



**PRO-WHITE
ORGANIZATIONAL TEMPLATE**

Network/Associate Organizational Template

Below is a template for preparedness; self-development and organization to facilitate the survival, expansion and advancement of the white race. The reader may pick and choose (or not) from the list of practically oriented ideas and carve his own path for the coming RaHoWa (Racial Holy War)

Example

"Leaf Legion"

The Meaning of Our Symbol

old maple leaf (philosophical gold) with red (rubedo phase of hermetic alchemy) 'L' letters.

'L'=50 in Roman numerals: 5 connotes Venus the 5 pointed star (its orbit around the earth);

$50+50=100=100\%=completion='The\ One'='god'/the\ Absolute,$ etc.

'L's are arranged as a leftwards implied swastika= against the cycles of time=immanent transcendence

black square=the matrix (nigredo phase of hermetic alchemy)

white circle=albedo phase

Structure of Organization:

structured around spiritual and practical action, thought and deed

Ranks

Canadian Specific names: 4 grades/ranks (eg.: Canuck; Pioneer; Miner; Leaf; Fisher; Trapper, etc.)

-rank structure as in the handbook "White Praxis"-pyramidal; the leader is the center and top and descending in rank; duties and power are correlated with rank; final decision making power vested in the leader (by whatever name)

Duties

propaganda (create/disseminate music/writings/leaflets; tracts like "The Facts" of Matt Hale; stickers/flyers, etc.)

-missions (leaflet drops on excursions, etc.)

-presentation of lectures, etc./recruit drives

-gym/exercise/orienteering; parkour/urban exercise; paintball, etc. (cf. "White Power: Functional Fitness")

Website

Untraceable; anonymous;

provides 1): this document which explains the org. and its ethics and principles. Anyone acting in accordance with these and not in accordance with its prohibitions can claim affiliation

2) library of works in pdf that are referenced in this document

3) a means of contact anonymously for meet-ups, etc.

Function of organization

community building; pooling of resources; constant propaganda and recruitment; members must demonstrate they are actively propagandizing for the org. with photos of their leaflets/flyers, etc.

External form: 'European Social Club';

Internal form: 'this organization'

Principles

What we are

adherents of an organicist way of life

def. 'organicist': A culture which develops through itself in a harmonious relationship with the sum total/Cosmos/the Creator, and which sustains itself through itself in relation to the Creator

What We Represent

A microcosm of Universal Order; a particular organism that exists in harmonious relation to The Creator

What We Seek

the self-evolution or development of our organism and its related forms of cultural expression

What We Do

safeguard our culture from threats to its existence

-meaningfully add to this culture in ways compatible with its nature/essence

Specific Principles

We Support:

1) empowering and strengthening our culture and its members through

a) a healthful life: body; soul and Spirit;

b) strenuous opposition both for ourselves and our members to those who threaten our way of life

How this is done is provided in the following

What We Oppose and What We Support

-Those who seek to modify or change our identity in an inharmonious way and our way of life based upon it;

Who are they?

1) globalist-monoculturalists, ie. 'internationalists'. Those who seek to pervert the cultures of the world and mix them together.

-We Support organic cultural diversity

2) Plutocrats [see above 1)]: those who live for money;

-We support creative and fulfilling activity regardless of its monetary payoff

3) Materialists: those who have no regard for and whom would deny Spiritual life;

-We support a holistic life celebrating organic being (the earth) and The Creator

4) Hedonists: those who live to self indulge or 'for thrills' (eg. drugs; alcohol; sexual promiscuity; sadists);

-We Support a healthy enjoyment of life lived to the fullest extent of our being

5) Bigots: those who have no willingness or ability to investigate reality or to think outside the box;

-We support open dialogue and investigation its being without censorship or closed mindedness

6) Individualists: those who falsely believe they are 'an island unto themselves' without relation to others or to the Creator

-We support personality-the authentic expression of one's body, soul and Spirit not isolationism or self-service without regard to others.

Ethical Principles

1) Live to Reach the Stars [ardua per astra]:

This means to evolve spiritually according to your inner and outer nature. Live in Eternity not the moment.

2) Live For Oneself but Others First:

Be altruistic as well as egoistic but not egotistical

3) Discriminate:

Help to raise up the deserving: those who share or may likely share your way of life and who are worthy of your time and effort

4) Be Prudent:

Be prudent in dealings with others: understand the consequences of your words and actions

5) Project Power and Strength:

In dealings with others project the values of a strong and healthy person, not a brutal thug or a grovelling sycophant

6) Respect:

Have both Self and Other respect. Respect others if they are respectable. Prudently avoid those who are not without rudeness or slight

7) Endeavour:

Carry out all actions with eyes focused on the stars and feet firmly planted on the ground.

Always endeavour to achieve creative and fulfilling projects that create greater harmony in the world and assist in the upliftment of the worthy

8) Help:

Assist others of your kind when they are unable to assist themselves or if it would serve a greater overall purpose to do so

9) Network:

Create networks to spread the message of your way of life

10) Maintain a basic standard of Being:

endeavour to maintain a basic standard of existence body; soul and Spirit and to develop this state and not to deviate from it unless doing so serves a greater purpose in one's self and other evolution

11) Challenge:

challenge yourself beyond the limits of your being to strengthen yourself. Subject to challenges to the state of body; soul and Spirit.

12) Resist:

resist the forces which seek to weaken you and to defile; distort and destroy your being and your culture

13) Karma:

All actions (including 'omissions' which are themselves actions) have consequences equal and opposite thereto: "What goes around comes around". Minimize Karma by living according to universal order, ie. the Creator. Defense and attack should be undergone in accordance with the Will of the Creator only.

Exercises for Body; Soul and Spirit

Physical Exercise

Martial Arts

research pressure points and vital areas that inflict the greatest damage against opponent to subjugate the opponent and minimize legal liability for yourself exercise caution to avoid injury and wear appropriate padding kickboxing: solo or partner(s)

purpose: subjugate opponent through strikes; defend through forearm; glove and thigh blocks
equipment: heavy bag with gloves and headgear; elbow and shin pads if taking blows from partner(s)
as well as pads on floor or to be performed on soft grass or sand, ideally in the sun in a quiet and private environment

grappling/wrestling:

purpose: subjugate opponent to immobilize or knockout using joint locks and throws

Stick Fighting:

purpose: strike blows to vital areas and keep distance to subjugate the opponent

equipment: small baton-sized stick; larger broom sized stick

knife fighting:

purpose: strike and escape and evade not trade stabs and blows

equipment: use fake knife (from martial arts supply store or make one) to simulate actual street encounter. Take it seriously and don't condition yourself to downplay the seriousness of the threat

Resistance training

purpose:

strengthen and develop the muscles; tendons; joints; and bones (musculoskeletal system); metabolic conditioning (increase endurance); develop willpower

frequency: 3-4 times per week wither one or both of:

1) Bodyweight Resistance: circuit training (military style training):

push-ups<->squats (superset): 4 sets of 20; 15; 10;10 reps
(start with higher reps and decrease as you go each set; no breaks; continual motion)

2) Weight-Training:

1 basic exercise for each muscle group and direction of joint motion

avoid exercisely heavy weights as it causes too much load on joints and excessive intrathoracic pressure and doesn't translate to metabolic conditioning but Absolute Strength which is not as useful for daily encounters)

examples of routines:

3 times per week; 10-12 reps x 4-5 sets; higher reps for calves and neck (eg. 20 reps); continual exercise without rest between alternating exercises; use proper form for exercises

Day 1) upper body superset/giant set

a) chest exercise<->back exercise

(eg.s 1)flat bench dumbbell fly<->1)lat cable pull downs or

2)cable crossover<->2) alternate dumbbell row)

take day off

Day 2) Lower Body superset/Giant set

(eg.s A) hamstring/knee flexion<->B) quads/knee extension

1)leg curl<->1) leg extension or

2)stiff-legged deadlift<->squats (note: 2) cn be hard on the spine)

C) calf raise

(eg. 1) machine<->broomstick twists supersetted or

2) dumbbell on elevated platform<-> broomstick twists)

take day off

Day 3) Arms/Shoulders/Neck/Trunk

A) Shoulder

(eg.s 1) bent over flies (posterior deltoids)<->broomstick twists-> alternate dumbbell extensions)

B) Elbow Flexion (biceps)<-> Elbow Extension (triceps)

(eg.s 1) alt. dumbbell curls<->1) rope pressdowns

2) pull-ups<-> dumbbell kickback extensions)

C) Truck/Erector Spinae

(eg. 1) hyper-extensions<-> broomstick twists/side-to-side motion)

D) Neck

(eg.s 1) hanging off bench: flexion<->extension: 20 reps or

2)rotation facing ground<->rotation facing ceiling: go slowly; 20 reps each or

3) wrestler's bridge)

day off

Day 4) weighted pack or weight vest walk

other forms of strength training:

hands:

hand squeezer (use only multi-prong squeezer such as 'eagle claw' martial arts style squeezers or cage-style vintage squeezer

-weighted vest

-strongman exercises (farmer's walk; sled drag; football style exercises);

-eyes: sun gazing (look indirectly at the sun for 3 minutes per day

-reflexology sandals: stand on wooden or metal sandals for multiple hours straight

Cardiovascular/endurance exercise

6 days per week:

If no joint problem occur: run 20-30 minutes per day on an empty stomach or after other exercises (see instructions on proper technique; stretching, etc.)

if joint problems occur: elliptical trainer (ski machine) or other cardio machine that will utilize both upper and lower limbs and induce sweating and increasing of heart rate as well as deep breathing.

1 day per week: long walk with small light pack or no pack for at least two hours

-swim in lake or kayak or cross-country ski if you have the facilities and equipment

Recuperation/Recovery

sleep: 1000PM-0500AM/0600AM

purpose (accords with circadian rhythms; facilitates liver detoxification: "early to bed early to rise")

rest: 15 minute naps 2 times per day (ideally doing third eye meditations in a quiet environment; minimize discursive thought)

near infrared heat lamp: lie underneath for 30 minutes to 1 hour per day concentrated its light on baked abdomen, avoiding head exposure

oxygenate: ozone generator therapy: breath ozone rich atmosphere and drink ozonated water throughout the day heliotherapy:

sun exposure: before 1000AM and after 0200PM in most regions of the earth for at least 5 minutes on face and arms earthing/grounding: stand on bare earth with barefeet for 510 minutes per day.

Reflexology/gua sha stone (reduce muscle tension through massaging along muscle fibres)

Spiritual Exercises

Darkness meditation: shut off all sensory stimuli and perform void meditation. Do this daily prior to sleep for at least 15 minutes.

Placing tongue on roof of mouth breathing through nose

1) Meditation:

a) 3rd eye meditation: stare at 3rd eye/pineal gland crossing eyes and count down from 99-0. Do this 2-3 times per day

b) light meditation: stare at a candle or light and chant the 'Aum' mantra.

Purpose: strengthens concentrative ability. Activates pineal gland to enhance higher intuition.

2) Recollection:

a) prior to sleep rewind the events of the day to the period of waking

b) upon waking: recall dream sequence ensuring not to fall back to sleep

c) recollect the events of the week and contemplate them

purpose: integrates experience and increases self-understanding

3) Contemplation:

contemplate works of art (music; poetry; pictorial or plastic art) and let them serve as sources off ideas and motivation

purpose: self-understanding integrating experiences into the soul

4) Fast:

periodically fast taking only pure, distilled water

(eg. 36 hours every 2 weeks; 2-4 day fast every spring or summer; one month of the year eat only twice daily and not greater volume than normal)

purpose: elevate consciousness purifies body

5) Endurance:

(possibly in a fasted state): walk or hike with a full backpack of no greater than 20 lbs.

(depending on height and weight) for at least 4 hours continually taking only occasional water breaks

6) Voluntary Reclusion:

go into a quiet environment if it can be found and experience total silence for at least 24 hours (ear plugs can be used if needed)

7) Chant:

chant mantras such as 'Aum'[spelled phonetically] or other (focusing on third eye with appropriate mudra or hand gesture)

Soul Exercises

1) Dereliction:

Throw yourself onto the streets for three days a few times each year. Dress in the poorest clothes from a thrift store and appear to be a vagrant (don't shave prior to this time). Ideally fast during this time.

Purpose: experience deprivation without affect

2) Harmonization:

Listen to harpsichord music for 3 hours continually listen to military music for 3 hours continually (eg. while exercising)

purpose: harmonizes the consciousness with the music and its meaning. Older electronica music might also be a candidate. This will induce a trance state.

3) Poetry:

write poetry for an entire day ideally under similar or different conditions (eg. Urban environment; rural environment; with noise; in silence, etc.)

purpose:

expands consciousness and elevates the mind creating a lyrical mode of being.

4) Art:

undergo artistic activity for 1 day of a similar or different nature (eg. Drawing; painting; sculpture, etc.).

Avoid staring into computer screens as this disturbs the consciousness and is too artificial a form of media).

5) Music:

play a musical instrument or sing songs (ideally compose culturally relevant songs)

6) Communion:

sleep next to a person of the opposite sex who you have a positive rapport with for the night without any contact separated by a sword. The person should ideally never have had contact with you before.

Nutrition

Eat: most nutrient dense; high alkalizing; all natural organic food (eg. Animal products: high omega farm eggs; dairy; fruits; vegetables; nuts)

do not eat/drink:

minimize or eliminate meat and red meat especially alcohol (including all drugs pharmaceutical or street drugs; all pills; potions; creams; smoke;

injectables; oral; nasal; rectal; dermal)

-no artificial or processed food if at all possible

-minimize grain and starches and cook all grain/starch to the point of dextrinization

frequency of meals:

3 meals per day with 4-5 hour interval

ideal timing:

1) 0600-0800 hrs.

2) 1100-1200 hrs.

3) 0400-0500hrs.

Meal plan example:

1) fruit+dairy (eg. yoghurt)

for extra calories add nut butter or nuts

2) eggs+fruit or starch+nuts/nut butter+small amount of vegetables

3) eggs (repeat 2 with variations of type of food)

Drink:

distilled water and herbal tea only

Sanitation:

cleaning supplies: all natural 100% olive oil soap (body); vinegar (dishes); all natural toothpaste;

baking soda (laundry)

Bathe+Scrub entirety of body with scrub clothe 3x/week

(possibly shower additionally if necessary but ideally not)

neti pot (purpose: clean sinuses)

tongue Scrape

brush and floss: 2x per day after first and last meal; use gum stimulator 1x/week; wash out mouth at noon meal

earwax: clean out w/ hydrogen peroxide and squeezer ball 1x/month lying on each side for 10 minutes then flushing out H₂O with squeeze bulb of warm water)

wear as few clothes as possible to allow the skin to breath; oil massage after bath

Sexual Health

minimize ejaculation/no masturbation; no porn

-tantric alchemy (“Metaphysics of Sex”, Julius Evola)

-Only heterosexual sex

-no anal sex

-no usage of sex ‘toys’ or other artificial devices

Caveats

Never ‘wear your heart on your sleeve’. Never allow anyone to know what your thoughts or feelings are as they will use them against you.

The government experiments on people for their transhumanist agenda and for the torture and abuse of dissidents. To provoke you to respond to them is part of their program which is run through ‘community policing’.

Never engage the enemy in word or deed in any public way. Appear normal at all times.

Consider NOT reacting to the enemy as a test of strength and challenge to self-control.

The government and its endless community agents (‘community based agents’) all work as informants attempting to set up dissidents (those the government convinces them are ‘evil’; ‘criminal’,etc.).

ALWAYS appear as normal as possible or they will gather information on you and this might lead to:

1) forced institutionalization by the police or

2) incarceration should you retaliate in word or deed to their provocations.

AVOID all government agents and understand that ALL ‘moral majority’ people and MOST

people in western societies are unofficial or official agents of the police state. THEY have a ‘hive mind’ and are incapable of rational thought outside of their programming/dogma which is ‘egalitarian globalist pacifism’. Anyone they consider to be ‘Other’ to themselves they will persecute to death.

Therefore: employ the ‘grey man’ strategy: never become known or you will be subjected to 24/7 persecution globally.

References

Philosophy

(note: the purpose of philosophy is to lead to action not passive contemplation)

Julius Evola, "The Hermetic Tradition"; "Ride the Tiger"; "Revolt Against the Modern World"; "Introduction to Magic volumes 1-3"

Miguel Serrano, "Manu: For the man to Come"; "Adolf Hitler: Ultimate Avatar"

Rene Guenon, "Reign of Quantity"; "The Veil of Isis"; "Symbols of Sacred Science"

Oswald Spengler, "Man and Technics"

Friedrich Nietzsche, "Beyond Good and Evil"; "Genealogy of Morals" (translators: Thomas Common; Anthony Ludovici)

Plotinus "The Enneads"

Heraclitus, Fragments

Rg Veda

Xunxi

Magic

(note: this should be one of the goals of philosophy but can be undergone simultaneously)

"The Metaphysics of Sex", Julius Evola (vajrayana yoga)

"Magic: History, Theory, Practice", Ernst Shertl

Politics

(note: having political ideals is fruitless in this current world situation. Understand you are limited and will not be elected to any parliament or other political formation/structure. Know what you need to do and don't focus on what you can't)

"The Doctrine of Fascism", Giovanni Gentile and Benito Mussolini

"The Enemy of Europe", Frances Parker Yockey

"The Disintegration of the System", Giorgio Freda

"Coup D'Etat: The Technique of Revolution", Curzio Malaparte

"Prussianism and Socialism", Oswald Spengler

"A New Aristocracy of Blood and Soil", Richard Walther Darre

“Political Theology”, Carl Schmitt

“Ancient Eugenics”, Allan G. Roper

“IRA volunteers Handbook: Notes On Guerilla Warfare”

“Speeches”; “Revolution and How to Do It”, Kai Murros

Practical Handbooks

Optimal Survival Handbook

Literature/Poetry/Epic/Myth

Seneca, Tragedies

“Teutonic Mythology”, Jacob Grimm

“Call of the Wild”; “The Iron Heel”, Jack London

“Atlantis”, Gerhard Hauptmann

“Demian”, Hermann Hesse

“The Bourgeois Gentleman”; “The School for Wives”, Moliere

“Horror Tales; “Conan The Barbarian”, Robert E. Howard

“The Lord of the Rings”, Tolkein

“Pinocchio”, Carlo Collodi

“The Pleiades”, Arthur Comte de Gobineau

“The Aeneid”, Virgil

“Poetry”, Ezra Pound

Poetry, Gottfried Benn

Francesco Maria Piave, “Rigoletto”

The Enemy and his Strategy

Jews

“Contra Jewry: Opposing the Dark Forces”, Loki Hulgaard

“The Synagogue of Satan”, Andrew Carrington Hitchcock (note: avoid christian identity)

“The Protocols of the Elders of Zion”

“The World Jewish Conspiracy”, Dr. Karl Bergmeister

“Three Aspects of the Jewish Problem”, Julius Evola

“How to Recognize and Identify a Jew”, John Doe Goy

Christians

“The Criminal History of Christianity”, Karlheinz Deschner

“The Origins of Christianity”, Revilo P Oliver

“Exposing Christianity”, Joy of Satan Ministries

“Rome Contra Judaea, Judaea Contra Rome”, Europa Soberana

“The Christ Conspiracy”, Archarya.S

Freemasonry

“The Secret Powers Behind World Revolution”, Viscomte Leon de Poncins (caveat: christian)

“Freemasonry”, Dieter Schwarz

“Destruction of Freemasonry through Revelation of its Secrets”, General Erich von Ludendorf

“Lightbearers of Darkness”, Inquire Within (caveat: christian)

Plutocracy

“Classism: An Indictment of Rich and Poor”, Loki Hulgaard

“A History of Central Banking and the Enslavement of Mankind”, Stephen Goodson-Mitford (caveat: christian)

“Manifesto Against Usury” Gottfried Feder

“Banking and Currency and the Money Trust”, Charles Lindberg

Democracy

“Democracy”, Loki Hulgaard

“The False Assumption of Democracy”, Anthony Ludovici

“The Specious Origins of Liberalism”, Anthony Ludovici

Feminism

“Bitch: Women, Effeminacy and White Survival”, Loki Hulgaard

“Matriarchy Laid Bare”, Loki Hulgaard

“Woman: A Vindication”, Anthony Ludovici

“Sexual Utopia in Power: The Feminist Revolt Against Civilization”, Roger Devlin

Islam

“Exposing Islam”, Joy of Satan ministries

“Islam: The Religion of the Jew”, Joy of Satan Ministries

Libertarianism

“The Virtue of Selfishness”, Ayn Rand

Communism/Leftism

“Revolt Against Civilization: The Menace of the Underman”, T. Lothrop Stoddard

“The Psychotic Left: From Jacobin France to the Occupy Movement”, Kerry Bolton
(caveat: disinfo agent)

Non-Whites

“The Rising Tide of Color Against White World Supremacy”, T. Lothrop Stoddard

Psychology of the Enemy

Old Testament; Babylonian Talmud;

"The 48 laws of Power": “33 Strategies of War”, Robert Greene (jew);

Xunxi;

Sun Tzu;

"How to Get Anyone to Do Anything and Never Feel Helpless Again", Dr.David. J.Leiberman;

"The Manipulation of Human Behavior", Biderman and Zimmer;

"The Power of Persuasion: How We're Bought and Sold", Robert Levine;

"Programming and Metaprogramming in the Human Biocomputer", John.C.lily;

"How the Illuminati Create a Total, Undetectable Mind Controlled Slave", Fritz Springmeier;

"The Communist Brainwashing Manual", L.Ron. Hubbard;

Neurolinguistic programming works (Bandler and Grinder);

Tactics

Carl von Clausewitz, "On War"; "On Small War"(guerilla war);

"White Praxis: A Guide to White, Right Life", Loki Hulgaard;

The Enemy and Their Tactics

"Jewish White Genocide", Loki Hulgaard

"Contra Jewry: Opposing the Dark Forces", Loki Hulgaard

"Jew Who: How to Recognize a Jew", compiled and authored by Loki Hulgaard

"Targeted Individual Handbook: Combating Gangstalking and Directed Energy Weapons", compiled and authored by Loki Hulgaard

Personal Defense Weapons

(only for W.R.O.L/S.H.T.F situation-abide by all laws)

"Weapons of the Streets", Ted Gambordella

"Always be Armed" (legal defense weapons)

"LAPD improvised weapons and other safety concerns"

"Knives of War: An International Guide to Knives from WW1 to the Present", Gordon Hughes

"ASP Tactical Baton Manual"

Combat Skills

"ASP Tactical Baton Manual"

"Bloody Brazilian Knife Fighting techniques", Rick Nakayama, et.al

"The Secrets of Street Self Defense", Paul Wellard

"Prison Killing Techniques", Ralph Dean Omar

"1,001 Street Fighting Secrets", Sammy Franco

"Fighting with Sticks", Nick Evangelista

"The Bare-Knuckle Boxer's Companion: Learning How to Hit Hard and Train Tough from the Early Boxing Masters", by David Lindholm and Ulf Karlsson Tada

J.O.G (jewish occupation government) 'law'

"Fire Arson Investigation Manual"

"Car Bomb Recognition Guide"

"If an Agent Knocks", (U.S specific)

"A Treatise on Arrest and False Imprisonment" (U.S Specific), Charles Weisman

Survivalism

"How to Steal Food from the Supermarket", J. Andrew Anderson

"Survival Poaching", Ragnar Benson

"Techniques of the Professional Pickpocket", Wayne Yeager

"Living in a Car 101"

"Modern Weapons Caching", Ragnar Benson

"The Art and Science of Dumpster Diving", John Hoffman

"The Modern Survival Retreat", Ragnar Benson

"Van Dwelling and Living off the Grid", Stacey Jaiden

"Van Dwelling Basics", Chris On

Infrastructural Security

"Expedient B & E", Carl Hammer

"Security Systems Simplified", Stephen Hampton

"How to Make you Own Professional Lock Tools", Eddie the Wire

"Modern High Security locks: How to Open Them", Stephen Hampton

"Tricks of the Burglar Alarm Trade", Mike Kessler

"The Construction of Secret Hiding Places", Charles Robinson

"The Big Book of Secret Hiding Places", Jack Luger

Intel and Communications Security

"Security and Anonymity in the Digital Age- A Nationalist Perspective', National Action

"On Informants", Bill White, overthrow.com

"Rules to Profit By", anonymous gangsta

"Beware of the Agent Provocateur"

"Shadowing and Surveillance", Burt Rapp

"Don't Bug Me: The Latest high Tech Spy Methods", M.L.Shannon

"Methods of Disguise", John Sample

"Gang Intelligence Manual", Bill Valentine

"Codes, Ciphers and Secret Writing", Martin Gardner

"The Quick and Dirty Guide to Learning Languages Fast", A.G.Hawke

books from:

Desert Publications; Delta Press; Paladin Press; Loompanics

(internet: circulate them before they go down the memory hole)

"Until Next Time-Take Care of Yourselves...and Each Other"-Jerry Springer