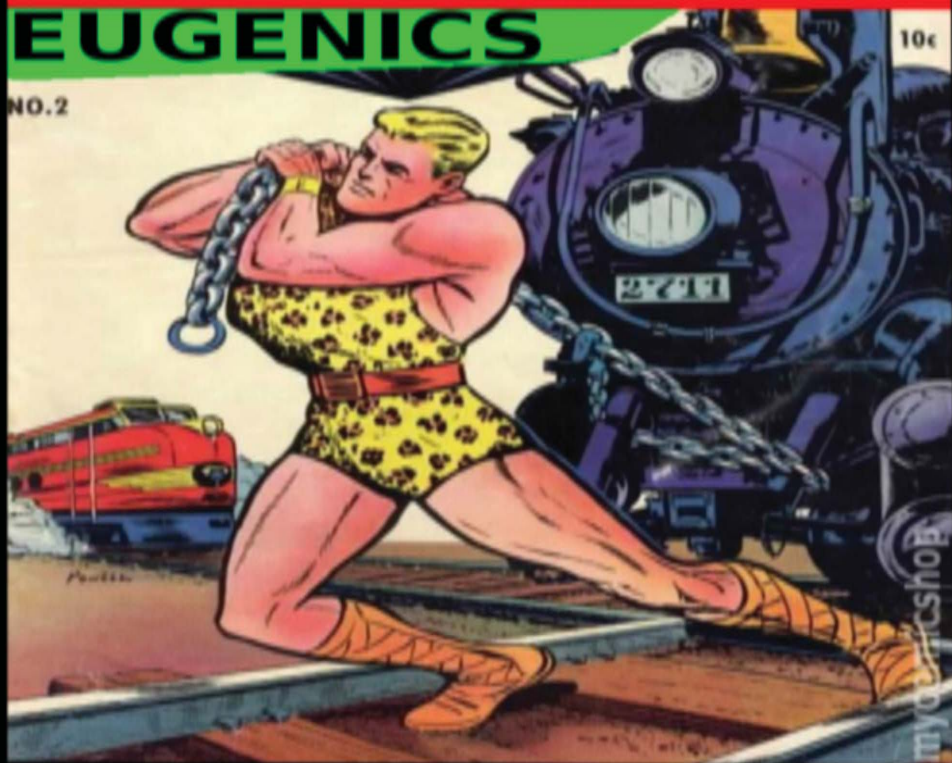


# Aryan

**EUGENICS**

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## **API: Aryan Eugenics**

Welcome, we're going to discuss today health, Aryan eugenics. This will be the component video to the Jewish HELL-TH Jewish Dysgenics video where we critiqued previously the Jewish Dysgenics and what they do in their genocidal plans to destroy white people, specifically and all people, all beings in fact on earth, from animal life to human life to vegetable life, GMOs, you know, any slaughterhouses, confined animal feedlot operations, the list goes on. But now we'll discuss the more positive aspect of what we would prescribe or consider what we would think would be optimal in terms of health protocols and modalities.

So, speaking for myself, I just wrote a book, a handbook, called Uber Menschheit Health Protocols, and that will be linked below in the show notes, I would hope, and that outlines my particular prescriptions of what would be health or health-related. So, my colleague, where do you want to begin this discussion? Oh, God. Yeah, I just received a pretty creepy email, whatever.

There's lots of those around there. That's obviously bad for mental health, and that's what the Jews do to try to undermine our mental health. Yeah, and of course, we won't discuss it.

Yeah, and of course, it's this email, I won't go into details about it, but it's about you, even though it's talking to me, it's like, whatever. Right, gossiping, provoking discord in harmony. See, the Aryan conduces to harmony and the Jew conduces to disharmony.

The Jew is the embodiment of chaos on the earth, and in the literal sense, probably some sort of archontic entities, or dark energy matter entities, or reptilian transdimensional entities, some type of entity, I don't know, I've never seen them, at least so far as I can recall, but these beings use the Jews as a physical vehicle on the earth to create chaos so that they can feed off the pain, fear, and death energy of the souls of the beings that are killed in revolutions and harmed in multifarious ways by Jews through their disgenic genocidal practices. So basically, that's what we're dealing with on a daily basis, perpetually under attack, like we're living in a sort of war zone here, a spiritual war zone, which manifests in the physical, as above, so below, as within, so without. So we need to figure out what is optimal in terms of establishing the best sort of health we can.

And I know Ben Classen in his book, Salubrious Living, and in the White Man's Bible, he speaks about a sound mind in a sound body, in a sound society, in a sound environment. So we need to think about what would be best to ensure that sort of holistic health condition. We could call that holistic health, or arianity as it applies to health.

So my colleague, what do you want to discuss first in maybe taking that as like a template? Well, probably first would probably be the, you know, maybe some suggestions for, you know, a healthy diet, or... I guess we could start at the crude

physical level. We could start as below, so above, because sometimes the spiritual levels or the higher levels of being, higher dimensions, are very, you know, less perceptible to many people. And so sometimes it's better to start on the ground floor.

So basically everything I prescribe is pretty much in that little document that I wrote there, linked below, Uber Menschheit Health Protocols, which I recommend to people to download and circulate to get the message out to people to try to maybe improve their health. Since I spent probably about 20 years of my life researching and experimenting in a sort of like desperate, chaotic conditions, trying to figure out what is the best way to live in terms of the most rudimentary conditions of living. Because like we talked about in the previous show, the Jews deliberately destroyed our traditions, and we don't know what our origins are, what it is to live even a healthy life.

So this is discussed in that show, but we won't touch upon what the Jews have done to us and how they've done it. But in this document, basically I go over all sorts of different health modalities. In terms of physical, I would say the most general principles in health are that you have the health is about, in terms of diet, is about nourishment.

Nutrients nourish, so you have to have as most nutrient-dense diet that you can possibly get. And obviously, which means the highest quality, because that's what determines the quality of a diet, is the quality of the food, which enables the proper nutrients, the quality of the nutrition to be best assimilated into the body. So what does that mean? Why don't you tell me your personal experiences and maybe what you do, and then we can just go back and forth in terms of critical questioning or whatever.

My experiences, well, I would say at one point, I basically, when I was in my early teens, I would eat a lot of ramen noodles and stuff like that, which were very high on sodium. Yeah, I used to eat Ichiban when I was a child, too, in school. Yeah, yeah, I used to eat that as well.

You just take the package of Ichiban and crack it on the table and then just mix in this horrible MSG-rich garbage in there, flavoring, and then just eat it. Yeah, and what's interesting about that is I remember there were a few people that I went to school with that would just eat the block as it was. That's what I did.

Oh, you did? Really? Yeah. Yeah. I'm surprised you didn't break your teeth.

It's sort of like when I was little, there were these Flintstone pills where you were chewing rocks, basically. Yeah, I had those Flintstone pills also, these so-called vitamins that they were flavoring with sugar and so forth. Yeah.

Those were a hot commodity. Yeah, they're probably still around, but yeah, I remember those. I used to drink a lot of, when I was little, I would have a lot of grape juice or orange juice or apple juice.

Right. I know my brother did that, too. He drank a lot of apple juice and it made his teeth rotten and malformed.

I know these juices, when you drink them like that, even if they were just squeezed from actual fruit, then that causes so much of a glycemic spike in your body. It's just like the sugar goes immediately into your bloodstream because it's a very high glycemic index and you're getting a huge glycemic load, depending on how much you drink of it, of course. That actually can predispose you to type 2 diabetes as well.

That's sort of what the Jews want. They want this high sugar, either that or they want you on a paleo keto diet, which is also very unhealthy and actually conduces to type 2 diabetes as well because it basically prevents sugar from circulating in your bloodstream through all the excessive fat. Since the body preferentially runs on glucose, through glycolysis, then when you're in a state of ketosis, then the body is really not attaining its proper nutrients.

Assuming ketosis is even achieved, really, you're allegedly feeding on ketones instead of sugars. My suspicion is that that doesn't really work too well, if at all. You're pretty much relying upon gluconeogenesis, which is a new generation of glucose.

Because the body is still glucose dependent, it still optimally functions on glucose for energy, which is the primary fuel of the body, especially of the brain, contrary to the claims of the ketogenic diet people. You're basically breaking down your body's tissues and fat and protein for glycogen. Actually, fat doesn't, but protein would.

It becomes glycogen and then the glycogen is broken down through glycogenolysis, or sorry, through neogluconeogenesis, I believe it's called, a new generation of glucose, through breaking down that stored carbohydrate. Then, from there, it becomes glycogen and sugar anyway, so you may as well not follow a ketogenic diet for that reason. I did that for a couple of years myself and it caused massive health problems.

I was deceived into thinking that that was true, which again is another Jewish psyop, the ketogenic diet. You consumed a lot of- The whole thing is about sugar. How come that hasn't had any sort of regulation compared to alcohol or smoking? In some ways, sugar is probably just as destructive as... It is sort of a vice.

Too much sugar could give you diabetes. It could also just make you fat. Overall, it just makes you more unhealthy when you consume it for the most part.

Well, that's refined sugar, but not sugar in the form of regular natural foods like fruits and starches, properly cooked and properly prepared, and vegetables like potatoes and yams or vegetables, of course. Something I always disliked was saccharin, the fake sugar. Yeah.

All those refined sugars, it basically causes the body to leach calcium from the bones

and to buffer all the acid and so forth that it creates. In other words, what you're doing is basically causing probably osteoporosis and you're probably causing tooth decay as well. Additionally, obviously the sugar, all the bacteria that is in the mouth on the teeth, it feeds on the sugars and then it secretes waste products, which are basically plaque, become plaque and become cavitations.

Obviously, the sugar will cause tooth decay if you're consuming, especially sugar that's very refined, whereas sugar that's still within the form of fiber, such as potatoes or sweet potatoes or oatmeal or even fruits, for the most part, will not be anywhere near as likely to cause any sort of tooth decay or osteoporosis because it's bound to soluble fiber or other types of fiber, which enable it to be assimilated at a more slow pace. For that reason, it wouldn't become or predispose you to diabetes or massive glycemic loads or the blood sugar roller coaster of because of the glycemic index, it's consumed immediately and then the energy doesn't last. It just creates a massive glycemic spike, which then you become drained of energy afterwards because you don't have sustainable energy, which is mainly in the form of lower glycemic carbohydrates, which is largely determined by the form of the particular food, usually combined with fats and so forth, helps to reduce the glycemic index, such as peanuts, for example, or nuts of various kinds, obviously, will have a lower glycemic index by virtue of that, even though they have sugar in them, such as almonds and peanuts, they are still way lower on the glycemic index because they also have huge amounts of fat in them and protein.

That turns people into being hypoglycemic, basically, and it's not, you know, I would say one of the worst feelings in the world is, well, maybe not one of the worst feelings, but it's certainly not as far from a good one, it's when you, you know, consume too much sodium and then you just have this feeling of like, uh, very, uh, just kind of salty. It's sort of like if you drink coffee on an empty stomach kind of thing, where it just makes you a little paranoid and it makes you a little, uh, blood pressure. Yeah.

The sodium will drive out potassium from cells and will increase the volume of, uh, of your cells and increase blood pressure because it's circulating around in your blood and creating more, uh, I don't know if it's called osmolality or something, or in other words, just, just increases blood pressure. So you want to keep all artificial and even all natural salts. I, I'm perfect.

I'm more or less concluding based upon my experiences that, although I might've added that to the document in terms of adding salt, like Celtic sea salt or Himalayan pink salt, you know, the so-called natural salts, I still think it's probably better just to omit all of that altogether. Uh, and then, you know, just rely upon the natural sodium that's existent in food, uh, such as whatever, uh, any sort of sodium rich food is good enough as it is. Eggs have plenty of sodium in them, uh, in the egg white, all, all of these, uh, you know, foods have sodium in it naturally, which is organic sodium.

And that's ideally the only sort of minerals and vitamins that one should consume in the diet is all that, which is all natural. As Ben Classen wrote of in the, or Arnold DeVries wrote of in Solubrious Living, that, you know, it should be natural foods. Of course, I would disagree with his conceptions that a vegan, raw vegan diet would ever be sustainable or sufficient, which is completely false in my opinion.

Even vegetables, most vegetables should probably be cooked for proper absorption of the nutrients because you don't lose minerals. At most you'd lose vitamins in cooking because the minerals just stay with it. You can't destroy minerals.

Hmm. Right. Well, what do you think of, uh, the raw vegetable diet? I've never heard of it.

Eating raw foods, eating unprocessed foods. Well, I think in large part it has its virtues. Part of it.

Because I know that frozen foods, a lot of frozen foods, uh, there's a lot of garbage that, that, uh, oftentimes they tend to sneak in, uh, sort of like with soy, you know, a lot of times when you look at these frozen foods, it says contains soy and then like, oh, okay, great. And even before I knew the negative consequences of soy, uh, whenever I would consume it, I always felt very lethargic. I always just felt about soy.

Uh, the traditional so-called cultures of Japan and so forth, when they consumed soy, it was only a very small amount and they consumed it only fermented in the form of natto. They never consumed like a soy beans or whatever, soy flour. It was just a very tiny amount, like a fermented vegetable, like sauerkraut or whatever, kimchi.

They don't, they never consumed large amounts of soy. That's basically the most- Yeah, what's interesting is the Americans, uh, would like, I could never understand why any, I always found it disgusting where they would dump soy onto a, you know, just completely douse, whether it's a bowl of rice or something, you just cover it with soy. I always just found it disgusting.

You mean soy sauce? Yeah. Soy sauce. Yeah.

I was, eh, I don't know. Right. And that soy sauce also has a lot of, uh, MSG probably and sodium in it added.

So that's obviously designed probably by those Chinese restaurants who work in collusion with Jews to put in basically excitotoxins like MSG, which are addictive. So they can keep on, you know, addicting you to their food. But as- There was a, there was an individual I knew- Can I comment on soy before we move ahead? Yeah, go on.

Sure. They feed soy to prisoners and they're wanting more, more of that. And why is that? Because soy is one of the most effeminizing substances on earth.

And, uh, just as a personal experience, I attempted to, within the context of a vegan diet once, I attempted to, you know, consume soy just to see, you know, if this was like a cheap alternative to animal protein so I could stockpile like a huge amount of it for in events of emergencies or something. And, you know, I thought it might be the healthiest way because I was convinced that, you know, a vegan diet might be the way to go. And, uh, you know, what happened I made as an experiment, I deliberately took one single cup, uh, 250 milliliter cup of soybeans and I made it up according to recommendations in, you know, like distilled water in a pot so that it was properly cooked.

And then I consumed that one bowl and right away I could feel, I could observe actually, uh, body fat increasing on my body because of the estrogenic nature of that substance that it immediately, uh, was conducive to that because estrogen is like a, you know, a hormone that's related to fat storage somehow. I don't exactly know how physiologically, biochemically, if you, we could, we could call it that, but, you know, for some reason or other, it, you know, just like females, you have that fighting the female fat cell type, uh, concept there. And that is because the soy is totally estrogenic.

It makes you basically into a female in terms of your, uh, hormonal changes. And so for that reason right there, I knew that all the claims that the vegans were making about, you know, soy being normal or a natural traditional inclusion in people's diets is complete mythical. And at the same time, you know, I also felt that it was like, uh, causing some digestive problems as well because, you know, these things are basically inedible to human beings since they're especially genetically modified.

Yeah, really. It's good that they've started to put warnings on when they would use GMOs and stuff like that. But what I was going to mention was that, uh, someone that I, uh, you know, went to school with or whatever, uh, I don't really know what became of him.

Uh, he was sort of like a purple-pilled, if you want to call it that, kind of sybnat type of guy. And he would walk around and wear like a proud boy shirt, right? And he would always talk about like, you know, we need to ban soy. And, you know, you just, you'd say stuff like that.

And then there would be this, uh, kind of fat effeminate guy. And you'd be like, oh no, we can't do that. You know, it was pretty funny.

Yeah. It seems like the type that would be, uh, consuming is soy burgers. And that's what I also did when I was like really a lot younger.

I tried to have like soy dogs and soy burgers as like a substitute because I thought they were healthy. But then every time I consumed that, when I recall the, what happened, I would always get fat by eating that stuff. Cause that's, you know, estrogenic.

Whereas if you consume, you know, uh, any other type of plant food that isn't notoriously estrogenic, you're not going to get fat. You can have basically no body fat. Cause I was on a vegan diet at once and I had nothing but like, uh, you know, carbohydrates based foods, largely is just like vegetables and fruits and starches.

And I had basically no body fat, but of course my body eventually fell apart and degenerated over the couple of years I did that because I never had adequate essential amino acids from animal protein. So I made like a three year experiment with, uh, you know, a vegan diet doing everything that was recommended by these Jew gurus like a doctor. What's his name? Dr. Gregor of nutritionfacts.org and, uh, various other Jews.

For the most part, they were all Jews who were pushing this vegan diet. And that's what they're, they're obviously, you know, that's one of their psyops because what a vegan diet does is make you weak and degenerated and it makes you brain dead by a demyelination of the axons of neurons. We spoke about in the last show.

So definitely don't waste your time following Ben Classen's salubrious living at most. It would give some valuable advice. You know, you want to have obviously raw or natural foods and so forth as nutrient dense as possible, but you know, you're not going to be able to live on a diet of that kind.

And that's why I sort of call into question whether Matt Hale is really who he claims to be because anyone pushing a vegan diet could never be healthy for a long time. And if he keeps claiming that he's followed that diet for like years on end, there's no way that that could be true, which calls into question whether he is. Yeah, I know.

I know that, uh, a similar thing is how Ben Classen did the same thing where, uh, you know, you push the salubrious living diet while you would go and drink a Coca-Cola or whatever it was. Right. And same with David Lane.

He claims to have been a vegan and, uh, you know, Savitri Daveed claims to have been a vegetarian, so forth. See, this seems to be like the diet that they're pushing. It works hand in glove with this mother goddess peace religion where they're trying to push this pantheistic naturalism, this materialistic mother goddess all seeing eye type thing, because the all seeing eye is actually a female thing.

It's not a masculine. The all seeing eye of Yahweh is female because Yahweh is a female deity derives from like a pep and Typhon and Tiamat from the Near East and Greece and so on. Right.

So, and also, uh, you know, maintaining a physical shape would obviously be, uh, I mean, you could do things like weightlifting, but a lot of times that's just to show off and say, you know, look at my biceps. Yeah. Because it's sort of bragging fest.

Whenever I think of weightlifting, even though I do do it, uh, you know, I do go to the



gym and do that. I mean, that is something that I do. But when I think about people bragging about how much they lift, like, you know, oh yeah, I lift, uh, you know, however many pounds on the Smith machine, you know, yeah, I'm so cool.

I just think of those cheesy commercials where there's like the, you know, like you could be like this guy, you know, uh, you know what I mean? Like that old advertisement, the Charles Atlas advertisement where he kicks sand in his face and he's like, uh, you know, I'm going to make a man out of Mac, you know? And then at the end, it's like this Mac guy, like kick sand in the other guy's face or something. Just basically, I just see it as sort of, uh, it's sort of like what we mentioned in earlier stream about like, uh, oftentimes it can sort of appeal to these pseudo tough guy types who are like, yeah, I need to prove that I'm an alpha male by showing off how much I lift basically. Yeah.

It becomes juvenile to the extreme. And you can see that behavior in people who have sort of interiorized that cultural, whatever you want to call it. That's that self-understanding or that conception of this, uh, macho dumbass guy.

And I, I recall to mind, um, the translator of Evola who spoke about the contradistinction between the macho, the macho and the masculinist. The macho is this, uh, you know, alpha male, chest pumping guy who wants to be dominant and, uh, you know, you know, be a womanizer type and so forth. And yet at the, at the same time, he's still a nest slave.

You know, he's a slave to the female who uses him for her own personal benefit. And his whole mentality centers around this, uh, stereotyped self-understanding of this macho type. And what that does ultimately is basically restrict his consciousness to purely like a physical, uh, pseudo masculine masculinity, but not a sort of spiritual masculinity beyond that physical or, you know, something which doesn't just restrict itself to that donic, telluric state of consciousness.

Whereas the macho is this sort of a, like a metrosexual fag type in today's society. You know, the person who goes and stretches out on the yoga mats with the females and has a vegan diet and so forth, you know, presses and preens and sprays perfume on themselves and so forth. And then on the other hand, you have the masculinist who is like Julius Evola, sort of, is this, uh, uh, the man, as opposed to the ruins, the ruins of the macho and the macho, those who are sort of, uh, degraded figures.

Whereas the masculinist is sort of a spiritually virile being who is beyond the, uh, the welter of circumstances of the spatio-temporal conditions. He can transcend that in imminence. So he's in the world, but he's not of the world.

It's a Chinese conception of Wei Wu Wei, acting without acting. He simply does what he must do according to his essence without, you know, needless garrulity like the macho or a sort of, uh, simpering weakness and, you know, chatter, uh, cowardice like the

macho, this sort of hen-pecked husband type. And that's, that's a very significant element of that macho culture as a weightlifting, because I myself did that for like almost 20 years, this very hyper-obsessed, uh, you know, you have to maintain these and those standards of lifting X, Y, Z, this element of P amount of repetitions, you know, at this or that intensity and so forth.

And you got to eat a certain amount of food, blah, blah, blah, just so you can maintain this physical state and it just restricts you to physical existence only. Right. So that is, you know, not really, not really a path to tread, in my opinion, it's sort of a path that leads downwards.

Not least of all, because it wastes huge amounts of your energy that could be directed toward more meaningful pursuits, such as, you know, the survival expansion and advancement of the white race and the white race alone, the 23, the creativity movement. So what about yourself? Have you, what kind of experiences have you had in terms of like, uh, coming into, you know, formal exercise and so forth and, you know, just your perspective on those, uh, those topics? What is my take on formal exercise? Yeah. And what's your personal experience and so forth? Well, oftentimes I would, um, you know, I would sometimes lift weights or the other thing I would do is I would, uh, uh, I would sometimes go on, uh, walking around at night because I, uh, I do get sort of, uh, I've increasingly become more and more, uh, paranoid.

Understandably, given the situation in this world. I don't think I would use the term. Yeah, because of who I've had to deal with.

I mean, but that's a separate other topic, but, you know. I don't think I would use the terms that they use because that's just their psychiatric diagnosis to throw at people, unless you want to define the word paranoid as etymologically paranosia, meaning sort of knowledge, sort of knowledge. Well, what I mean by paranoid is I get, uh, sort of over analytical and I kind of overanalyze everything.

Uh, and I often just, um, I get overwhelmed at times when I'm either spending too much time on the computer or if I'm just indoors for too long. I, it, it tends, it can sort of, uh, give me what that phrase would call cabin fever, you know? Oh yeah. I understand that now, especially, you know, having to do all the things I do on the internet.

Definitely. It's like being chained to a computer because we're not meant to be trapped, you know, in front of a desk or, you know, in front of a computer all day and night. That's artificial light that we're staring at.

We're not being able to respire very fresh air and go around outside, which is our natural, natural state to be in nature, not in this artificial prison of jog or zog or whatever you wish to call it, the Jewish occupation government, the matrix. So you go around and walk a lot then? Yeah, I do that at times and, uh, I don't, you know, I haven't visibly seen,

uh, any particular instances of, uh, people following me at all. But, uh, you know, I've just had things like this where, uh, you know, thankfully, as far as I know, because I know that they operate in a very, uh, clandestine fashion, is I haven't experienced really, uh, anything when it comes to, uh, harassment or whatever.

I mean, type tactics. Yeah, yeah, yeah. And well, actually I take that back.

I did have, I did have an individual in high school who, uh, would take videos of me in real life and, uh, make memes out of them and share them around. I mean, I did have someone like that, but, uh, you know, it's really interesting how the, the guy, I'm all over the place right now. Well, the point is you walk around, that's good to get exercise.

Yeah, really disturbing things that I see often a lot on the internet, uh, because it really is a, um, screwed up time we're in. And also I've had to deal with, uh, a lot of instances of screwed up people on the internet, which would ironically probably never say the things that they've said to me, uh, behind a screen versus a face to face. Right.

It's cowards who are like to hurl accusations and implied threats at people from behind the screen. And that's how the internet operates is they call you names and they, you know, like you're a piece of shit and you're evil or you're a faggot or whatever. They just call you these names cause they don't have any rational, uh, way to argue.

And also the, no one would really do these things in real life because they don't have any balls. Chances are you wouldn't be walking down the street and someone would walk up to you and say, Hey faggot. Well, if you're in America, you have the ability to have defensive weapons.

So you should definitely avail yourself of whatever legal defensive weapons you can get for self-defense and protection. And then you can walk around wherever you want. Basically.

Of course, you don't want to walk in any of the getaway areas. You're taking a risk, but within safe areas or safe zones, perfectly fine. Obviously walking is a good form of activity, a good form of exercise.

It's a natural motion of the body. Yeah. And I just think that this kind of ties into mental health because, uh, I, I, I often, I try not to take what people say on the internet personally, but I've had times where, you know, some of the things I've had to deal with have caused me a good amount of stress and, uh, frustration.

Well, that's true. Evola's works are the best to avail oneself of. You should read the book, *The Doctrine of Awakening* by Evola because it's all about detachment and I'm actually reading that right now.

Yeah. Yeah. I read it once in 2007 and then I reread it about 2016.

I think it might've been, but I've forgotten, you know, a fair amount of it. It's obviously a very dense book of very scholarly work. People can get that for free on the net.

It's all over PDF drive, uh, whatever the case. Uh, so I, I recommend people, you know, maybe focus on that almost even exclusively at this time to just sort of learn to overcome the spatio-temporal insanity of the jog, the chaos, the corrosive waters, as it is called, and don't let yourself be pulled down into those waters. And a good way to do that obviously is of course the fourfold program of the creativity movement, a sound mind in a sound body, in a sound society, in a sound environment.

And so we discuss sort of somewhat the sound body. First you have diet, then you have exercise. So for me, I'll say for exercise, what you want most of all is to circulate the blood and to move the limbs at a fairly rapid pace.

So in other words, cardiovascular, what is called cardio, cardiovascular exercise, which is always obviously musculoskeletal and total body system, but is done continually for a sufficiently lengthy period of time where you're sweating and you're breathing deeply and your heart rate is accelerated. So the best form of that in my experience, if you don't damage your joints in the process, whereas I do, it would be running. But for me, I always end up damaging all my joints.

So I just do elliptical trainer because that also incorporates the upper limbs as well as the lower limbs. And that pretty much gives you total body exercise. So if you did that, if you only did one thing every day for exercise, then you could do like a half an hour to 45 minutes or even an hour of elliptical trainer in the process or running if you can get away with it without damaging your joints.

In the process, you know, you can either do third eye meditations and or, you know, listen to some of our discussions or whatever to assimilate some more valuable information while you're doing that. Or I've also listened to harpsichord music while I do that, doing third eye meditations. It's sort of a, you know, gets your rational brain sort of shut down and focuses on the right brain to create a more holistic consciousness where you're not just operating in the prefrontal cortex and the left brain, but you're having a more integrated cerebral hemispheres, you know, the right brain artistic intuitive side, which is sort of like activated through meditation and music and art and so forth.

And maybe, you know, whatever other forms of exercise or physical motion. Or on the other hand, you have the more cerebral, logical, linguistic form of consciousness of the left brain. So it's good to balance the hemispheres of the brain, you know, every hour.

I would say that, you know, if you had to make a comparison. Yeah, yeah, basically, it's called hemispheric lateralization. So every hour to an hour and a half, you know, you do right brain activity, or you do left brain activity, not necessarily for a continual period of time each time, depending on what you're doing in a day.

But, you know, periodically do third eye meditations, maybe five minutes or less. Things like that throughout the is good to activate the pineal gland to calm yourself, to get yourself, you know, within a state of consciousness that you can cope with the chaos of this world, instead of falling back on, you know, worshipping Jesus or the Jews or, you know, Christianity or whatever, then you're putting yourself into a condition where you can transcend that corrosive waters, the chaos that Jews create. And that is that is most conducive to survival, is keeping yourself in a state of health, which is to say, homeostasis, or mind body spirit integration.

And so that is basically the general template or protocol that one should follow or adhere to. Brian, have you ever experienced a kundalini awakening? Yeah, I'm not too sure that that's wise to even do that. I think Evola had sort of proscribed that in some of his works, because all this yoga and so forth, it basically works up like the infernal forces of your consciousness, it awakens and activates like all the lower chakras or the lower energy centers, and the, you know, more rudimentary nervous system of the body, which in turn causes it to sort of preponderate.

And that, you know, doesn't enable you to transcend the Maya or the spatiotemporal context, but actually sort of drags you down into that spatiotemporal context, and potentially opens you up for possession by these infernal entities that Jews are bound up with. Infernal in the sense of like a lower astral planes, or lower fourth dimension, it's also called, I believe, that the Jews are involved with these archontic entities. So you may very well be opening yourself up to possession if you involve yourself in yogic exercise, that may very well be the case.

Because a lot of this yoga and so forth is actually not authentically Aryan from the Vedic tradition, it's actually a result of the mixture of castes in India, which was called Bahustan in its origin. And that's basically the practice of the Dravidian demonologists or, you know, those who practice the sort of chthonic telluric rites, which ultimately lead to like the Kali cult and so forth, with ritual murder and, you know, ecstatic forms of fragmentation of the consciousness, of preventing you from properly integrating your consciousness. So that's just my take on all the notion, the New Age notion of Kundalini awakening and so forth, that all that does really is basically maybe signify that you're possessed, for all we know.

But third eye meditation, activating your pineal gland, you know, I was going to make a... I was going to, you know, mention that like, you know, the left and right brain, you know, the left brain, for those that don't know, is a more analytical mind, the right brain is obviously more creative. And, you know, the left brain would, you know, what would activate that? God, basically, what would activate the left brain is things like, you know, algebra or whatever. And then the right brain would be more like art, like Jewish mathematics.

Yeah. Or like maybe geometry or formal, maybe some type of formal logic and stuff like that. Yeah, I know.

But what I was what I was saying is that, you know, that it's sort of a role. You know, it's sort of like Serena would call Semitic mathematics, where it's like, you know, robot, you know, algebra sort of very robotic kind of algorithmic way of, you know, yeah. And that's where that goes back to, you know, the robotic mind, you know, the Demiurge, the robots of the Demiurge and things like that.

Yeah, it's sort of like a sort of projection of robotic consciousness. And that's what they want to make people. I remember I had conceived of this idea like these sorts of people, people who work in the government and so forth, in large part, are like Darth Vader in the Star Wars movies.

They're, you know, this roboticized entity that's just like hyper rational, but they don't have any higher intuition or any holistic consciousness or, you know, any wisdom for that reason, because they're just like a left brain dominant type, what is called male dominator consciousness by Mark Passio, the Jew, that conspiracy theorist guy, you know, a disinfo agent. But that's definitely the case. To activate the left brain, obviously, it's just, you know, language and logic, puzzles, things of that kind.

Basically, anything you get on an MCAT test or some type of, you know, military training or whatever, something like that, where you have to use your reason involving yourself in a legal case or obvious stuff like that. That's basically the left brain functionality. Whereas right brain is music, it's art, it's so-called magic, although I don't know if I would traffic with that.

It's meditation and things of that sort activate the right brain, creative endeavors, which could be anything from sort of non-logical engineering feats, things that aren't overly analytic, you know, just sort of constructive, like building something which doesn't necessarily take, you know, over much rigorous logical thought. But, of course, you know, neither right or left brain is good or bad, they're just faculties of the human consciousness. Some have a greater preponderance for one, a greater preponderance for the other.

Women are obviously more, in a way, right-brained, or at least more equilibrious in their consciousness, but their brains are more like, typically, less developed. And they're less integrated because they have a larger corpus colossum, which is the region that separates the two hemispheres. And for that reason, in a way, it's like their brains, when they transmit electrical impulses, sort of like, how they have sort of haywires between the two hemispheres of their brain because of that size of the corpus colossum is larger.

So, when you transmit electrical impulses between neurons, between the two brains, through the regions, then it suddenly, it sort of loses the trace and travels down different

paths and so forth. And that's probably one of the reasons why women aren't as logical as men. Also, because of the large amount of testosterone receptors in the brain of men, and the much higher free testosterone circulating in the bloodstream by about 15 times that of a female, which is something that enables the prefrontal cortex to be more active, is testosterone.

And that's one of the reasons why men are more logical than women. And at least from a more materialistic standpoint, maybe there are reasons that higher dimensions also, I'm not too sure. Yeah, generally, I would say that mathematically, you know, another basic comparison, I would say math is more left brain and literature is more right brain.

I would say that's another comparison. Yeah, because math is something which doesn't really entail any conceptual contents that are imagined, whereas that which is literary or even philosophical is often much more related to imagination. Yeah, I always really go on.

By virtue of its being natural language based on metaphor and things of that sort, and real actual existence, we're a representation of that, whereas math is just sort of like a dry abstraction that has really nothing to do with anything. It's just an abstract conceptual system. Yeah, I was really disliked when I was in school.

I always just thought that, you know, the math classes I took, I just thought they were silly. I just thought like, oh, I'm never going to use this crap unless I go work for NASA or something. It's like, what am I going to do with, you know, trigonometry and, you know, this algebra bullshit.

Go ahead, continue. Oh, I was just saying that the reason I wasn't particularly good with it in school is because I just didn't pay much attention to it and because it just didn't really interest me. It just was sort of like, go on.

Very boring stuff. Yeah, yeah. I don't know.

I don't know if you, I think you might have mentioned somewhere that you were the same way a little bit. Pretty much. I know some Jewish teacher I had deliberately put me into like a bad, you know, the lower stream of school because I wasn't good in math.

And so instead of trying to help me out, she actually deliberately cast me out of the advanced stream of school. And then this other time I was taking math. This one guy, he was like the math teacher.

He was this race mixing type who had been like a soldier in Vietnam for the military. And he was telling me, you know, telling us stories about his like Vietnamese wife and so forth. This was a white guy.

And he was basically forced to teach, you know, even until his like 70s, even because he

kept having chillins with his Vietnamese wife, half-breed chillins. And he had a master's degree. And he was still, you know, I asked him, what is the purpose of this? And so he thought I was being impudent or something.

So he's like, oh, what is the purpose of this? Yeah. And so I said, no, really, could you tell me? Because I want to know. And he says, fine, it's something to do with science and so forth.

That's it. But they never even know what they're doing. They're just like, this is a cosine, this is a sine.

They don't explain at all what the purpose of what they're even doing is, because they're they just want to program the youth to be robots that just robotically react to stimuli without any sort of reflective thought or creative thought. Yeah. And you know, it was something I was those that I knew.

Yeah. The Wi-Fi isn't too great. The reason I experienced those that I knew in school who were sort of like the very high achiever types, they were often like sort of, you know, like the types who get 4.0 GPAs or what have you, like very high.

When I would talk to them, they just were sort of like, you know, follow the directions type of people, just sort of like empty vessels. They were just sort of like, you know, like, you know, they're just like the nice, the nice guy, you know, the, oh, okay. 32 shoes.

In other words, people who just dot the i's and cross the t's so they can get ahead for money and status. I remember once- Yeah, like they were basically the people that everybody, they were the people that like, you know, everybody liked or everybody didn't like, you know, some of them were, you know, uh, fairly cold and standoffish. Like I knew this one that I was working with on, like, I believe it was like a history project and they refused to speak to me like the entire time.

And, uh, I, at one point I, uh, what was that? Yeah. That superiority complex. Basically.

And she was being passive aggressive. Like she's just kind of glaring at me and not saying anything. And then I really don't have a good tolerance for that kind of thing.

I try not to, uh, respond, but at that point, uh, I don't know if I would say I made a respectable goal of myself, but I said, you know, why are you looking at me that way? Like, why, what is with this passive aggressive, uh, dude or whatever? And she just didn't, she just didn't respond. An example of some, one of these goody two-shoe people when I was in university, this guy, he, uh, was some sort of privileged person who had been in, in, you know, specialized school so he could learn different languages. And he, he was already several years older than the average person in the, in the class.

And he had made some presentation that he got like a hundred percent on, but all it was



just as very robotic, uh, memorizing and regurgitating pedantic work. It didn't have anything to offer. And he would just like deliberately put the professor's book on his desk to try to demonstrate he was reading the professor's book and so forth.

This total, uh, obsequious, uh, suck up type personality. And then he eventually became a PhD and a professor, this guy. So that's the type that we're dealing with who are the administrators and the sort of Darth Vader's of society, these, uh, robotic, uh, logical, uh, machines basically, who are without any sort of independent mind and are useful tools in the system.

We should get back to more of the health related talk though. We don't want to deviate over much from that. Yeah.

Yeah. We don't want to illustrate just to illustrate that that's not really a healthy mind just to sit around memorizing regurgitating propaganda, just so you can collect some cash. Like all these Chinese slaves that they keep dumping in here.

All they do is just sit around all day, you know, memorize and regurgitate. That's all they would do. Yeah.

Cause they're not a human being. They're just a robotic creature. Yeah.

A robot of the Demiurge. That's why they all worship Jehovah, right? Because Jehovah is the Demiurge and that's their, uh, their master that they grovel before this, uh, totally control freakish, uh, entity where everything has got to be controlled, regulated, micromanaged, subjected to quantitative analysis, reduced to the right. And that's why, you know, if you look back at Serrano, you know, that's where that stuff, I mean, so Jehovah being the dark Lord and, uh, because you look, if you look at all these institutions, uh, much of them are, they have a common agenda in other words.

And typically they're, uh, being led by some kind of dark force. Uh, and that's not to necessarily universalize it all, but, you know, light and dark and black and white and good and evil, and, you know, they're dialectic, but, you know, there really is a point to be made there about, uh, there is sort of a darkness to, um, just basically turning in people into robots, into subservient slaves who just do whatever, you know, don't have an opinion about anything. You sort of see that now with a lot of these, uh, public figures or really in general, if you have an opinion about something, particularly a strong opinion about something, people will look at you as, uh, crazy, or some of them might actually respect that and look at it as refreshing and say, oh, you know, good for this guy for speaking his mind for once because people are, uh, they're just being programmed to be, uh, empty vessel, passive aggressive types who just, uh, you know, are yes men, yes women for that matter, that just, you know, oh, okay, you know, just whatever they're told and not question it.

Let's not get too much into the psychological stuff because we all know that the distinction between, uh, you know, these robots and those who are more, uh, Aryan in their consciousness who are actually creative. Let's focus more on the health aspects so we can give some people some positive prescriptions to create that, uh, holistic sound mind in a sound society, in a sound environment. This is not a healthy frame of mind.

Fourfold creativity program that Ben Classen outlined in Salubrious Living and in the White Man's Bible and in the Little White Book also. So, so far we have more or less gone into some, some depth about diet and exercise. Uh, what I prescribe is just basic, uh, you know, maybe if you're going to do weightlifting, you could do some more lighter weightlifting, just a little bit of dumbbell free weights and machines maybe.

And then that a couple of times a week for maybe some body weight resistance exercise. Uh, maybe once a week you can walk around with a weight vest or a weighted pack. You could do a fair amount of walking, ideally, you know, half an hour a day.

And then for cardio should probably do, depending on how much walking you do, the less walking you do, the more cardio you should do and vice versa, depending on how good shape you want to be in. You want to be able to breathe deeply, circulate your blood and to sweat a lot, because when you sweat, you release toxins from your body. And when you breathe deeply, you oxidize your body's tissues, which helps to burn fat.

And it also helps to increase lung capacity and, uh, you know, circulate, uh, deliver oxygen to cells, which enables the cells to function. So cardio is number one, most important. And then I would say mobilizing the joints, moving the joints around on a repeatable basis, multiple times throughout the whole, all of the movable joints of the body every day.

That's what I do every day. Uh, also, so if you're going to do only one thing in a day, then you should probably do just cardio and third eye meditations, I would say. And if beyond that, you know, maybe a little bit of, uh, body weight resistance, trampolining, then beyond that, maybe a little bit of weightlifting.

And that, that would pretty much do it. I would say you don't need to kill yourself, but it depends on how, how good shape you need to be in. I would say probably what the military does for, at least traditionally for exercise is probably what is best.

Although at the present moment, I wouldn't say their exercise regimens are the best. I would say just traditionally what they've done is the best, like running and body weight resistance exercises, probably the best way to go conducive to health in terms of a diet. I would say, like I said, at the beginning, most nutrient dense foods, uh, for the least amount of volume and, uh, you know, at least probably three to four meals per day, less is too much volume and, uh, too much glycemic load.

More is too, too much insulin spikes, too much potential cavitations for your teeth. And, uh, you know, you don't let your stomach clean itself out, probably space it out by four to five hours each for like three meals or four meals. Uh, ideally don't eat three hours before you sleep, properly prepare the food.

You don't, don't need to food combine it. You know, you should always have protein, carbohydrate and fat sources, uh, and, uh, keep, you know, carbohydrates probably like 60, 50, or even as low as 40%, but not lower than that of your macro nutrients. Animal protein probably be like, uh, you know, half of the protein you consume and that probably, you know, the most nutrient dense, like, like everything else.

Uh, so, and then water should always be distilled water or reverse osmosis water. I would say our best. Uh, what? Oh, sure.

Do you, uh, use one of those, uh, water filters or? I did. I had some, but at the same time they got messed up. I had one of those Berkey filters and that it had like a fluoride additional filter on it.

And I always end up getting like the particulate in the water itself. So that doesn't really do a very good job. In my opinion, most of them, you can make your own water in particular usually use usually distilled water.

I think is the best way to go. It's a purist. You just distill it yourself basically.

No, I buy it, but if you can make water, just something you can just buy at the store to usually go and get, uh, have it delivered as collagen in here. Oh, okay. Yeah.

I'm familiar with that. Sure. Yeah.

It just, just deliver large jugs of water every, every couple, whatever month or whatever. That's what I'd recommend to people is a lot of the bottle water to get about like 10 of these really big jugs of water. And when you, when you go through five of them, then just replace the five that you use that way, you'll always have 10 on hand.

So for emergencies, it's important now for people to start stockpiling food and water for whatever emergencies might occur. Cause I've heard there's going to be food shortages in the States. Are you still there? Is there a lot of problems coming here with there? Well, I'm still here.

Yeah. It's just the, it's the, the wifi is making things a little choppy is all, uh, what I was going to say was that a lot of bottled water is garbage and they, put in a lot of, uh, things like, uh, sodium, uh, fluoride. No, I forget.

I, I'm not too, uh, Dasani put salt in it and there's also bisphenol. Bisphenol was what it was. Yeah.

They put this garbage like that. Bisphenol. Yeah.

And they leach into it, which is a horror, uh, an endocrine mimicking substance, which feminizes you. That's why you should never touch money in those either. Cause money bills are plastic and you absorb that bisphenol a into your body.

Yeah. And they, they also put in, uh, you know, things like potassium chloride and like these, uh, bottled water, you know, like, uh, Flavoring. Water crystal geyser or whatever.

Huh? Yeah. Flavoring and stuff like that. They add.

Yeah. And they just say it's, uh, minerals to enhance the taste or whatever. When, uh, in reality, they're just, uh, some extra chemicals, uh, sort of like fluoride.

Whenever I would go see, you know, the dentist or whatever, they would, uh, put fluoride in your mouth and, uh. Right. That way it can be absorbed into your mucus membranes.

That sort. When I was a child, they forced us to swish fluoride tablets in our mouths and then swallow the fluoride afterwards. I guess you're disappeared now.

The connection must be messed up or something like that. That's a pretty sick thing that, uh, the Jewish government would do is to deliberately force children to swallow fluoride from fluoride tablets. You can be sure none of the Jew children have to do that.

It's only all the white children and various other non-Jews and non-whites who have to poison themselves in that way. Same with the vaccinations. Well, I think, uh, in the vaccinations, they're just going to, uh, that's what they're probably going to do with this, uh, you know, this whole COVID, uh, you know, it's sort of become like an industry in a way, just like in every other, uh, created cause or created, uh, event.

It's sort of become like an industry. They profit from a destruction that they visit upon others. Not only money, but it's sort of like physical in terms of actual forcing the release of energy from the non-Jew.

That's their profit. They can cause harm to you. And then those entities feed from them.

And that, that is how they get power, occult power, from those entities by sacrifices. Yeah. And I know when, uh, if you call something a PSYOP, people say, oh, that's, you know, tinfoil hat, uh, conspiracy stuff.

But, you know, it really is a PSYOP where they push these issues forward and say, you know, this is what you need to worry about. Go give your money to this and so on. And, uh, that is what I think is going to happen.

Uh, as things progressively get worse, are these social causes will rise and, uh, global

people will be tricked into supporting it. And I also think that, uh, you have people like Bill Gates, uh, who, you know, there's all kinds of things about him, but, uh, who really knows what kind of things that they will put in this vaccine. I mean, who really knows? Well, what they, I think what they're going to try to do is probably put chips inside the vaccine and then inject the, the nano chip into you.

I'm pretty sure dentists, that's what I've heard from some of these TIs. And I'm pretty sure this happened to me during the summertime with this one Jew dentist. Uh, he's just suddenly like injecting really deep into my jaw with a needle.

I'm like, what the fuck? And I hear like a cracking sound or a snapping sound. So to me, that's him injecting one of these chips through the needle into my jaw, because that's where the vagus nerve is that governs the physical motion of body right in the lower right jaw and the upper left jaw. So when they inject you with that, then what that does is enable them to basically remotely influence your body through their psychotronic, uh, energy weapons, you know, synthetic telepathy and, uh, the manipulation of your consciousness.

They can implant thoughts in your brain or in your mind, rather your consciousness is not your brain. But beyond that, they can basically modify your thoughts through that means, through the electromagnetic, uh, scalar waves or radio frequencies that they transmit to these chips that modify your, your consciousness. So that's what they want to do.

They want to transhumanize you and make you into this sort of robotized puppet. And the vaccines are just one way amongst countless others that they do that. That's why I'd recommend to people never to go to any dentist at all.

You know, you can just heal your own teeth. You don't need dentists to do that. All natural toothpaste, you know, dental floss, uh, oil pulling.

Yeah. And that's where that comes in is it's, it's an industry they want to make, uh, they want to enforce, uh, things like that where like, oh, you need to go and get, you know, a dentist, or you need to go and get, uh, you know, you see like these, uh, communist types who are like, uh, you know, who want to universalize healthcare, right? It's that same kind of thing where they want to, uh, force things onto the population because, uh, they get more from that rather than being, uh, you know, independent. I know, I know in more socialist countries like Australia and so forth in their socialized medical system, basically you don't really get any good services at all under those conditions.

The services are so crappy that you may as well not just, you know, try to heal yourself. Yeah. And someone was telling me that a lot of these, uh, health services, like these public health services, like in Canada, uh, someone was telling me that over there, it takes like, uh, uh, like several months for someone to get heart surgery.

So, you know, with that system and basically, you know, if it takes that long, they're probably just going to die before they even get to... That's what they want because it's just, you know, just numbers in the bank account to these people. That's all they are. You're either an asset or you're a liability based upon your lifespan, actuarial tables, statistical analysis.

Uh, I know for myself, I had, uh, living in a sort of socialist country, I had gotten an ambulance ride and, you know, what did it cost? It costs like 300 and something dollars. And since I had no money, I couldn't pay it. And so now they gave me bad credit because of that.

So it claims to be like a socialist, uh, medical system. And, uh, what is the consequence? You end up paying for things that you actually need. And the only thing you don't pay for is things that harm you, like pharmaceutical pills or glasses to screw up your vision or teeth, you know, dental work so that they can screw up your teeth, you know, drill portions out of your teeth and fill it with fake, uh, bisphenol A filled, uh, composite fillings, and then massive costs for doing that and so forth.

So everything they offer you is basically, you know, it's, it entails more of a cost than a benefit. So it's best just to heal yourself and to focus on that. And I tried to make that very point form and easily accessible in the document below attached, which is like 60 pages, I think.

And in that, it's just like a whole presentation of various notes on health based on my experiences of, you know, like 20 years of researching into these things and trying to figure things out from the most, uh, impoverished, uh, state so that even the most poor people could practice these things and probably be way healthier than some rich piece of shit who is, you know, drinking his mom's champagne and sniffing his cocaine and winding up, you know, in a rehab center. Yeah. Yeah.

And people who, uh, get addicted to such substances, they, uh, it really impacts who they are as a person and, uh, it, it really screws up their frame of thinking and their judgment and, uh, their, uh, ways of, uh, handling things. It makes them more rational, uh, uh, you know, and, and unfortunately I have seen an abundance of those in this, well, if you could call it a movement, I don't know. You could also call it a community or whatever you want to call it, but, uh, there is an abundance of those who are sort of in their mid forties and they're alcoholics or, you know, they're on some kind of substance, basically.

I think it's probably because, uh, you know, maybe a lot of these Gen X types, uh, maybe they sort of feel that they were robbed of like, uh, financially and really having like a job, like a decent job. So they, uh, you know, that, that's sort of a means to cope with, uh, financial, uh, problems in, well, it could also be a number of other things as well. I think it's mainly cultural.

Well, that is true because the culture of that, you know, Gen X. 1965 to 19, I don't know when Gen X ended, 1982. And during that time, let's see the Gen Xers, the average Gen Xer would be probably like 1985 to 1995 when they're like, uh, 20 years old. So right around that sort of like, uh, late eighties, early nineties is their, their sort of heyday when they were, you know, partying it up in their twenties and stuff like that.

And of course the culture then was all MTV, right? It was all, uh, Kurt Cobain, Kurt cocaine, uh, Iron Maiden, stuff like that. So all of that culture, you know, encouraged alcoholism and so forth. Even in this movement, you had like, uh, the skinhead, uh, culture and so forth.

Very against communism stuff. Yeah. Yeah.

Ian Stewart Danielson and so forth. I mean, that might be all well and good for, you know, it has its qualities, but at the same time it's still encouraged an alcoholic, uh, culture. Yeah.

It's decent for propaganda purposes, but, uh, you know, if you compare this kind of stuff or you also see that with these rap types, like, you know, Mr. Bond or, uh, whoever else is out there, uh, where it's sort of a decent means of propaganda for those who are, uh, of a certain generation. Yeah. Because my, I mean, let's face it.

Like my generation is just full of wiggers left and right. So they, they, the Mr. Bond stuff probably does appeal to them in some way. And then at that time, the Gen Xers, uh, they're more, uh, you know, that rock stuff or the punk, and that's where that stuff appeals to them.

You know, while these types of music might, uh, keep you in that kind of, you know, if you want to say a lower state of consciousness, uh, you know, compared to things like harpsichord music, uh, you know, that's sort of what the consequence of that stuff is, you know, it might be effective as propaganda, but, you know, that's really where the, uh, dull part of the sword is, you know. Yeah. It'll basically, in terms of having a sound mind, listening to music of that kind certainly isn't going to induce to sound mindedness, but sort of angry, aggressive, uh, you know, blood and honor or screwdriver type stuff or whatever variant of that, you know, national socialist black metal, that's just going to put you in a sort of like a lower state of consciousness.

Whereas the purpose here is to transcend all that. So if you're going to listen to music at all, then obviously you'll want to listen to music, the music of the spheres, uh, you know, Bach, uh, the well-tempered clavier, uh, the art of the fugue, you know, want to listen to French and Italian harpsichord and English harpsichord and so forth, things of that sort that are really, uh, inspiring and elevating of your consciousness. I mean, Third Reich military marches are good and all, and a lot of the fashion wave music can be tolerable, but it's still sort of a lower vibrational type stuff.

It only goes so far. And we already covered that in the music stream that we did earlier. So music is obviously very essential for shifting your consciousness and creating a sound mind or unsound mind.

Yeah. And I would say that things like Bach, uh, or, you know, G.F. Handel is another one. Uh, or you could even go and listen to, uh, uh, Wagner or something like that.

And you could go, but I would say specifically the Baroque period, uh, especially I think is good to listen to when you're trying to activate your right brain. Yeah. That's before the aristocracy were killed in the French revolution and all the other revolutions that Jews instigated that basically led to a dysgenic lowering of the culture right around the turn of like, uh, Napoleon's time and so forth, or even slightly before that.

That's when the culture really sort of took a nosedive and it's been diving down to like the jungle ever since that time and a gradual, uh, regression or, uh, you know, through the, this, uh, sort of Evelyn, uh, cycles, you know, like the aristocracy, the priest, the aristocracy, uh, the warrior cast to the boy. Are you referring to the regression of the cast? Yeah, that's basically what it is like a sliding down into the, into the corrosive waters, but we need to make it through that. So obviously in terms of the creativity movements, fourfold holistic health program for a sound mind and a sound body and a sound society and a sound environment, we can't do too much about the sound society.

We can not yet. We can work on ourselves as the basis of that mind and body and soul and spirit. And then we can, uh, you know, try to put ourselves in a certain environment that would be conducive to a more harmonious mind, body, and spirit.

And that would be like a rural type of setting, I would say would be optimal for healthy natural conditions. If at all that that is possible for people, which is very difficult to achieve because you have to have money and you have to have connections to be able to live there if you don't live there already. So it's not always the easiest thing on earth to do that.

And unfortunately, as we had spoken of several times, you know, people in the rural areas could be very, uh, you know, brain dead with Zionist Christianity or whatever other sort of, uh, you know, variant of that ideology. So that can be definitely a drag if you're not one of those types of people. But you can only do so much to try to improve yourself, but it all starts in the mind first and foremost.

And meditation is definitely one of the most significant things you can do to elevate your consciousness and to learn to be able to detach yourself from the spatio-temporal context. You know, read Evola's *The Doctrine of Awakening*, read Serrano's *Menu for the Man to Come*, and various other of their works should be more than adequate to assist in directing you toward these purposes. So I think that pretty much covers what we need to do, unless there are more specific, detailed questions that you have.



I believe so. You know, this was supposed to be the more, I guess, solar stream, the more positive side of, uh, you know, the solution. You know, the last one is more of the problem.

This is more the solution. So I think we pretty much covered, uh, just about all the areas as, you know, as far as I can really think of. Of course, specifics could be gone into forever, basically.

Yeah. I tried to do that in the document that I'll attach, uh, that goes into, like, 62 pages of, like, point form specific details or conclusions, just in the form of sort of assertions, not necessarily proof of the, uh, of the claims made. And so people can research that if they doubt it.

You know, I provided references and so forth throughout that document. That could serve as like a basic starting point for people because it's just my, the distillation of all of my personal experiences for over 20 years. So maybe people will save themselves the troubles that I've gone through for 20 years or so of, uh, this, uh, self, uh, abuse basically through in the name of health and exercise.

And that because of all the confusion of the Jewish mind control system, you know, we didn't know what to do, how to do it, in what way. It's all very confusing. So you have to try to unconceal what the Jews have concealed.

In other words, the proper tradition of the Aryan. And I'm not going to claim that I have that solution. I just have, you know, some, some ideas and some questions of my own.

And, uh, you know, if people think it's wrong, then by all means, put forth your own suggestions in the chat and, uh, give people recommendations of your own so forth. So I guess with that, I will say echoing the words of Ben Klassen, the 23 words for salubrious living, what is good for the white race is of the highest virtue. And what is bad for the white race is the ultimate sin.