance on an inefficient energy system, that of ketosis, gluconeogenesis (in the event of excess protein), and beta oxidation (free substrate fatty acid).

Continuing my researches I discover the true path towards the promised land of health and wellness – still haunted by the picture of Dorian Yates in the nether regions of my consciousness.

This led me to the next phase where health became even more of a concern as the infallibility of youth was questioned though the degeneration induced by the 'keto[dys]genic' diet. The source which had led me away from meat prescribed a vegetarian diet (vegan plus ghee) and its well-intentioned author was probably sacrificed for his revelations within the next two years which followed one Andreas Moritz whose 'Timeless Secrets of Health and Rejuvenation' also served as a vehicle of n[ew] age philosophy. Through exposure to his videos I look up the 'vee-gun die-it' and became a convert and ideological crusader for a diet now divorced of animal products which I came to be a true believer in through a few days of experimentation and devotional research.

This ushered in the next phase of my quest for 'man perfected' pursuant of my aesthetic (and aescetic) ideal. The mantra was 'join us or die' and all animal products were sinful agents of health karma that precipitated the so-called 'Western' (Judaized) black magic disease states of coronary artery disease, type 2 diabetes, strokes, cancer, etc. They were thus the devil's food and were stricken from the list of the permissible. Even the 'spoor' of animal food was to be considered that of the devil himself (salmonella, etc.). This phase was a 6 ½ year testament to a failure to make the 'vee-gun die-it' work.

Initially shocked and amused, I stumbled upon the 'fruity-terrean' die-it, which was a fruit holocaust of 6,000,000 bananas a life-span. The You-tube channels of Durian Rider became to some extent merged with the haunting picture of Dorian Yates – became an amalgam of the youthful striving of

Prometheus, of Icarus and the mature prudence of a Pythagoras, a spiritually enlightened master of nutrition and health, of 'natural hygiene', yet another lifestyle practice I had discovered in my gropings on the internet, the post-modern Akashic record of Jewgle wherein all the pundits and gurus gathered to preach the gospel of optimal health and global love and peace. The work of Moritz, its alternate title 'Fear Porn and Animal Rites: Timeless Secretions of Hell and Resurrection', discovered a kindred daemon in the form of rabbi Gabby Cousin's 'Satanic Nutrition and the Rainbow Die-it' a certified kosher tract which prescribed a lower carb emphasis, a ketosis for vegans. Not wanting to overload my digestive tract with starch I gravitated towards this work and prayed with devotion over its tenants supplicating the daemons the rabbi had invoked to prescribe me a dietary to banish my sins of transgression of past false dietary religions. Copious research into this low carb raw organic purity diet led to its supplement of the Essene Zadokite food priests Kulvinskis and his 'Survival in the 20th Century' and Clement and Wigmore's magical ability to conjure magic enzymes out of raw sprouts.

I thus became a Sproutarian, ketogenic low carb raw vegan and gorged myself on avocados, nuts, seeds, sprouts, etc...until I had an epiphany that these Jewish mind manipulators were again exerting their Pavlovian conditioning upon me, influencing my mind with their teachings of [de]men. This awareness dawned through the hazy mists of my consciousness into the full light that carbs were again necessary as I could hardly perform cardio or lift weights in such a carb depleted state. I thus returned to Durian Rider – and the prescriptions of the spine doctor Doug Graham who propounded the opposite thesis of 'eighty ten ten' parameters. Enter in the 'starch pollution' of the Jewdeo-Christard and probable high level Mason Dr. Johnny McDougall. Pots of rice and oats and lentils a day left me very slim and trim albeit having the distended belly of a starving Ethiopian which made life a very uncomfortable time indeed. Also following the prescriptions of coffee enemas which led to adrenal fatigue and caffeine addiction compounded the discomfort, labouring under this ascetic protocol I underwent a year and a half of fasting for a 24-36 hour period weekly during this 'veegun' purification period. Purification was the mantra that I chanted every moment of conscious awareness filling the place I stayed with fresh air, ozone gas, and infrared heat lamp saunas. The fasting was undergone on water and left my intestines feeling like a bag of clothes jumbled up within my ribcage.

Copious sweating and shaking further purified me of my demons. Even in spite of this perpetual devotion to this old yet new salubrious ideal of aesthetic/aescetic character led to my becoming degenerated through lack of adequate amino acids, fingernails becoming nearly inverted, and muscle mass becoming comparatively degenerated. This necessitated (after a 3-year interval with only one interruption – I had sensed it wasn't working but bulled ahead in spite of my better judgment) a serious question of the vegan dogma – were animal products really so bad after all?

Was Satan not misunderstood? Perhaps that dark figure with pitchfork and horns was not merely the outer symbol or mask of an inner truth warding off the unworthy, those who were blinded by the lower states of consciousness – fear, hate, and aggressive hostility to all of that not-self, not vegan? Perhaps this was rather the false idol this vegan icon before whom I had prostrated myself and would have made myself into a veritable god of dietary apotheosis, the picture of Dorian Yates, of Durian Rider, of an Essene Zadonite priest, of an ascetic guru on a lone mountain top. Perhaps Dorian Yates and Girona required reclamation from the pit of perdition into which they had been relegated.

Thus I jumped off the vegan wagon before it flew off the cliff and remained on the mountain, though nowhere near the top. It was at this time that I stumbled upon the Kabbalistic ruminations of yet another guru, Mr. (Dr.) Wilson, whose perpetual concealment of the amount of calories and explicit dietary protocols sent me on a journey to plumb the depths of his copious Talmudic scribings upon cooked vegetables and coffee enemas. I understood the seeming necessity of animal products given my physical degeneration under the false dogma of veganism but still was uncertain as to how to implement it. His food combining regime seemed correct and this sent me down a blind alley of understanding proper food combining and meal structuring which made life extremely tedious and seemingly never settled as no definitive plan could be found – I had not yet discovered the truth and the light!

Another quasi-solution to the problems the Jewish gurus and mind manipulators had set before me were the nourishing traditions of the learned elders of WAPF, the teachings of a Jew called Weston A. Price which prescribed a template based on empirical researches of global populations of people following traditional lifestyles and correlative diets. This seemed accurate to me and I decided to adhere to it as far as this was possible in conjunction with all the previous gnosis garnered through the dialectical process of contrasting and comparing in terms of sensation and reflection. However the food combining advocacy of Mr. Wilson threw a monkey wrench in the plans. Researching further I attempted to give a ketogenic diet another attempt, this time having less protein to avoid gluconeogenesis and thereby remaining in ketosis. Sickness resulted and the ketogenic gurus disinformation was confirmed as such.

Upon further research over the next two to three years I was vegan again, high carb, less high carb, ketogenic again a couple of times – 2 days, 1 day, etc. The dialectic teeter totter became a circus ride of madness as I found no peace within the chaos of an unsettled life. Unbalanced and upset by the surfeit of gurus, statistical biases, falsified pseudo-scientism, n[j]ew age Satanic spirituality and preaching of death (living dead existence). Reading and re-reading all of the file folders of print outs and books by the gurus led to my becoming largely dysfunctional and ill-suited to life. I thus became a shut-in recluse who lived within the confines of a realm of my own creation threatened by the knowledge of the Jew world order and its omnipresence which impinged upon me from all sides and which was the cause of my problem in the first place.

Perhaps I will never fully understand the means to the aesthetic ideal and will search gropingly along the mountain as I meander up and down its craggy rocks seeking to ascend to higher planes embodying the aesthetic ideal as the armour of god to attain the immanent transcendence of the god-man. Know this o' reader, that I have attained at least this knowledge: that any Icarian flight from tradition will lead only to a descent into madness and death. The Jew is anti-tradition; the Aryan is a creator of traditions. No kosher diet can be good for optimizing the Aryan ideal which may not exist in the picture of Dorian Yates but does so within the heart and mind of all Aryans. An authentic life based upon traditions, those harkening back to Atlantis and Egypt are clearly the path towards the summit of Olympus.

Part 2:

EXERSUS: THE HERCULEAN LABOURS OF SISYPHUS or HOW WORKING OUT... WORE ME OUT

What initiated me into the mysteries of body dysmorphic psychopathology were the 'media models': action heroes in the virtual reality of video games and Jewish Hollywood. This created a desire in me to exercise as prolonged lethargy for one year past quitting hockey led to a shift in body composition away from the former lean/ripped quality of youth to that of a slightly more doughy physique. Upon detection of this state I made the decision to 'exercise', how I knew not but I was insistent upon finding out and so stumbled upon a compilation of Bruce Lee's writings having watched some of his movies, the prescription of orientalism in Jewish Hollywood. This, in conjunction with a muscle and fitness magazine I discovered provided me with a glimpse at the aesthetic ideal, the picture of Dorian Yates.

A negro slave of Joe Weider the magazine's creator was put forth as the 'anti-hero' in relation to the white Mr. Olympia Yates but the latter lingered in my subconscious in spite of this representing the 'call of the blood' of racial consciousness and identification, of authenticity.

Accordingly I purchased a Joe Weider bench with weights and performed sets of 150 pound leg curls multiplied by 100 reps as a routine occurrence. I loaded the bench press which crushed my rib cage (without any lasting damage). I had no body fat and would do multiple workouts a day on a diet of rice and tuna, at times nothing but puffed wheat and would pump away with my 'mosquito weight', a small dumbbell I would do endless arm curls with in addition to endless crunches and other exercises, sessions sometimes lasting two and a half hours in length and never taking a break.

This was the time of adhering to the crypto-Jew Robert Kennedy's, protocols from his 'Muscle Mag [community] International' magazine with his showcase of non-white anti-hero figures. I researched at this time into the history of bodybuilding and its Aryan predecessor 'physical culture' which led me to question the value of 'pumper exercise' and place even greater emphasis on the major muscle group compound, most muscle mass, low rep-higher set protocols (deadlifts, squats, overhead presses) mainly utilizing barbells and free weights and eschewing machines. Seeking the 'natural' form of exercise in tandem with the 'natural' diet I disconnected myself from

the shackle of mainstream bodybuilding and its emphasis on 'pumping' iron for muscular hypertrophy. It was here that aesthetics ceased to become the emphasis and power became more incorporated into the heroic ideal amalgam, relegating aesthetics to a secondary role.

Perhaps this was my breaking out of the egg of kosher mind control and seeing the truth for the first time. It was at this time through my researches that I became aware of the Jewish influence upon exercise as an institution and how they had poisoned the well of an otherwise salubrious institution which became merely a vehicle of malgenics and genocide through the psychopathologization of men's minds (as well but to a lesser extent of women) through inducing and inculcating in their consciousness an impossibly attainable aesthetic ideal what I have here dubbed the 'picture of Dorian Yates' which haunts the mind of the aspirant to this apogee of physicality and which materializes the spirit, dragging down into lead the philosophical gold of the spirit and preventing its apotheosis on earth as it is in heaven, in short creating a living hell on earth – adrenal fatigue, cancer states, heart attacks, and strokes.

However in my typical zealous extremism of religiosity I made this experience (and experiment) an indelibly affecting one: multiple weight sessions per day with heavy compound exercises – squats and deadlifts on a concrete floor, walking around with a 60 pound weight vest daily for 45 minutes, and doing other accessory exercises such as neck, calf, and forearm training. My schedule and routine constituted an extreme regime of daily exertion within a keto[dys]genic context. This however led to adrenal fatigue and spasming sides around where my kidneys were located. I recognized I had pushed too far and that a reduction in volume was necessary – in fact I couldn't continue the pace in its extremity and began to break down. The joints became more and more inflamed; the skeleton more damaged especially the spine, knees, and hips through excessive squats, deadlifts, and overhead presses.

It was at this point that I decided to follow a vegan regime and, having recognized the damage done to my body, decided to taper off my weightlifting though I began to do cardio again. Over the next two years my physical capacity deteriorated through veganism (the 'death die-it', prescription of spiritual suicide values manifested in dietary form) and I eventually ceased to lift weights having recourse to body weight resistance and cardio. However even this failed me and the cessation of a vegan diet enabled me to recuperate lost strength.

Conclusion: At present I now look upon the madness of Hell-th as a deliberately created state of chaos the Jewish Cabal created as a means of destroying non-Jews, particularly whites and demoralizing them with the psychopathology of inadequacy through the creation of an ever- developing (devolving into the abyss of materialism) aesthetic ideal: the Bruce Lee orientalism, its superficial mysticism in martial arts and rice diets (the 'China Study' – a study in constructed fallacy) to the picture of Dorian Yates the steroidal Frankenstein's monster of the Jewish Dr. Frankenstein and Mr. Hyde hiding behind the curtain and creating chaos to destroy those who represent a mirror which reminds them of their ugliness. These false idols casting their false light I have thrown down! I have become acquainted with their false promise, their baseness

and stand above them now moving upward on the mount of theurgy towards apotheosis. Perhaps like Icarus my destiny is to plunge from this rocky escarpment but as an Icarian I could do nothing else. As a hyperborean it is my fate to ascend heights – why not be authentic and adopt it as my destiny?

Reader, why not learn from my mistakes and forsake the false religion of narcissism and low- minded materialism which has weighed me down with its leaden chain for so long, leaving me a burnt out wreck of what might have been. The experience lent spiritual strength even as I sacrificed myself to myself on the altar of the god within. Be not beguiled by the deceitful false promises of the Jew but rather follow a natural path of the Aryan towards the summit of this mundane world and beyond

The reader is encouraged to read the work of the author

UBERMENSCH: BECOME A SUPERMAN

which is a compilation of notes and protocols he has compiled as a resultant product of over two decades of research and development as this brief work has shown. It is the author's hope that it will shed some light on the darkness of Jewish disinformation and serve as a guide to the creation of the superman.

I had been born in a backwoods town at a time when people actually had a healthy consciousness of belonging: however even then the jewish plague overarched society like an infectious miasma of soul pollution that turned friend against friend and neighbour against neighbour through the characteristically jewish divide and conquer strategy we are now experiencing, we of the white race, the Aryans, living in a nightmare world made in the image of the jew and must fight or die as a race. To seek personal survival at the expense of one's own kind has been the folly of our recent ancestors from the baby boomer generation to the youngest of today. Let us learn from the ways of our ancient ancestors and not allow ourselves to follow in the cloven hoofprints of the jew as our more recent jewdeo-christian and liberal ancestors have done. Onward to victory or valhalla.

The jewish plague which has infested the world throughout millenia and which can be demonstrated to have been the instrument of destruction of all Aryan civilization and the instrument of all slavery, colonialism and unfreedom before its 'law' has been revealed within these pages in all of its naked ugliness as a microcosm of the macrocosm.

For those who are capable of seeing the great in the small they will be able, through employing reason, to extrapolate these myriad particular instances of jewish perfidy in all of their minutiae onto the larger global situation which is the macrocosm of the jewish mind as embodiment of chaos on the earth in the most literal sense. Indeed the author speculates (perhaps intuitively would be a better term) that the jew is, as Miguel Serrano says in "Manu: For the Man to Come", a "robot of the Demiurge", the archontic infernal entities who seek to vampirize the soul energy of all sentient life as a means of perpetuating their own parasitical existence.

The jews thus are not entirely to blame just as the noxious bacillus is not to blame for disseminating its germ into a host body—just so the host body which serves as its vector is not blameworthy for the spread of disease—at least insofar as it is not consciously doing so (*mens rea*). Insofar as the jews consciously spread and create the chaos which is a result of their legerdemain they are blameworthy. Insofar as they are a hapless instrument of these entities they are not.

It is not a matter so much of apportioning blame so much as it is a question of preventing the spread of what the scholar John Lash has called "the archontic infection" of the mind parasite of the Demiurge. Thus the quarantine of jews is one solution but perhaps, as history has borne out, an inadequate one. The genetical-demonic essence of the jew, his 'soul', if at all the jew could be spoken of as possessing a soul, is not entirely the jews' own property and yet is the fabric of his being nonetheless. In order for chaos to

cease on this earth the jew must cease to be a jew and to cease to interfere in the life of the Aryan. Failure to ensure independence from the jewish despotism on the part of the Aryan will spell his demise and with him the demise of all of those who depend upon him and his creative genius for survival. The formulaic nature of the jew in his praxis is incapable of sustaining a harmonious world and should he be capable of continuing the downward spiral of his death drive praxis (his rapacious usury and disregard of anything other than himself) he will ultimately destroy himself and all sentient life on this earth through his enabling the entities he is presumably bound up with to vampirize all and sundry and continue to provoke strife between each and all unto death.

Thus it becomes an either-or situation: either the jew triumphs over the Aryan and destroys all within a few short years or the Aryan subjugates in the most harmonious manner possible the jewish despotism and ensures a peaceful world of harmony to reign upon the earth. Such is a formula for a real heaven upon earth not the illusory utopia of the current jewish despotism. It is either the artificial, false peace sign—the inverse of the life rune— or it is the triumph of the life rune—inverse of the peace sign— through the triumph of the will of the Aryan.

Loki