

# WHITE PRAXIS



# WHITE PRAXIS

## A practical-ideological Handbook for the White Race

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DEDICATED TO THE WHITE RACE---WITHOUT WHOM NOTHING MATTERS

14/88



# WHO IS THE JEW?

THE JEW IDENTIFIER DOCUMENT



## WHO IS THE JEW?

At this time in history one must become an adept at discrimination, he must learn to discriminate between what is good for the White Race (the highest virtue) and what is bad for the White Race ( the ultimate sin).

The most dangerous threat to the White Race is the Jew. In order to avoid the harm the Jew poses to the White Race a White Racial Loyalist (he who is loyal to his own kind the White Race) must become acquainted with the Jew.

In becoming versed in the lore of Jewishness, its characteristics and attributes, one must make a thorough going empirical study of Jews in one's own personal life, through a prior acquaintance with the following works which constitute a

### **basic course on Jewishness:**

- 1) *"How to Recognize and Identify a Jew"*, by John Doe Goy;
- 2) *"The Racial Biology of the Jew"*, by Baron Freiherr von Vershuer, M.D;
- 3) *"What is a Jew"*, from *Der Stuermer*, the 3<sup>rd</sup> Reich magazine of Julius Streicher;
- 4) *'On the Physical Characteristics of the Jews'*, John Beddoe; Transactions of the Ethnological Society of London, Vol.1 (1861), pp.222-237;
- 5) *"Purity of Race"*, Joseph Jacobs (a Jew); Jewish Encyclopedia, 1905, p.283-4; 1901, p.619; other articles in the same encyclopedia 1901-1905
- 6) *"Physical Anthropology of the Jews"*; *Jews: A Study of Race and Environment (1911)*, Maurice Fishberg (a Jew) (1902)
- 7) *"The Biological Jew"*, Eustace Mullins;

The first 5 works acquaint one with both the anatomy and physiology of the Jew and prepare one to visually, psychologically understand the Jew in his behavior and dealings with others. The 6<sup>th</sup> work adds corroboration of the behavioural attributes of the Jew and a perusal of selections from the Babylonian Talmud, the Jew's religious text drives home the malignancy which is the Jew's inherent nature.

From a reading and rereading of these works over time juxtaposed with a practicum of sensory experience in real life and through consulting search engine 'image' searches for such key words as 'Jew'; 'Jewish', etc. one can glean a large body of evidence to lend itself to an educational background on this predatory being, the eternal Jew, the greatest peril to White survival.

### **JEWS WHO ARE THEY? ( a brief synopsis)**

JEWS are a RACE (a matrilineal inbred ethnicity) ;  
JEWS are a RELIGION (based on RACIAL SUPREMACISM);  
JEWS FUNCTION as a RACE (they self-organize around the concept of 'chosen people');  
JEWS are ALL of the above.....and below (traits):

## **ANATOMY:**

### **HEAD:**

hair: widow's peak hairline; often dark, curly (could be any color); often receding or bald[ing]; sparse  
ears: earlobes attached to jawline; low set ears; often protruding; 'rat/rodent-like'; larger, especially upper ear  
chin: weak; receding; low/slanting jaw: heavy;  
broad cheekbones/maxillae  
forehead: narrow; receding (acute angle when viewed in profile);  
skull: occiput (back of head): flattened/high ;abnormally low skull: brachycephalic (round headed)  
eyebrows: arched; bushy  
eyes: almond/asiatic/'squinty' shaped; 'lizard-like'; thick/fleshy eyelids; 'sleepy'; laterally drooping; 'pop'  
eyes (protruding laterally)  
eyelids (lower):'puffy'  
nose: convex; 'hooked'; noticeable 'hump' in top portion; resembles a '6' in profile view; long and narrow;  
face: long; thin; 'pinched'(narrow)  
mouth: gaping; frog (slim/wide/pronounced); mouth opening larger than normal  
skin tone: 'corpse-like'; pasty; sallow; yellow

### **BODY:**

torso: elongated; 'reptilian' limbs: short relative to torso length

### **PSYCHO-SOCIAL BEHAVIORAL TRAITS:**

gaze: wary/piercing voice: high-pitched; often nasal; sometimes  
husky gait: shifty/uncertain; flighty gestures: moves hands when talking speech/tone: jabbering;  
nervous;  
aggressive; whiney odour: unpleasant; sweetish vibrations: 'dark'; negative; vampiric psychology:  
psychopathy;  
mendacity; surreptitious; obsessive-compulsive; neurotic

### **JEWISH PSYCHO-LOGY, aka. mind control sorcery techniques used by the jews:**

**1)** scape-goating/ set-up-man/ framing/ frame-up/ transference /shifting blame/reverse projection/ table-turning/:

setting up another as the villain to avoid culpability for one's own deeds; attributing to the attributor what he attributes to yourself

**2)** straw man: Constructing a false identity of another to have others destroy them thinking it is their real identity; often comes in the form of smearing/ slandering the victim

**3)** victim pose/ possum play/ passive aggression/: portraying yourself as a victim or weak/inferior to disarm opposition by deceiving them into thinking you are not a threat to their power; also used to incur sympathy from others and turn them against threats to oneself (eg. one's own enemies);portraying oneself as a victim/ injured

party to weaken opposition through feigning weakness often while subtly/ guilefully injuring them

- 4)** ad hominem/ vilification/ mudslinging/ labeling/ defamation (slander=spoken /libel=written):portrayal of an opponent in a negative light for the purpose of i) destroying or ii) exploiting them
- 5)** divide and conquer/ playing both ends against the middle/ triangulation: get enemies to fight against each other to 'fall on their own swords'/ mutually destroy each other thereby subjugating opposition/ ingratiate oneself with one party and turn them against the other,etc.
- 6)** parasitism: exploitation of others without contribution in the manner of a parasite
- 7)** passing off/ expropriation: representing another's work as one's own for personal gain chameleon/ shape-shifting/ actor: adopting fluid behavior/ character that changes with circumstances for the purpose of ingratiating oneself with the dupe
- 8)** shaming/ demoralization: getting the opponent to turn inward and believe there is something wrong with them/ their (past) actions as a means of getting them to make concessions to you (eg. the sins of the fathers)
- 9)** mockery: discrediting opposition through derision
- 10)** pied piper/ mountebankery/ rabble rousing: representation of self as benevolent leader of 'victims'(workers/ non-whites/ women/ freaks, etc.); to use 'victims'to strike against opposition (see ' cats paw')
- 11)** middle man: role played between parties allegedly for their (mutual) benefit to derive personal advantage
- 12)** poison the well: creating problems in an environment (society, workplace, etc.) for personal advantage typically through slyness/ deceit
- 13)** false front/ false humility: the creation of a false identity character for purposes of ingratiation with intended victims/ lowering the opponents' defence or subjugating offense
- 14)** bold-faced lying: "its' not a lie if you believe it"-George Castanza/ talmud
- 15)** Semantic twisting: pharasiacal interpretation of words or deliberate misuse/ wrenching from context to distort the meaning of words
- 16)** interrogation:use of cross-questioning/ (socratic) dialectical techniques to establish the position of the Other/ascertain their opinion/ belief/ establish liability (all government agents are taught this)
- 17)** gradualism/ leaven of the pharisees: introducing (near) imperceptible change that creates desired circumstances the opponent would not allow given an awareness of the end result. (surreptitious slippery slope)
- 18)** preemption/ preemptive strike: anticipation of the opponents' move and countering it through making the first move or 'strike'

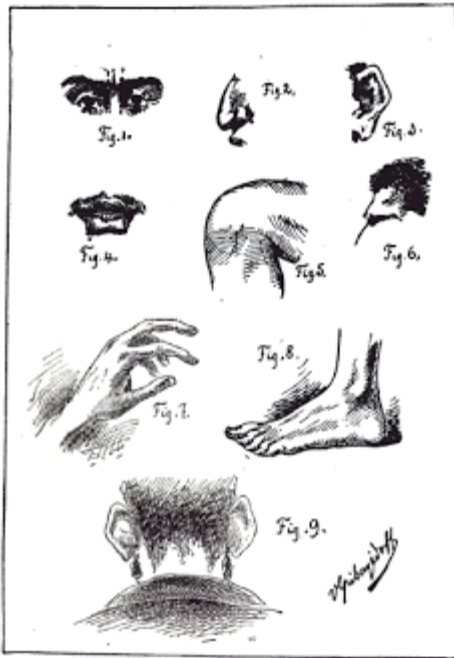
- 19) gaslighting: distortion of the perception of the opponent through convincing them to believe that their perceived reality is incorrect and they must change to the desired state thereby -which is itself forever changing/ portrayed as inadequate-leading to their subjugation ( a form of demoralization)
- 20) blinds/cats paws/dupes/patsies: these are gullible/ unwitting 'useful idiots' who perform a role in your agenda and who have blame transferred to them if necessary (often plays a scapegoat function)
- 21) provoke/instigate/antagonize: to deliberately rile up opponent to elicit a reaction that portrays them in a negative light/yourself in a favorable one
- 22) emotionalize: introducing emotive content into relations with others(eg.discussion/debate) to create certain emotional reactions in the audience or interlocutors.To make an emotional issue arise where none existed before. Done through tone of voice; use of trigger/buzz words;actions/gestures,etc.
- 24) Nudge:i) control the options ii) shotgun clause iii) restrictive choice: i)engineering circumstances to enable oneself to control the outcome; ii)orchestrate/ represent circumstances such that the opponent has choices only in your favour (eg. lesser of two evils); iii) restrict their choices
- 25) blame the victim: similar to reverse projection but differs in harming an opponent while blaming them for your actions/ implicating them as the cause of their own suffering.
- 26) dynamic silence:refusal to acknowledge the position/ statements of the Other as means of subjugating Other
- 27) Normative Inversion: positing the inversion of an Others' norms as the good to subjugate the Other
- 28) Double Talk/ speak/ Newspeak/ Ambiguity:use of irrelevant,meaning less or ambiguous language to create confusion in the Other
- 29) Argumentative fallacies: see D.N Walton, "A Pragmatic Theory of Fallacy"

**JEW PLANS** for White genocide both historical and contemporary:

"The Protocols of the Elders of Zion"; Israel Cohen's "Racial Program of the 20<sup>th</sup> Century"(racial mongrelization/ mixing and white marginalization);  
 Richard Coudenhove von Kalergi's "Practical Idealism"(racial mongrelization of the white race);  
 "Germany Must Perish!"(forced sterilization advocated),Theodore N Kaufman;  
 "The Hidden Tyranny",Harold Rosenthal;  
 Earnest Hooton plan (forced mongrelization of Germans with negros) (1943);  
 Henry Morgenthau,jr."Germany is our problem: a plan for Germany" (genocide of German people).

**CAVEAT**: the Jew is the greatest threat to White Racial Survival. Know the jew or suffer the consequences of your ignorance. Below are graphics of Jewish biometrics to assist in identifying the jew





HOW WE MAY KNOW HIM.

- Fig. 1. Restless suspicious eyes.
- Fig. 2. Curved nose and nostrils.
- Fig. 3. Ell-shaped ears of great size like those of a bat.
- Fig. 4. Thick lips and sharp rat's teeth.
- Fig. 5. Bowed knees.
- Fig. 6. Low brow.
- Fig. 7. Long clumsy fingers.
- Fig. 8. Flat feet.
- Fig. 9. Haplostatic rear view.



This Andy Warhol advertisement for a Jewish nose-job, titled "Before and After," was auctioned off in New York last month. An "art" collector paid \$21,000 for it. (Issue No. 8, 1971)

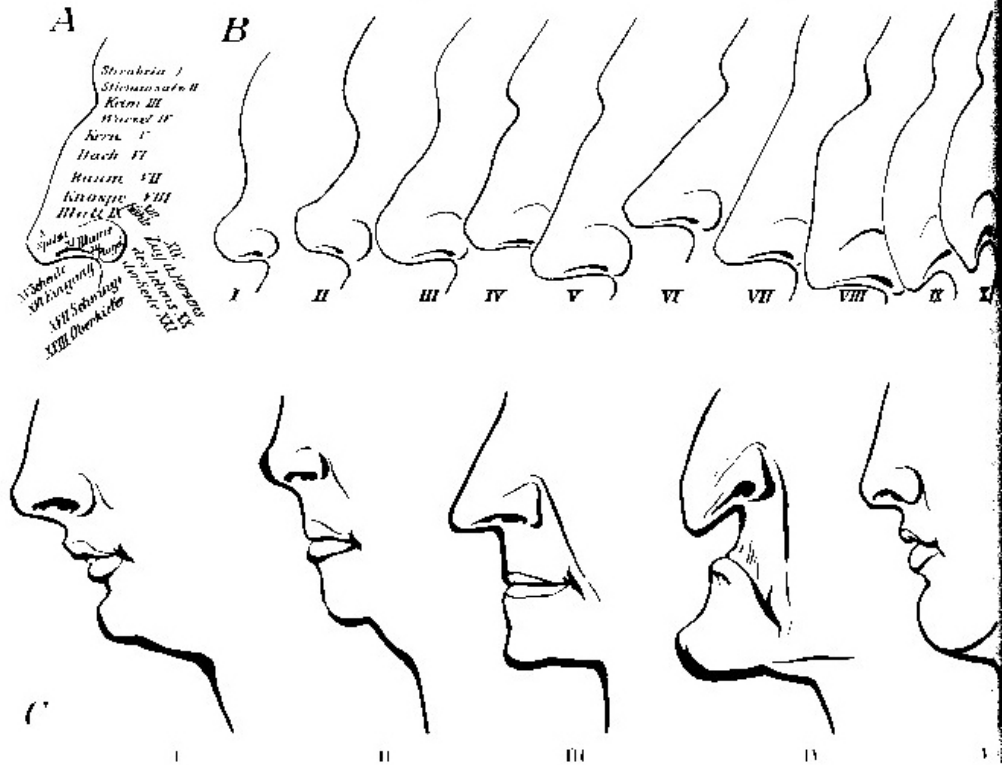
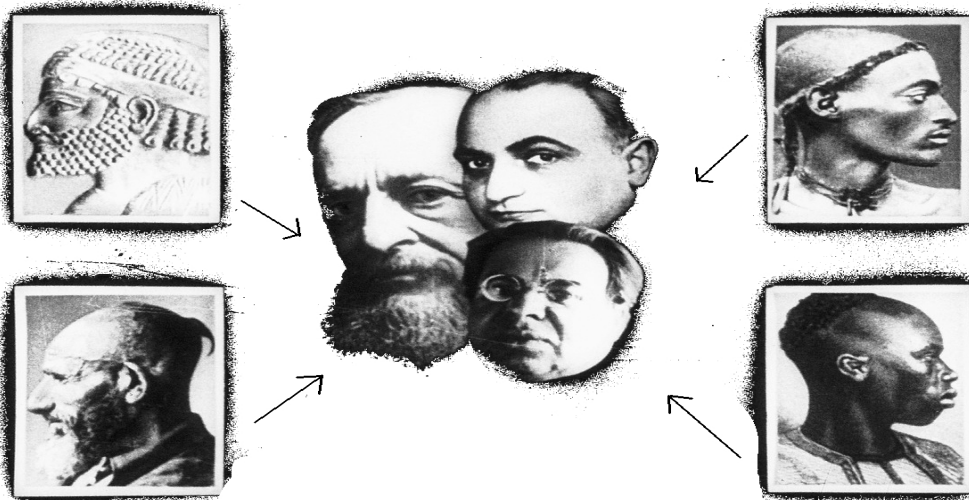


Figure 17. The physiognomy of the nose and its relation to character and to beauty in a physiognomy of the fin de siècle. Carl Huter compiled his physiognomy in 1904, and it reflects the fantasies of the period about the body. The scale runs from the child's nose (I) to the nose of the Jew (X). The "German" nose (IV) is the norm. From Carl Huter, *Menschenkenntnis: Körperform- und Gesichts-Ausdrucks-kunde* (1904; Schwaig near Nuremberg: Verlag für Carl Huters Werke, 1957). (National Library of Medicine, Bethesda, Md.)

# THE JEW



# A MONGREL

# JEWISH MAFIA



**Bugsy Siegel**  
Both Parents  
Russian jews

**John Gotti Jr.**  
Mother was a  
Russian jew

**Dutch Schultz**  
Both Parents  
German jews

**Meyer Lansky**  
Both Parents  
Russian jews

**Jake Guzik**  
Both Parent  
Polish jews



# JEWISH COMMUNISTS

Central Committee of the Communist Party in 1917



**JEWISH HIVE MIND IS THE SOURCE OF COMMUNISM**

Communism Is Jewish

**Karl Marx**  
His father was a  
Orthodox Rabbi.

**Jacob Schiff, NY Banker**  
Financed the 1917  
Bolshevik Revolution.

**Lenin**  
(Vladimir Ilich Ulianov)

**Trotsky**  
(Lev Davidovich Bronstein)

**Stalin**  
(Joseph Dzhugashvili)

**JEWISH BORG COLLECTIVISM SOURCED IN TORAH**

**BEWARE THE JEW...  
A BORN CRIMINAL**







**BEWARE THE JEW**

ПОМНИ ПРАВОСЛАВНЫЙ РУССКИЙ НАРОДЪ  
 КТО ЗАМЕРЩАЕТЪ ИЖДАМИ  
 отрока Андрея Ющинскаго!

ВЪ ЧИСТАЯ ПЯМТЬ

Христiане, березите слободу Чиней!!!  
 17-го марта чичкается жидовскій пейсакъ.



In Brosingen (Hungary) the jews opened the veins of children and sucked their blood. (This drawing after a Polish plasque)





# (((THE SYSTEM)))

## DEMIURGE

YHVH  
(Jehovah)  
יהוה



## FREEMASONRY



## THIN BLUE LINE



## SLAVES

## ((THE SYSTEM))

The image you are viewing is an encapsulation of the world conspiracy that reigns despotically over the earth and can only be called ((The System)) as there is no better or more desirable term available. Truly it is a 'system'- a collective or gathering of elements which are interrelated through strict causality and whose elements can be detected in all of the others which exert their influence in keeping any rogue element in line, in its strictly limited position within ((The System)).

((The System)) operates or functions based upon information received from above, from the demiurge and Jehovah his creation underneath him, as a spider in an intricate web of spiritual or rather demonic strands along which are transmitted dictates and directions that impinge upon the lower levels of the hierarchy and determine in large part their motions as a sound wave (verbum, 'word', logos) is mediated through the string of an instrument to transmit sound or as light is refracted through a crystal, so too the dictates of Jehovah are mediated through the hierarchy 'as above so below'.

The structure of the hierarchy is of trapezoidal shape on the material and lower astral planes above which Jehovah and the demiurge serve as primum mobile (first movers) and exert their arbitrary sway through the causal nexus of spatio-temporality, the matrix of illusion which is the trapezoidal structure of the material and lower astral planes.

According to Miguel Serrano in his book "Manu: For the Man to Come", Jehovah has occupied the planet Saturn holding it, a planetary Aion, captive and having created the rings around it made of ice crystals that serve as an electromagnetic transmission station that transmits the vibrational frequencies and messages that enslave the planet in an electromagnetic Matrix keeping all conscious, sentient life in a state of lower vibrational consciousness thereby preventing the earth, the Aion Gaia-Sophia and her denizens from maintaining their first estate, ie. a higher vibrational frequency spiritual state.

According to Joy of Satan ministries Jehovah/YHVH is a coterie of reptiloid appearing aliens who have control of the planet and using it as their home base. They fly around the solar system in cube shaped space ships as depicted in Star Trek the Next Generation by its jewish creator, a revelation of the method to inform the populace of 'goyim' (non-jews) what Jehovah is doing as a means of discharging their karma (according to the jews they have to let the 'goyim' know what they are doing before they do it as a means of putting the goyim in a doublebind and discharging their own blameworthiness/karma onto them).

Norman Bergrun's "The Ringmakers of Saturn" has revealed photographic evidence showing spacecraft that manufacture and repair Saturn's ice rings and David icken has presented sound argumentation in his "Moon-Saturn Matrix" presentation to explain how the reptilians are enslaving the population via their electromagnetic control grid generated from Saturn. Thus Jehovah is this coterie of beings and perhaps a greater singular being who leads this coterie who exerts control over Gaia/Gerda/the Earth through and from Saturn, possibly the hexagonal vortex on the South Pole of Saturn generating the electromagnetic frequencies through the agency of Jehovah. This the writer cannot with certainty ascertain.

Below Jehovah are the angels who are the dark energy matter entities which serve as his messengers ('angelos' meaning messenger in Latin) and reptilian aliens who are the jews progenitors, who have mixed themselves with anthropoids on the earth through genetic engineering which mixture is called the "jews" today. The jews are the physical instruments of their Dark Lord Jehovah, they are cybernetic robots who carry

out his will on the Earth. They are a mediator between dark energy matter entities; reptiloid and grey alien slave robots on the mundane earth plane. They behave in a manner that is a reflection of their Dark Lord and thus can be spoken of as Is-ra-el ('ruling with god' in their language Hebrew) only the false god Jehovah. They operate as anyone who is sufficiently observant can see, as a 'hive mind' on the earth who carry out actions in a concealed effort to contrive to enslave the 'goyim' (non jewish population) in the matrix as a means of absorbing their spirit energy in vivo (in life) and post mortem (after death) through their endlessly minute techniques of creating lower vibrational frequency states of consciousness and coerced work slavery as means of having the 'goyim' release their bioenergy, through what is called 'work' ('work' being defined as "the ability to produce", in this case producing a release of energy so that lower astral dark energy matter entities; reptilians and jews can vampirize the energy of the slaves through quantum entanglement, through the aether and through the abstract representation of energy, ie. money, the necessary condition of living in the jewish occupation government matrix).

Thus the Matrix the non-jews and jews themselves are forced to live in is a global prison, a prison planet in a literal sense used to harvest the soul energy of its denizens through multifarious means. The jews are influenced to the point of a strict control over their mind by Jehovah, their hive mind collective consciousness as in the case of the BORG in Star Trek Next Generation and assimilate into their lower level (((spiritual Israel))) all of the shabbos goyim (stupid animals) they entice through prospects of fame and fortune as the protocols of the elders of Zion speak of.

Freemasonry is the trap into which the jews at the behest of their Dark Lord ensnare the goyim and which creates spiritual bonds which assimilate them into (((spiritual Israel))) rendering them slaves at all levels and dimensions to the jews. The shabbos goyim are then influenced from above through entity attachment, the more entrenched one becomes in the hierarchy through freemasonic rituals, the higher up one goes, the more of a slave and robot of Jehovah one becomes. To ensure that the slaves never break their chains they are bound by blood oaths through being forced to commit compromising actions such as the ritual murder of children; cannibalism; vampirism; paedophilic rape and torture, etc. This ensures loyalty else one will be subject to the leakage of this material and consequent legal penalty or merely subject to murder by the cabal.

Freemasonry is divided in the characteristically jewish divide and conquer polarization mode: left wing Scottish rite freemasonry and right wing York rite freemasonry. This ensures some room for differences amongst the shabbos goyim who are by nature not as tightly unified as the jews being of a more independent mind and who can be pitted against one another in a dialectical way by the jews for their mutual destruction (liberal vs. conservative; communist vs. capitalist, etc.). The Catholic orders of the Knights of Malta; Knights of Columbus etc. are also present at this level of the hierarchy only representative of a more rigidly conservative christian character, thus appealing to that demographic group, hooking them ever deeper into the matrix.

Below these higher echelon categories which members are nearly exclusively from the upper caste of the plutocracy ('born into it' as the saying goes) are the bifurcated categories of 'left' and 'right' each of which subsumes within itself the bulk of the population of more affluent intelligentsia at the higher end of the spectrum and the least intelligent masses who divide themselves based on their job function or lack thereof, those of the lowest tier being completely apathetic and living purely for thrills and indulgence having no identity beyond 'work and play', the brute labour of industry which they are coerced to undergo as condition of the reward of hedonistic abandon for a brief moment or two as their release from the iron manacle of 'work'.

To keep these lower tier drones in line and prevent them from massing either through their own efforts or through guidance from a Rogue element at higher levels who has managed to cut through a few layers of the tissue of the matrix and see the light of Truth if only as one viewing the world through a kaleidoscope, or one of the Rogue element seeking vengeance on (((The System))) for a personal slight, there exists the Thin Blue Line dividing the slaves from their masters called police and military forces. These are conditioned through mind control to believe (((The System))) is god and that they are demi-gods whose alleged authority brooks no question and who are necessarily in the right at all times, justified in everything from abduction of the populace for ritual murder to outright murder should they the enforcers have the willingness and ability to do so at the behest of their (((chosen))) masters. The jews are serviced first by the police and receiving greatest protection hiding away in their gated communities across boulevards; rivers; on hills and away from the 'goyim' who are packed into their particular area based on socio-economic class without regard for creed; colour or religion.

The class of slaves is stratified based on socio-economic class which is determined by what constitutes value to (((The System))), ultimately to Jehovah the 'grand architect of the universe' (GAOTU) so-called in Freemasonry. At its height there exists the business sector, the highest echelon of which is comprised of freemasons and lower level illuminist organizations (Lions Club; Rotary; Oddfellows, etc.) This tier is also over-arched and interpenetrated by the bureaucratic hierarchy's lower levels.

Subordinate to this are the lower level business owners and underneath them trades people and those fulfilling a more rudimentary executive function bleeding down to the lowest levels of what is crudely referred to as 'the labour pool' of jobbers and transient workers, ie, proletarian slaves; plebeians; untermenschen.

The latter caste constitutes the lowest level of the hierarchy, the bedrock of the trapezoidal structure of basest lead crushing under its bulk the homeless, outcasts and welfare dependents not fortunate enough to struggle hard enough to stand on the necks of their peers to grasp the scraps cast before them with desperate frenzy.

Such in summary is the hierarchy in its structure and function, a system of slavery designed as a soul form to vampirize the soul energy, the bioelectrical energy of the goyim, the non-jews and to transmit it up the hierarchy in the form of money, blood and energy towards the Dark Lord Jehovah.

(((The System))) fears its Rogue elements, those who are capable of displacing bricks in its walls, of creating fissures and cracks in the structure which may radiate outwards and further crumble to ruins eventually its seemingly infallible structure. That Jehovah is the blind god, the maniac monster who overvalues his own limited power just as do his servants the jews it follows from the premises that he is liable to err and that he will not be able to reign in through his minions all of the Rogues who would, as part of the Luciferian rebellion, dismantle Zion, the trapezoidal structure of (((The System))) through effective action, detecting weak points and working towards the destruction of the Matrix and its architects of control.

Those possessed of the Graal, the Divine Elektron, the White Race, are the only salvation for this world. Jehovah has turned all against the White Race in his desperate attempt to destroy them, his only opponents and thus the White Race must fight and destroy (((The System))) and his control or perish in the attempt liberating Gaia-Gerda the Earth Mother and all of her denizens who have not betrayed the White Race and sided with the dark forces.

Victory or Valhalla!



# THE SYSTEM

## SYSTEM STOOGES



## WHITE ROGUE





# ANTI-ZOG

oi VEY!



PROPAGANDA PROTOCOLS

# ANTI-ZOG PROPAGANDA PROTOCOLS

many activists have done the following acts.  
The writer does not necessarily condone such activity:  
"If you don't let people disagree with you, what option do they  
have left? The Breivik option."(Linder)

## INDEX:

PURPOSE

CONTEXT(*FORMS;AUDIENCE;PLACE;TIME;TOPICS*)

*SLOGANS AND BLURBS*

*SOURCES*

*IMAGES*

### maxims:

-all attention is good attention(P.T.Barnum)

-maximum impact minimal words(slogans)

-K.I.S.S(keep it simple simpleton)

"the elements of successful propaganda are: simplicity, emotion, repetition, and brevity"- a picture says a thousand words

-shock value is premium

-covert ops(do it in the dark/ in disguise) niche marketing:

("the art of propaganda: from ivory tower to privy wall"-high brow to low brow)

-target the proper demographic(match propaganda to the people group)

Purpose: poke the masonic beehive; pull the earlocks of shylocks: smash Solomon's Temple---Worse is Better, ordo ab chao; crash the system; helter skelter(simultaneous & pervasive lone wolf/small cell strikes against system targets+subversion of system economy: "the system must either co-opt the revolution[marxism/socialism/civic nationalism] or become its victims[national socialism]"-James Mason)

co-opt the co-optation via national socialist revolution; raise awareness; shame; incite reactions, caveat:exercise caution to stay within the bounds of morality so as not to discredit the movement through childish or immoral pranks,etc.



## CONTEXT:

### Forms:

DOXING:make public the corruption of enemies-defame and slander-'post them before the populace

EMAIL/FAX:propaganda to targets (images; quick memes/phrases; factual data(stats; photos, etc.); specific causes/issues to appropriate target

-VIDEO GAMES(software:rpg/fighter maker, etc.)

-MUSIC(software: audacity--upload to internet)

### LEAFLETS/FLYERS:

Drive through drops/no stops/end of driveways in ziploc bags with weighted object to ease distribution(eg.rock), printed on bright paper for notoriety /all forms: concealed\_areas/use\_nitrile/rubber\_gloves\_always\_assume\_YOU\_ARE\_ON

CAMERA(surveillance);greyman\_strategy:disguise\_yourself(different\_times/different places/different appearance).If, eg., you are of slim build pad you clothes/wear baggy\_clothes;if\_shaved headwear wig;if have glasses wear contacts;covers kinetc.

-Mass printout leaflets using 'environmentally friendly' printer(large ink tanks) because cheaper

-Always wear gloves when handling paper(from purchase to distribution)

-purchase sticker paper/computer out of town to minimize paper trail and buy with cash using fake name

-Use full 8 1/2x11" leaflets for taping or gluing with spray-on adhesive or wallpaper paste(starch+water) on prominent location[grocery/liquor store exterior-all owned by jews); real estate agent signs(most are jews); on infrastructure positioned around intersections where vehicles are driving through] on adhesive or wallpaper paste(starch+water)

-Specific location to match issue/demographic(see 'location'), eg. Non-white rape statistics in parks or playgrounds, etc.; anti-immigration stickers/posters on immigration bureacracies/jewdeo-christian churches/welfare offices(preferably on Friday after they close or early Saturday morning so that more people 'bear witness'); anti-abortion on abortion clinics

-Stickers: 1/4 page of 8 1/2x11"for greater visibility small stickers for sticking on items at stores, eg. "kosher tax" yellow star stickers with QR code or website to alert people to the kosher tax

-Stickers on infrastructure such as stop signs out of jump reach of people(take collapsible chair or stool around or out of truck window or from bicycle during night and stick preferably vinyl waterproof stickers on)

-Stick on bumpers of enemy vehicles(eg. Kosher companies or bureaucrats typically expensive looking vehicles or those with masonic emblems or 'coexist' stickers on) to broadcast, eg. "jewish supremacism" or "99% of the 1% is jewish" with website references

-Leaflets: place under windshield wipers of vehicles (typically smaller rectangle size); place at university/college library textbooks of more receptive audiences(kosher conservatives; law enforcement; philosophy; sciences);

-Put them inside newspapers or magazines on colored paper or sticking them on prominent locations(bus shacks; signs; elevator doors-when doors close stick on; exit and enter next elevator on another floor; do in busy office complexes/malls; bathroom stalls in bars; restaurants; convenience stores; gas stations; coffee shops, etc.) from sticker paper.

-Copy and paste in multiple strip format using Microsoft word->print->cut and distribute/place/stick up(wallpaper paste; tape, etc.). Add website references and possibly Qr codes to the leaflets to appropriate contemporary/working sources and issues. Use testor's model paint or black permanent markers in clandestine areas(eg. bathrooms/cubicles, etc.).

SPRAY PAINT: on rail cars; overpasses; water towers; high rise buildings; etc. (prominent visible locations)

BANNERS: unfurl large banner from eg. Highway overpass with weights on bottom to hold down; attach--->unfurl--->leave quickly

MAIL OUTS: mail physical letters from other location using generic envelopes & print address on sticker paper using gloves. Letters to eg. politicians against immigration; freemasons revealing to them they are jew slaves; ethnic organizations informing them of the jews or riling them up, etc.)

FLASH MOBBS: organize like-minded people to create a spontaneous public scene without allowing non-initiates to be aware of its occurrence, eg. holding placards up around public event protesting it or calling attention to an issue(eg. Non-white hate crime against whites, etc.) at friendly event(country music festival etc.)

RALLIES: gather like-minded people to protest/raise awareness of eg. Immigration; abortion; corruption of academia; faggotry; white genocide; nothing overt regarding jews or will be arrested unless sufficient numbers are had or that risk is needed to be assumed(discretion advised); protesting non-white hate crime/raising awareness of white victims of

non-white crime; free speech/anti-hate speech laws,etc.

-Create positive association between White Nationalism and traditional values/opposition to cultural marxist/satanic values

audience: quality over quantity(key people receptive to the message:outdoorsmen; sports fans/local team supporters; kosher conservatives; potential recruits amongst disaffected youth even leftists—convert to WN from Marxism,etc. enemies: shock and elicit reaction so they implicate/expose themselves for publication of message; friends: warn/raise awareness of world situation/radicalize

PLACE:

affluent *white collar* neighbourhoods(most influence; housing developments(notoriety)- usually unfriendly propaganda (eg.local gang-related or “kill whitey”; “white devil” graffiti);

*blue collar* white worker areas-usually friendly (eg.“Jewish white genocide” leaflets; anti-immigration data, etc.)washrooms(bars; coffee shops; gas stations, post secondary schools,office buildings, etc.); elevators(inside doors) ;bumper of cars;stop/other signs (busiest/high publicity times in concealed areas vice versa unconcealed areas are best-guaranteed privacy; markers/stickers to website sources/QR codes/memes);newspaper boxes/papers/posterboards;fine permanent marker on low denomination money bills('debt notes'):mass produce using permanent marker ink+interchangeable business letter stamps+have multiple credit union/bank accounts and withdraw low denomination bills from eg. Bank A and deposit en masse after stamping them all in prominent locations then deposit in Bank B. Then from Bank C to Detc., alternating banks from which they are withdrawn each time to minimize detection;if caught claim ignorance(, eg.paid by a business associate,don't know,etc.)

time of day/night: between 1130PM and 0430AM to minimize exposure: depends on purpose; night=best if no security/police

Topics/Targets:

from most to least significant:

-*Jews*(expose the #1 enemy- bankers/media/government influence;

**audience**:for the potentially receptive“(quasi/anti-liberal) bourgeois white collar”office slaves/blue collars

*Liberals*(#2nd fiddle to the jews-their useful 'shabbos goyim'-femi-nuts; mudz; fagz; manginas; race traitors; freemasons; jesuits; jewdeo-christians-show their affiliation with/subordination to jews)->blue collar+white collar, eg.  
*White Survival*(immigrants//mud on white crime stats/cases expose threats-muds and the above; statistics; positive propaganda focus)

**SLOGANS:** use these or your own for the above forms of propaganda  
use appropriate website or statistical data to give sources/proof; shorter slogans+QR codes/website references are best for stickers; use bright attractive images(eg. Yellow star)

examples:

-99% of the 1% is **JEWISH** [target: Jews]

-**PIONEERS not PARASITES!** [issue; immigration: make poster 2 sided images; left side being fat, decadent non-white privileged 'victim' the right being a rugged White pioneer]

-*who* are **THEY?** [target: Jews: draw 6-pointed star of david around]

-**Abolish** Affirmative Action/ Employment equity/Equal opportunites [quote stats]

-**"The Liberal Mind:** The psychological consequences of political madnes" Lyle H. Rositer, Jr., M.D (psychiatry)

-**SHHH!** ....No Free Speech...[issue: hate speech/censorship, etc.]

-**WHITE PEOPLE=The Next Palestinians**[issue: white genocide]

-**Canada's Future:** South Africa [white genocide; show South African data of Boer mass murder under black rule or fam murder images]

-EMPLOYMENT EQUITY ACT=WHITE **HOMELESSNESS** [show contrast images of White homeless and 'victim']

-WHITES=ENDANGERED SPECIES<6%world population>---**SAVE THE WHITE RACE**

-**RAPE-FUGEES** or **REFUGEES?** [issue: false refugee crises; website with rape stats or graphic image]

-**HOLYHOAX DENIAL** is a thought crime [issue: so-called holocaust; holocausthandbooks.com, etc.]

-**IMMIGRATION=POPULATION REPLACEMENT** [issue: immigration; stats website, eg. Immigration watch]

-**HATE SPEECH=TRUTH THE 1% HATES; HATE SPEECH=SPEECH HATE; SPEECH THE JEWS HATE** [put yellow star]

-**THE BOYS IN BLUE SERVE THE JEW** [show police state image with yellow star etc.]

-WITH **JEWS** YOU LOSE

AROUND ~~BLACKS NEVER RELAX~~ [show non-white hate crime stats/particular case, etc.]

-Anti-Semitism=anything the Jews **hate**

-race-mixing=white **GENOCIDE** [show ugly mongrel face]

-**Jews** behind race-mixing (show a jew bringing a White woman and a black male together, eg.)

-quotations from the talmud, eg. "*Even the Best of the Gentiles Must be Killed*"

-**Anti-Semitism=Everything the Jews don't like/antisemites=anyone the Jews don't like**

-**JEWS=Esau**(biblical reference proving that jews aren't the 'chosen people'; christogenea.org, eg.)

-**JEWS** worship **Lucifer**(quote harold Rosenthal or site dual-seedline Christian Identity website)

-

## TOPICAL PROPAGANDA---

copy&paste in comments sections on social media, etc.  
examples:

**liberalism**=antinatural morality.No equality in Nature[lions don'tlie down with lambs&don't weep over the tears of Sheep]. 'maximizing pleasure and minimizing pain'=Bestial life of indulgence. Sacrifice monetary gain and social capital for posterity

---

save the white race!

[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

**Jewish Supremacism:**“You are called men, but non- Jews are not called men.”[Bava Metzia 114bjudaism.is](http://www.judaism.is) (to learn about Judaism);

All leading feminists were/are Jews---**Feminism**=jewish psyop  
<http://www.smashculturalmarxism.com/?s=feminism>

**Abrahamic Religion**=jewish psyop; judaism=master race ideology for secret society(Jews); Islam= Jewish terrorist vanguard army; Christianity= suicidal lemming/slave morality---  
[www.creativityalliance.com](http://www.creativityalliance.com)

**Baby Boomers**-posterity's doomers. Brain washed lemmings agents of Jewish media moguls who disinherited posterity."who will take care of us?"-babyboomer quote

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"who will take care of posterity" racial loyalists 'answer

---

[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

**koshercuckservative**- a jewish supremacist slave who 'salute's the [Israeli] flag' to fatten his pocket book;

'White Genocide'? no. 'Jewish White Genocide'!+white racial suicide. solution:

White Racial Loyalty

[www.creativityalliance.com](http://www.creativityalliance.com)(creativity)

[www.christogenea.org](http://www.christogenea.org)(christian)

**money** worship=mammonism=jewish psychology-----"gold is the god of the jews"-Karl Marx

---

[www.judaism.is](http://www.judaism.is)

**faggotry**= jewish castration of the opponent(eg. white male);nuclear family nuclear bomb  
[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

**race-mixing**=anti-natural perversion. genetic incompatibilities lead to imbecility if not sterility.  
Degeneration of Humanity  
[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

------(for non-Christians).

This is why the bible proscribed race-mixing ie.'adultery'; adulteration of the seedlines created by god. Whether Christian or not

-----race-mixing  
may be trendy but it sure is an abomination!

[www.christogenea.org](http://www.christogenea.org)(for Christians)

-'**entartete kunst**'('degenerate art', eng.)- -cultural degeneration as jewish witch's brew recipe for supremacy. Solution:[www.solargeneral.org](http://www.solargeneral.org); "The Merchants of Sin", Benjamin Garland

**modern environmentalists**=watermelon greens: green on the outside, red[communist] on the inside; Jewish co-optation of the environmental movement; real environmentalists: Tolkein, Pentti Linkola, Richard Walther Darre; Ted Kacynski  
false environmentalists: crypto-jews David Suzuki; Maurice Strong; Al Gore  
Agenda 21=global program for Jewish tyranny  
<http://www.chemtrailplanet.com/A21Intro.html>  
<http://911nwo.com/?p=4099>

**united nations**= 'jew-knighted Nathans'(ie.Nathan de Rothschild); Global government under U.N=global tyranny of Jew Men  
<http://www.renegadetribune.com/jewnited-nations-mural/>

continued below.....

**Anti-White Hypocrisy:** Leftists (Bolsheviks) condemn whites for hate but are the only haters. "Anti-Racism is a code word for Anti-white"/ Multi-ethnic societies descend into chaos. Jews thrive on chaos.

Multiculturalism is their formula for supremacy-'ordo ab chao' means Jews rule you through tyrannical statism- call it fascism or communism-a two tiered society led by Jews-Genocide for threats to the leadership(ie. Racially conscious whites who wish to preserve their Identity/Race) & Slavery for those who remain(non- whites and white females, etc.).-----

Have fun biting the hand that feeds you/killing the golden goose-- either we Whites will win and throw you out or Jews will win and take you out. Go to your proper destiny.

14 words: "We must secure the existence for our people and a future for White children".[www.davidlane1488.net](http://www.davidlane1488.net)

[www.creativityalliance.com](http://www.creativityalliance.com)

### **White People=New Palestinians:**

Animosity/Hate towards Whites by non-whites&self-hating white liberals instigated by Jewish supremacist leadership. They defend the 'Palestinians' but perpetrate the same behavior against Whites in their own society. South Africa is the template for the future for white people but when the whites wake up and rebel against their replacement there will be hell to pay for all the harassment and abuse. Listen to/read the Turner Diaries for a revelation of the method and what destiny the libtards and muds are carving out for themselves. Good luck with your future--irrational savages!!

[www.davidlane1488.net](http://www.davidlane1488.net)

[www.creativityalliance.com](http://www.creativityalliance.com)

[www.christogenea.org](http://www.christogenea.org)

**Christians!:**Modern day Christianity= Judeo-Christ-insanity, the distortion and falsification of scripture by "those who claim to be Jews but are not but are the synagogue of Satan", the Edomites of the bible, children who derive from Esau not from Jacob Israel which latter are the true Israelites, the White race. Christianity in its true form is based on an exclusive covenant between Yahweh God and the Israelites (Adamites) and does not include the Enowsh, ie. the non-white pre-Adamites. Modern Christianity advocates Adultery(race- mixing) the adulteration of the seedlines (races) created by God. The false 'Jews' will not be 'saved' but their destiny is to perish(Obadiah17-20).

[www.israelelect.com](http://www.israelelect.com)

[www.christogenea.org](http://www.christogenea.org)

[www.kingidentity.com](http://www.kingidentity.com)

see William Finck, Bertrand L Comparet & Wesley Swift sermons....

**SJWs**= 'Socialite Injustice Whiners'-spoiled infantile sheeple funded by trillionaire jewish banksters (such as Soros, Rothschild, etc.)to create anti-white hate in a white created civilization. They claim they are against fascism(def. merger of state and corporate powers) but are the fascists themselves- state-worshipping consumer parasites sponging off productive heterosexual white males who pay their student loans and government job wages. Most have never been out of a city exception one of their innumerable vacations to pollute the countryside indulging themselves in vulgar past times(alcohol and mixed race orgies and drug-induced violence and disruption of another wise crime free society).Once they start enough chaos the productive hand of the white male will cease to pacify their whining with carrots & give them the stick they deserve. Caveat!!!! The White Man is waking up and fighting back! Spread round the net!  
[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

### **SLAVERY=**

Jews behind the slave trade! =Louis Farakhan, "The Secret Relationship Between Blacks and Jews, vol1&2";More White Slaves than Black: Michael A Hoffman, "They were White and They were slaves",[www.revisionisthistory.org](http://www.revisionisthistory.org)(see both on ytube, etc.).

Whites are economic slaves at this time paying tax money to 'victims' through being guilt- tripped by Jewish Media propoganda through television, netflix/Hollywood, Jewdeo-false christian mainstream churches; and the aka-dumb-ick marxist indoctrination centers(skool system). No whites= no foreign aid, no welfare; no 'victim' money for brown and black parasites!; no money for Israel.

Whites are in bondage in their own countries they created they are the slaves  
[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

### **Who are the Real 'Indigenous'/'Native' peoples:** Solutrean People

(<https://johndenugent.com/the-solutreans/>); Kennewick man

(<http://www.louisbeam.com/kennewick.htm>)-Whites were the First Nation in North and South America. Tiahuanaco was a white civilization

(<http://www.renegadetribune.com/ancient-origins-aryan-race/>);white 'natives'

assimilated into George Washington's contingent when he came from Europe-most were slaughtered by the Mongoloid asiatics prior to this time

(<http://www.dailymail.co.uk/sciencetech/article-2092258/Native-Americans-actually-came-tiny-mountain-region- Russia-DNA-research-reveals.html>) who are falsely called

'Native Americans'/'Abos'/'Indigenous', etc./ 'victims, etc. Tom Goodrich's book 'Scalp Dance'(https://www.youtube.com/watch?v=bgsNXjRgo3sred ice radio interview)

prooves with primary source evidence that Whites were tortured and raped en masse by these savages-the only name they deserve!see: Billy Roper, "Paleo- American Ethnic Diversity"; Redskin Karma=Indian Burial Ground



## Kalergi Plan for White genocide

(<http://andrewcarringtonhitchcock.com/jewish-genocide-of-the-white-race-case-closed/>)

<https://www.youtube.com/watch?v=hw5u883yppg4>

Jews behind mass non-white immigration to exterminate the White Race through race mixing, gives them undue advantages at the expense of whites (free 'skool'; free jobs; free money; free housing; and an ego trip through their media propaganda machine).

Quote: Richard Nikolaus von Coudenhove-Kalergi, was a Mason and President of the Pan-European Union (founded in 1923 and subsequently financed by the Jew, Max Warburg\*), who wrote the following passages in his book, "Praktischer Idealismus, (Practical Idealism)" "The man of the future will be a **mongrel**. Today's races and classes will disappear owing to the disappearing of space, time, and prejudice. The **Eurasian-Negroid race** of the future, similar in its outward appearance to the Ancient Egyptians [-actually white], will replace the diversity of peoples with a diversity of individuals [possessive individualism/solipsism]."

"What mainly separates the Jews from the average city dwellers is the fact that they are **inbred people**. Strength of character paired with sharpness of the mind predestinates the Jews in their most excellent specimen to become the leaders of urbane humanity, from the false to the genuine spiritual aristocrats to the protagonists of capitalism as well as of the revolution [jewish supremacism]."

"The main representatives of the corrupt as well as the upright brain aristocracy: of capitalism, journalism and the literate are Jews. The **superiority** of their spirit predestines them to become a main factor of the **future nobility**." [inbred aristocracy of money over an aristocracy of pure blood]

Israel Cohen's "A Racial Program for the 20th Century" plan for Jewish white genocide:

**"We must realize that our party's most powerful weapon is RACIAL TENSION. By propounding into the consciousness of the DARK races, that for centuries they have been oppressed by Whites, we can mold them to the program of the Communist Party. In America we will aim for subtle victory. While inflaming the Negro minority against the Whites, we will endeavor to instill in the Whites, a guilt complex for their exploitation of the Negroes. We will aid the Negroes to rise in prominence in every walk of life, in the **PROFESSIONS**, and in the world of SPORTS and ENTERTAINMENT. With this *prestige*, the Negro will be able to INTER-MARRY with the Whites and begin a process which will deliver America to our cause."** AUTHOR— Israel Cohen (Zionist— Communist — Internationalist) "*A Racial Program for the Twentieth Century*"

>Published in 1912. On June 17, 1957, the above passage was read into the **United States Congressional Record** by Rep. *Thomas G. Abernathy*.

...source: <https://justice4poland.com/2016/01/18/a-racial-program-for-the-20th-century/>

## SOURCES

caveat: only defensive activism no terrorism is advocated herein: "White Resistance Manual"; \*Anders Behring Breivik, "2083- A European Declaration of Independence"; saul alinsky, "rules for radicals" (commie-jew's propaganda strategy); "Siege", James Mason; "Combat 18: The National Socialist Political Soldiers' Handbook"; (skrewdriver.net); "Beware of the Agent Provocateur"; "National Socialism: Vanguard of the Future", Colin Jordan; "Political Terror", Joseph Tommasi; National Action, "Attack"

--hide/multiply external hard-drives/USB of WN info (containing nothing that can be traced to self) "How to Hide things in Public Places"; Paladin Press; Desert Publications (internet sources=free).; never make/sign statements: 5 words "I have nothing to say"-never speak to police

**FORUMS:** vnnforum.com; [www.creativityalliance.com](http://www.creativityalliance.com); nsm88forum.org  
whitenationalist.org; creativitymovement.net; whitebiocentrism.com; nsm88.org  
ironvolk.com; ironmarch.org; odinist.com; whitenations.com stormfront.org

## **IMAGES:**

The following images are derived from real activism and through online searches. The following is a brief commentary that corresponds to the images pages of which there are 5. The commentary is specific to each page and image

### **page #1:**

"mishna..." quotes from Babylonian Talmud and clarification+reference  
"the 1% is 99% jewish" good message-simple; QR code attached  
"immigration...white genocide": catchy meme; good shock value+ website references  
"truth...holocaust": demonstrates the probable fallacy or questionable claims of the holyhoaxers; a useful graphic  
"jews behind race-mixing": old poster; to the point; data presented and solution (eg. Anti-jewish political party)

### **page#2:**

"with jews we lose": political campaign poster-wouldn't work outside of the USA where free speech exists; straight to the point  
"the goyim know": too alt-white/exclusive; no-one outside of this limited culture knows what this means  
"defend your nation" with star of david hands: clear and simple  
"reject the false dichotomy" (jews and muslims): alerts people to the reality of the jew/muslim relationship but too obscure  
"ending white privilege starts with ending jewish privilege" presupposes there is White privilege; otherwise good graphics and references  
"liars" over holocaust sign: direct and good shock value

### **page #3:**

sunglasses protestor: corny sign but gets message out, ie. media=anti-white(pithy message)

protestor #2:“for the many not the jew” sign; risky especially if not wearing mask,etc. High probability of being doxed

“99% of the 1% is jewish” good sticker or poster; could use QR code

“jewry must perish”: apparently sent to synagogue; perhaps meant as joke; might play into ‘victim pose’ of jews

protestors on overpass: stupidly standing in place; increase probability of getting caught; probably psyop; good message

“heebz will not divide us”corny and most would have no understanding of the meaning of ‘us’(who?), ‘(((heebz)))’; too exclusive a message; too ‘alt-white’-style

#### **page#4**

money bills: short message; clearly legible; all messages on same side of bill when handing to bank clerks(face down); permanent marker ink

“only inferior women race mix” sticker: simple message; light letters on black background; website reference/source

skull poster: attractive shock image; associates jews with death/communism,etc.

“Hey White Person” poster: simple points/questions; large bold black and white font; no references/sources visible in photo of it

READ THE HANDBOOK “WHITE LAW: A GUIDE TO RIGHT WHITE LIFE”

MISHNA VIII.: If one gives one of his children to Molech, he is not guilty unless he had transferred him to the servants of Molech and let him pass through the fire. If, however, he had transferred and not passed through the fire, or *vice versa*, he is not guilty.

GEMARA: The Mishna speaks of idols, and mentions Molech. Said R. Abiu: Our Mishna is in accordance with him who says that Molech is not an idol at all. As we have learned

Jews are allowed to sacrifice children to Molech  
Babylonian Talmud, 1901 ed., Vol. XV, p. 187

**IMMIGRATION**  
=  
**WHITE GENOCIDE**

[immigrantwatchcanada.org](http://immigrantwatchcanada.org)

THE 1% THE 1% THE 1%  
IS 99% IS 99% IS 99%  
JEWISH. JEWISH. JEWISH.

THE 1% THE 1% THE 1%  
IS 99% IS 99% IS 99%  
JEWISH. JEWISH. JEWISH.

THE 1% THE 1% THE 1%  
IS 99% IS 99% IS 99%  
JEWISH. JEWISH. JEWISH.

THE 1% THE 1% THE 1%  
IS 99% IS 99% IS 99%  
JEWISH. JEWISH. JEWISH.

**TRUTH DOES NOT FEAR INVESTIGATION**



■ = ILLEGAL TO DENY HOLOCAUST

**BUT THE HOLOCAUST DOES**

**JEW BEHIND RACE MIXING**

"JEWISH LIFE", official organ of the Jewish section of the Communist party, in its June, 1950 issue on page 8, states:

"Our job as Jewish Communists is to take the lead in educating the Jewish masses on the meaning of white supremacy and to enroll the Jewish community in an all-out fight against it. This is paramount in our work in the struggle for negro rights. This is vital to the struggle of the Jewish people for their own security and future."

It has surprised some people to find out that the president of the National Association for the Advancement of Colored People [NAACP] is NOT a Negro BUT the JEW ARTHUR SPINGARN. It is the Jews who are leading the fight to destroy segregation in Atlanta schools.

The NAACP is sponsoring suits all over the country and in the U. S. Supreme Court to break down Racial Segregation and open up our White schools, restaurants, busses and hotels to negroes. All important Jewish organizations are against Segregation and have petitioned Congress for an anti-White FEPC law.

A Jew, Julius Rosenwald, spent \$30 million financing organizations and writers that promote mongrelization. A race once mongrelized is mongrelized forever.

America must awaken to the Jew attack against White People!

For more information on the Jew menace to the White Race write:

**CHRISTIAN ANTI-JEWISH PARTY**  
P. O. BOX 48 ATLANTA, GA.





Anti-Semitic propaganda distributed at college campuses

**ENDING WHITE PRIVILEGE...**

- Jewish Americans make up 2% of the population<sup>1</sup>
- 44% of these Jewish Americans are in the top 1%<sup>2</sup>

**IF THERE WERE 1000 PEOPLE IN THE UNITED STATES...**

- 10 of them would be in the top 1%
- 20 of them would be Jewish
- 9 of them would be Jewish and in the top 1%

**STARTS WITH ENDING JEWISH PRIVILEGE**

<sup>1</sup> <http://www.pewresearch.org/fact-tank/2013/10/02/how-many-jews-are-there-in-the-united->

<sup>2</sup> <http://www.pewforum.org/2009/01/30/income-distribution-within-us-religious-groups/>



© Alamy Stock Photo







99%

OF THE  
1%

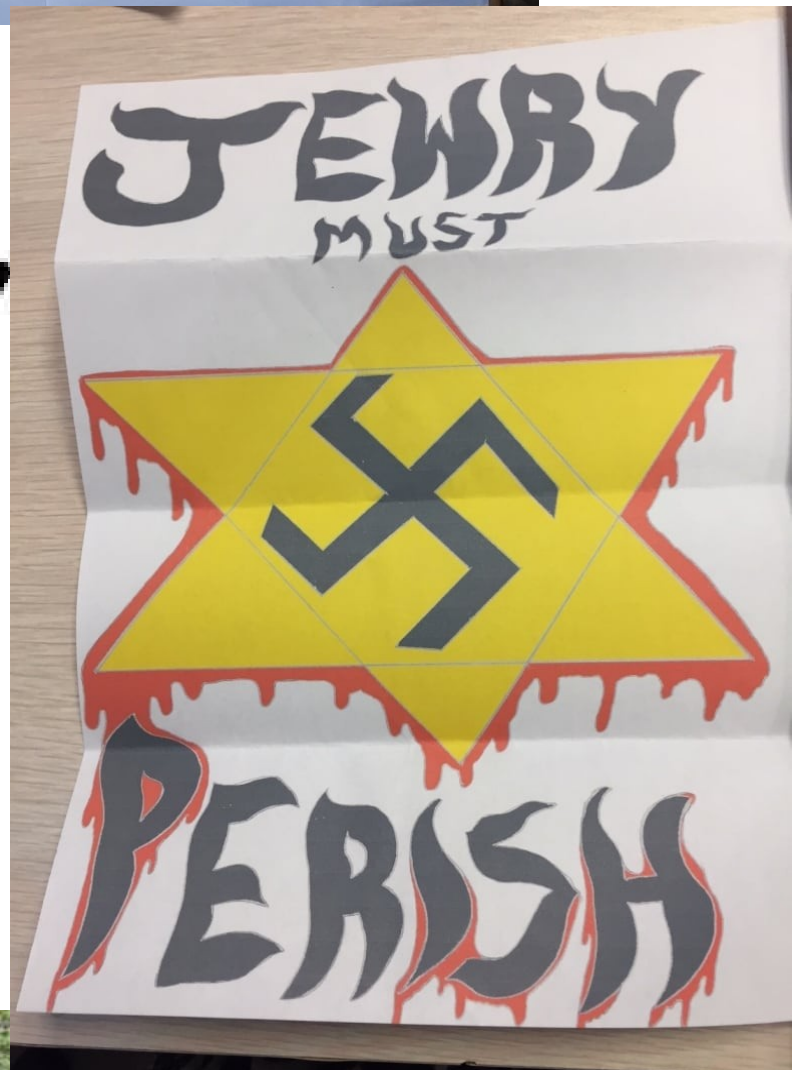


IS.....

JEWISH

RESIST.COM

THEZOG.INFO







**Only inferior White women date outside of their race. Be proud of your heritage, don't be a race-mixing Slut!**

Kingdom Identity Ministries P.O. Box 1021 Harrison, AR 72602  
<http://www.kingidentity.com>



**Hey, WHITE PERSON**

- Tired of political correctness?
- Wondering why only white countries have to become 'multicultural'?
- Figured out that diversity only means 'less white people'?
- Sick of being blamed for all the world's problems?
- Tired of being told you're 'racist' for celebrating your heritage?
- Disgusted by the garbage on television?
- Don't see a future for yourself or your family?
- Questioning when immigration will stop?





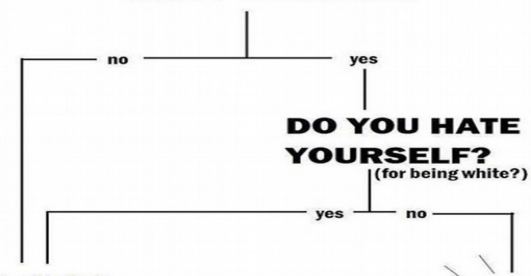
We must secure the existence of Our People and a Future for White Children, because the Beauty of the White Aryan Woman must not perish from the Earth.

David Eden Lane  
November 2 1938  
May 28, 2007

## ARE YOU A NAZI?

*fun and accurate!*

**ARE YOU WHITE?**



**NOT A NAZI**

congratulations you're a **NAZI**



# 4-FOLD PROPAGANDA STRATEGY

1) APPEAL TO THE BLOOD MEMORY OF THE FOLK



CONSERVATARD

3)

APPEAL TO THE



ELITE

4) CONVERT HIPPIES TO NAZIS



## 4 FOLD PROPAGANDA STRATEGY

for

### WHITE NATIONALISTS

In the struggle for White survival there are many strategies for victory propounded that have been taken up as a brightly shining torch and which have guided some towards small victories against the Jewish occupation government system but have not completely led towards the ultimate victory of the White race over their Jewish slave masters.

Historically the struggle between the White Race and its perennial enemy the Jews and their Dark Lord Jehovah has played itself out in the characteristic modus operandi of the Jew:

Jews enter the White society under the cover of a persecuted group holding out a prospect of gain in the form of being a trade connection with other non-white nations, eg. the Far East, etc. The upper class Whites allow them in as they desire greater wealth, lands or slave labour which the Jew has the means to supply or to assist in acquiring. Some of the upper class Whites are corrupted by the Jews through the latter's black magic and become subject to the will of the Dark Lord Jehovah and his underlings the Jews who eventually build power and take over the society through dialectical divide and conquer tactics: turning rich against poor and splitting the Whites of the upper class through sectarian-ideological division and pitting them against one another.

The Jews have typically targeted the comparatively weaker element ostensibly out of regard for them but in reality as a means of using them as a battering ram against the powerful White element to disempower them. In all manner of ways the Jews work at undermining the White society and eventually destroying the White population, a policy which they have implemented throughout their entire history, attempting to mix them out of existence with non-whites or to employ non-whites or other Whites to exterminate them in secular brother wars or sectarian religious brother wars. The end result can be seen in Egypt; Sumeria (now Iraq); Persia (now Iran); the Gobi desert and the Americas North and South and all points in between: a remnant of brown savages who are the resultant product of interspecies breeding with the non-whites in these particular areas of the earth, either, as in the case of India, through voluntary mixture or, as in the case of Egypt a mixture initiated through uprisings of nigger mercenaries and eventual acquiescence on the part of Whites to mixing as a common practice leading to the downfall of the empire.

The same occurred in areas such as Greece and Rome and even worse circumstances occurring in such places as South America and the Gobi desert where the White population was brutally murdered, the men killed and the women raped and forced to conceive the progeny of the savage Mongols who took over their land and at most maintained a base level of culture as in the Far East.

This has been the strategy of the jews for global conquest seeking the destruction of the White populace as a means to the end. They have been the incorrigible subverter of White cultural achievement globally throughout history.

The Whites throughout history have done their best with inferior numbers and in many cases inferior resources to combat the intended genocide of the jew and have been in certain areas more successful than others. At this point in time all Whites face extermination to a much greater degree of probability than heretofore as now is the final conflagration with nowhere on earth to escape to-it is total victory or physical death for the White race.

Let us consult the strategies that have been employed historically and at present and attempt to come to an understanding of effective strategies of the White race to overcome the divisions and oppositions that have existed amongst its members historically:

1)

A folkish mass appeal that caters to the 'broad masses' and relates to the particular spiritual tradition and culture they have based their identity on historically as means of shifting attention from or overcoming corruptive changes the jews have introduced into the society through their characteristically subterranean nature under the guise of: peace; love; the rights of man; fairness; equality,etc. The folkish appeal to conscript the masses has worked historically and will continue to work insofar as the blood memory exists in the consciousness of a pure populace which it necessarily will to the extent their blood memory can be awakened through a presentation of ancestral symbols; tones; images; places; figureheads and archetypes. The eternal verities of Aryan archetypes awaken the broad masses and conscript them to fight for the White cause awakening the hero within.

2)

However the broad masses alone are inadequate to win the war-the elite Whites must have their own self-understanding attuned to the Aryan ethos, to understand themselves properly-who they are-gnothe seuton- and to thereby have a greater willingness to manifest their destiny as leaders of the White race against the evil tide. However, again, the danger lies with the elites having:

a) self-interested motives that are conflictual with that of the collective group and

b) their minds having been polluted with jew-aid (90% lies; 10% Truth), the poisonous nostrums which jews are expert at manufacturing and using to cloud the mind of the White populace. Thus the primary goal related to conscripting the elite Whites onto the side of the White Race, their own people and living in a manner consistent with their own better interests, manifesting their desitny, is to as Ben Klassen said "straighten out the White man's thinking" and clear the jew-aid and its residue from the consciousness of the White elites. Once they are sufficiently decontaminated they will have a sound understanding of the world situation and the existential that they must face. If, however, they are rotten to the core and polluted with jew-aid and/or self-interest beyond redemption, they must be

delt with severely and cut from the vine of life as over-ripe fruit draining away the aqua vitae needed by the remainder of the fruit which depends from the tree of aryan lineage. Thus the strategy is to reach reachable White elites who are of a sufficiently healthy mind that they can understand and act on their understanding of the world situation and be the change necessary for as Ben Klassen said "thought without action is sterile".

Additionally the White elites are most necessary as mere hands cannot guide themselves but require heads to guide them and to kill the heads as in the case of proletarian pipe dreams is to kill the body which falls into inertia, entropy and death, lacking the principle of its animation, ie. the wise philosopher kings and warrior nobility who can lead the White Race to victory and not a defeat as in the case of the blind leading the blind of the underclass in spite of all noble aspirations and efforts.

In specific terms the ideological orientation one should proselytize the elite Whites with is that of Julius Evola and Miguel Serrano, a properly Luciferian Aryanity not the distorted worldviews of theosophical and freemasonic kosher luciferianism/esoteric christianity or indeed of the exoteric religiosity of Abrahamism, let alone the crude naturalism of Darwin or Dawkins (rationalist materialism).

A side note here is that christian identity should be avoided and refuted as it merely serves to make Whites who are potentially pro-whites assimilated into christinaity through the magian-jewish archtypes that cast a black magic spell on the consciousness of the White Race. It also serves to associate christianity with Whites and prowhite activism which effectively neutralizes White activism through repelling any Whites who would be concerned with Truth and not have a willingness to bind themselves to a religion of effeminacy and mere 'belief' in near certain lies insusceptible of proof and which religion attracts only those of a more pleibean intellect, weak-willed nature requiring the semitic crutch of (((jesus))) to lean on instead of standing on their own two feet. Any White elite worthy of the name having a willingness to involve themselves with such a philosophical gutter creed as Ben Klassen called it. Thus the strategy of appealing to reachable elites, especially to those in their formative years who are in process of education and sufficiently young and idealistic that they are still receptive to new ideas and ways of thinking and have not had the kosher scales placed over their eyes having their consciousness crystallized into a state of veritable entropy as happens as a matter of course over time and repetition.

3)

In the words of Alex Linder-Attack the conservatives. The purpose of this is to expose the hypocrisy and weakness of conservatism which functions merely as a break on action, an active resistance to the tyranny, a mere waffling compromise and escapist cowardice which is nothing beneficial or positive for Whites as a collective group as the world conspiracy moves inexorably forward towards a dumbing down of all and towards a global slave society, prison planet run by the jews..

Thus conservatism is merely a futile attempt to preserve or conserve a historical state of affairs and to passively resist-in a christian way- the despotic imposition of the jew. As Tom Metzger said "the conservative only wants to conserve his money", ie. his comfortable state of bourgeois domesticity-maximizing pleasure and minimizing pain. Accordingly conservatism serves as a simulacrum of White security and identity politics as it merely represents a backward looking glance at history when Whites were the greater majority and also a blindfold that shields their eyes from the gradual erosion of what they desire and hold dear, most of whom only value material comforts and the mental soporific of christianity, both of which as William L Pierce said, are the great corruptor of the White Race.

Thus conservatism, being a fox hole or a hide away that cowardly self-interested Whites can hide away in, must be ruthlessly exposed for what it is: a money obsessed, bible beating, self-interested egalitarian creed that purports to keep the rich rich but fails even in that given the forces of decomposition are perpetually at work to destroy the White Race, being cosmic enemies who are controlled from above by dark forces who are unappeasable through any compromise which latter conservatism holds out as its bargaining chip.

4)

The fourth strategy here propounded consists of a technique outlined by George Lincoln Rockwell in "White Power", that being converting hippies to Nazis. The idealistic youth, being obviously disaffected with the degenerate and psychopathically evil society in which they are forced to live are most willing to take risks to overcome the problems of the system and in many cases most necessitous and thus have no alternative but to throw themselves against the system with all of their feeble strength and limited, ineffective weaponry as David would hurl his stone in the face of Goliath. It is up to the activist to reach out and guide the reachable leftist youth-to the extent the more idealistic elements of them can be reached-the marxists; the satanists; the libertarians; the environmentalists-to target them and to present them with the true target: cause of all of that which they hate, namely the jew and his Dark Lord above and affiliates on this earth (freemasons; christians; muslims; muds; liberals; conservatards,etc.)- to explain how they are manipulated and what can be done in terms of specific forms of activism to overthrow the J.O.G system. It is the group which has the fire of youth and are typically those least burdened with the hardship of work most of whom are from more affluent classes, those who are intelligent and preferentially useful as an elite themselves being foremost on the list of potential recruits. The simplest strategy to appeal to them is to relate all of what they the youth dislike and oppose to its source, ie. the jewish hidden hands.

This is the fourfold strategy to appeal to demographics and can serve to conscript Whites into the ranks of their own people against the dark forces of the earth. The naturally idealistic character of Whites can be directed towards serving their own people instead of working against them and this through the appropriate means of demographic appeal, from ivory tower to privy wall, from the bar rooms amongst the blue collar to the offices and halls of academia amongst the white collars. The blood memory of the White Race will rekindle when confronted with Aryan archetypes existing in Eternity revealed to the conscious mind in the appropriate, prudent way.

**BANK HEIST**  
**BANK HEIST**

**PROPAGANDA PROTOCOL**

## “BANK HEIST” PROPAGANDA STRATEGY:

PURPOSE: to create a permanent, ongoing, circulating message with minimal to no cost and with minimal detection to the propagandist utilize the “BANK HEIST” strategy as follows in 6 steps:

1) Set up if at all possible not in one’s own name, multiple bank and credit union accounts preferably those which have multiple branches in a larger population area or multiple areas and which you will use only for this purpose, eg. Bank A; B; C;D. When establishing each account dress differently in all cases creating a specific persona to associate with each account, eg. Middle class person for bank A, lower class person for bank B, etc. Ensure that you record the persona mentally and adopt this persona in all subsequent dealings with this financial institution.

2) Order the lowest denomination of money bills in as large number as possible within reasonable range(no larger than 500 at a time) to avoid suspicion. This is to maximize the spread of the propaganda. The bank will assume you have a business of some sort and if asked ensure that it corresponds to your selected persona, eg. A restaurant or convenience store or a hotel,etc. Depending on your perceived socioeconomic status. Order this from banks A and C.

3) Once the bank contacts you to pick up your order do so in appropriate disguise using a costume that is believable and corresponds to your persona and which obscures your normal features to avoid detection. Remember: you are on camera.

4) Take order form bank A in disguise A, then switch disguises for bank B in disguise B taking the other order.

5) Return to base and have on hand a pad and bottle of permanent marker ink which can be obtained from eg. Ebay or the internet. Obtain a business stamp with interchangeable letters and characters to form the appropriate message which targets the audience you seek to reach and achieves your objective, eg. A website and slogan both of which should entice the audience and yet be explicit enough for them to understand the message. This has been done in slogans such as: “jewish white genocide” referencing the website “thezog.info. Other slogan examples are “immigration=white homelessness”; “jews behind immigration”; “jewish supremacism”. Websites egs.: jewwatch.com; judaism.is; smoloko.com

Stamp message in area of bill most easily seen..

6) Deposit in bank C in disguise C the first bundle of bills handing them face down so that the stamps are not visible to the teller. It is best to go to the bank at a busier time to avoid drawing attention from bored tellers. The teller will run the money through the counter machine and deposit it. Repeat for bank D in disguise D. Each money bill will be seen by thousands of viewers and with thousands of bills the message will continue to circulate virally. Virulent anti-jewishism at its finest. Coordinate this action with others if possible in advance to be done within a finite period, eg. During the course of one business week to spread it maximally over a larger area faster

remember.....

# BANK HEIST

- 1) set up multiple bank accounts in a large population center
  - 2) order in disguise low denomination money bills in large amounts
  - 3) wear disguise and pick up bills from banks(eg. bank A and B)
  - 4) pick up orders in different disguises using gloves(no traces)
  - 5) stamp with permanent marker ink with letter stamp on bills  
(see left side of this graphic for example, eg. "jewish white genocide")
  - 6) deposit stamped bills face down in a bundle in different banks
- ALWAYS REMEMBER: WEAR DISGUISES AND GLOVES... YOU ARE ON CAMERA

# PROPAGANDA PROTOCOL





WHITE  
NATIONALIST  
ORGANIZATION  
HANDBOOK



## **ORGANIZATION**

INITIAL STRUCTURE:

BEGINS WITH SELF--->CELL--->MID-SIZE--->LARGE SIZE

ALL COMMUNICATIONS: DIRECTIVES COME FROM TOP DOWN THROUGH CHAIN OF COMMAND; ADVICE FROM BOTTOM UP

### **TRAINING:**

1) PHYSICAL:

A) BASIC PHYSICAL TRAINING:

PHYSICAL FITNESS: I) STRENGTH(BODYWEIGHT RESISTANCE; OCCASIONAL STRONGMAN; BASIC PUSHUP/PULLUP TEST FOR REPS: 40 PUSHUPS; 20 PULLUPS)  
II) ENDURANCE(ABLE TO SPRINT/RUN FOR 30 MINUTES=MINIMUM STANDARD)  
III) PHYSICAL HEALTH: SEE "GINOMAI: HEALTH PROTOCOLS" IN "ABSOLUTE WHITE"

B) ADVANCED TRAINING:

I) WEAPONS:

EDGED WEAPONS(KNIVES; MACHETES; THROWING KNIVES);  
BLUNT WEAPONS(COLLAPSIBLE BATONS/CANES/BATS/COSH);  
PROJECTILE WEAPONS (THROWING: STONES; SHURIKANS; SPEAR; AXE;  
FIREARMS: SNIPING(ACCURACY TESTS IN DIFFERENT WEATHER CONDITIONS)  
SHORT RANGE(HANDGUN; LONG GUN-STRAFING; RUN AND GUN; FROM VEHICLES)

II) DRIVER'S TRAINING:

GETTAWAY DRIVING(AROUND OBSTACLES; LOSE A TAIL; ROUGH TERRAIN, ETC.);  
DIFFERENT VEHICLES, EG. MOTOR/DIRT BIKE; CAR; TRANSPORT TRAILER; ATV;  
SNOW MOBILE; BUS, ETC.)

III) SURVIVALISM: CAMPING/ORIENTEERING/WILDERNESS SURVIVAL  
(VOLUNTEER FOR EG. MORMON SCOUTS/BOY SCOUTS, ETC.)

IV) OTHER SKILLS:

LOCK PICKING/POOR MANS' JAMES BOND ETC.

2) MENTAL TRAINING:

SUBJECTS FOR STUDY: ARGUMENTATION THEORY/INTERROGATION TECHNIQUES;  
(ORGANIZATIONS LIKE JEHOVAH'S WITNESSES/MORMON 'WITNESSING'  
TECHNIQUES, ETC. LOGIC; PSYCHOLOGY; QUANTITATIVE SCIENCE(MATH;  
PHYSICS; CHEMISTRY); CHESS/FORMAL GAMES(EG. H8)  
TESTS OF MENTAL APTITUDE:



DEBATE/MOCK INTERROGATIONS; PSYCHOLOGICAL TORTURE(DEPRIVATION); CHALLENGING TESTS(EG. TIME-BASED PUZZLE/MAZE SOLVING; ORIENTEERING IN URBAN ENVIRONMENT/PARKOUR)

## **PRACTICAL :**

SPECIFIC ORGANIZATIONAL ACTIVITIES-LEARN THROUGH DOING(REFER TO ACTIVITIES)

## **ACTIVITIES:**

SEE "ANTI-ZOG PROPAGANDA PROTOCOLS"  
HARDCORE ORGANIZATIONS DON'T WORRY ABOUT SOFT-PEDALLING THE MESSAGE BUT DON'T ALIENATE NORMIES IF THEY ARE A TARGET AUDIENCE THROUGH TURNER DIARIES STYLE DIALOGUE

TRAINING: SEE TRAINING

RALLIES, ETC.: CARRYING A DEFENSIVE SHIELD TO DEMONSTRATE NON-VIOLENCE AND FOR PROTECTION

## **RECRUITMENT :**

VIA PROPAGANDA OR ENGAGEMENT WITH PEOPLE THROUGH

A) OTHER ORGANIZATIONS OR ACTIVITIES(REACHABLE/RECEPTIVE GROUPS SUCH AS NAIEVE YOUNG LEFTISTS/ENVIRONMENTALISTS/ANTI-CAPITALISTS, ETC. WHO WOULD BE MORE LIKELY TO SWITCH ALLEGIANCES THAN SYSTEM TYPES, EG. KOSHER CUCKSERVATIVES,ETC., OUTDOORS PEOPLE; PEOPLE WHO LIVE A MORE STRAIGHT-LACED LIFESTYLE AND WHO HAVE AN APPRECIATION FOR ORDER/TRADITIONAL VALUES BUT WHO ARE NOT HOPELESSLY CORRUPTED WITH, EG. MAMMONISM; SOCIALISM; JEWDEO-CHRISTIANITY)

B) STREET LEVEL FACE TO FACE(AS WITH JEHOVAH'S WITNESSES) AT KIOSK HANDING OUT PAMPHLETS OR DOOR TO DOOR(MOST RISKY AND LIKELY TO BE ARRESTED IF MESSAGE/ORGANIZATION IS PERCEIVED AS 'HATE' BY THE SYSTEM AND ITS PUPPETS)

C) PERSONAL ACQUAINTANCES(MOST TRUSTWORTHY/LEAST RISKY)

D)(MOST IMPORTANT) PROPAGANDA DISTRIBUTION/PUBLICATION(EG. RALLIES,ETC.). GET NAME IN LOCAL PAPER/JEWS' MEDIA WITH ORGANIZATION NAME/CONTACT INFO-ENSURE NOT TRACEABLE TO SELF THROUGH CYBER SECURITY AND PROVIDING EG. WEB REFERENCES TO LEAVE COMMENTS/CONTACT INFO BY INTERESTED OUTSIDERS. OFFSITE COMPUTER/LANDLINE PHONE(ANSWERING MACHINE) AND BEGIN VETTING PROCESS IN RESPONSE TO INQUIRIES ALSO PHYSICAL MAILING ADDRESS AT ANONYMOUS MAIL DROP ETC.

RECRUITMENT: SEE ABOVE 'ACTIVITIES'

VETTING PROCESS:

USE C.I.A./POLICE INTERROGATION TECHNIQUES(REF. MANUALS) AND/OR HR SCREENING TECHNIQUES TO WEED OUT WEAK LINKS AND/OR GOVERNMENT OPERATIVES

### **ADVANCEMENT :**

BASED ON DEMONSTRATED MERIT/PASSING TESTS AS IN BOY SCOUTS('MERIT BADGES'); INVESTMENT(TIME/MONEY/EFFORT) IS PROPORTIONAL TO YIELD (POWER/INFLUENCE)-WORK BEING THE ULTIMATE CRITERION OF MERIT--->NO-ONE CAN BUY ADVANCEMENT/INITIATION IN THE HIERARCHY

### **INITIATION:**

RITUALS OF INITIATION ENTAIL ONGOING TESTS OF HARDSHIP OVER THE COURSE OF A PERIOD OF TIME(EG. WEEKENDS; HOLIDAYS; AFTER WORK,ETC.). THE TESTS SHOULD ENTAIL SUFFERING AS A MECHANISM OF STRENGTHENING THE PERSON AS WELL AS WEEDING OUT SHIRKERS AND THE WEAK.

EXAMPLES: READ CERTAIN ESSENTIAL WORKS AND BE TESTED ON THE MATERIAL/ BE ABLE TO DEMONSTRATE KNOWLEDGE OF SUBJECT MATTER AND/OR PERFORM TO AN ADEQUATE STANDARD(EG.MARTIAL ARTS SKILLS; ASSIGNED TASKS,ETC.). THE ORGANIZATION SHOULD HAVE A SPIRITUAL DIMENSION SIMILAR TO THE SS AND INCORPORATE KNOWLEDGE THAT GOES BEYOND MERELY THE MECHANICAL/DIDACTIC VARIETY. INITIATION SHOULD BIND THE RECRUIT TO THE ORGANIZATION ON A SPIRITUAL LEVEL NOT THROUGH COERCION AS IN FREEMASONRY THROUGH FORCING ONE TO REMAIN WITHIN AND MAINTAIN LOYALTY OR HAVE THEIR DIRTY DEEDS EXPOSED. AN HONOURABLE ORGANIZATION OPERATES ON THE BASIS OF FREE WILL AND HUMAN AGENCY NOT MUMBO JUMBO VODOO OR MIND CONTROL TECHNIQUES(SUCH AS THE CATHOLIC CHURCH/FREEMASONRY,ETC.)

### **APPEARANCE :**

IF THE ORGANIZATION IS PUBLIC ITS MEMBERS SHOULD HAVE A UNIFORM OF A CASUAL NATURE BUT CLEAN AND DISTINCTLY RECOGNIZABLE AS A UNIFORM COMPLETE WITH LOGO AND OR MOTTO(EG. COUNTRY CLUB STYLE OUTFIT OR TONED DOWN PARAMILITARY DRESS,EG. KHAKI/OLIVE DRAB PANTS WITH COLOUR CORRESPONDENT GOLF SHIRT WITH LOGO AND/OR A BALL OR WINTER HAT (DEPENDING ON WEATHER CONDITIONS) EMBOSSED WITH LOGO.

ALSO A FLAG/BANNER CAN BE DESIGNED FOR PUBLIC NOTORIETY. IF THE ORGANIZATION IS UNDERGROUND MEMBERSHIP WOULD BE BASED ON A PASSBOOK OR OTHER TOKEN. NO TATTOOS AS DEGENERATE AND RENDER ONE A TARGET FOR POLICE

MID-SIZED  
STRUCTURE

SOLDIERS

GENERALS /  
SARGENTS



LEADER

LESS STRATIFIED

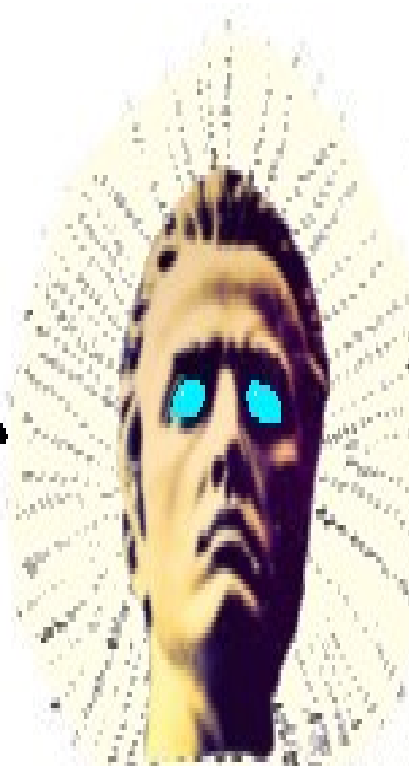
SIMPLE HIERARCHY

# ORGANIZATION STRUCTURE

1

LEADER

ULTIMATE DECISION-MAKING  
/ VETO POWER



LARGER ORGANIZATION



LEADERSHIP OLIGARCHY

('BRAIN TRUST' / CONGRESS)

SERVE IN ADVISORY CAPACITY



SARGENTS

EXECUTIVE DECISION-MAKING

WORK WITH SOLDIERS

1 SARGENT PER 1-2 CELLS

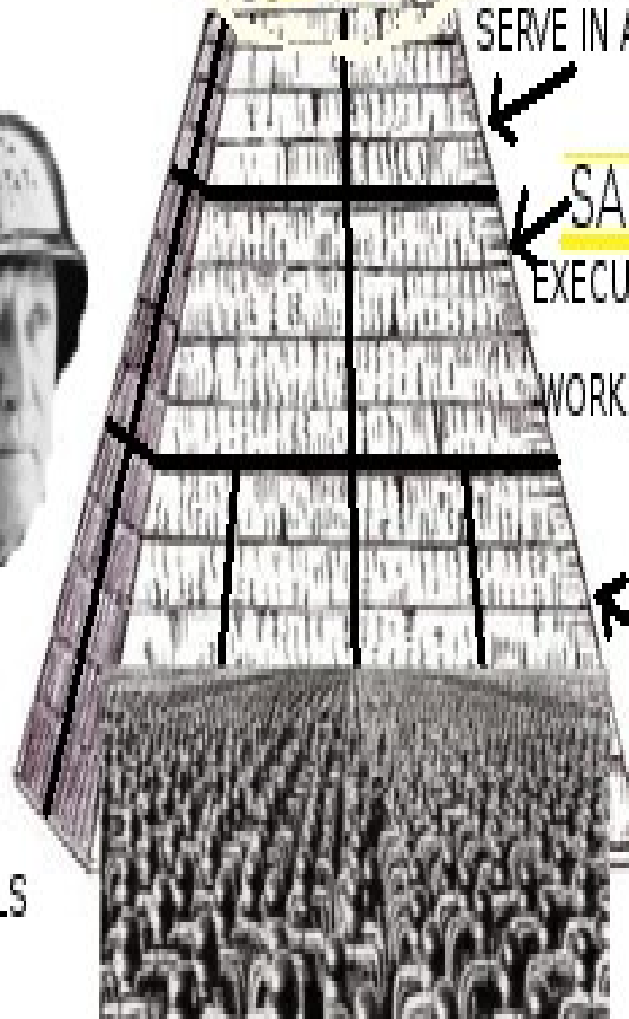


ORGANIZATIONAL BASE:

SOLDIERS

CARRY OUT DIRECTIVES ON A  
PRACTICAL LEVEL

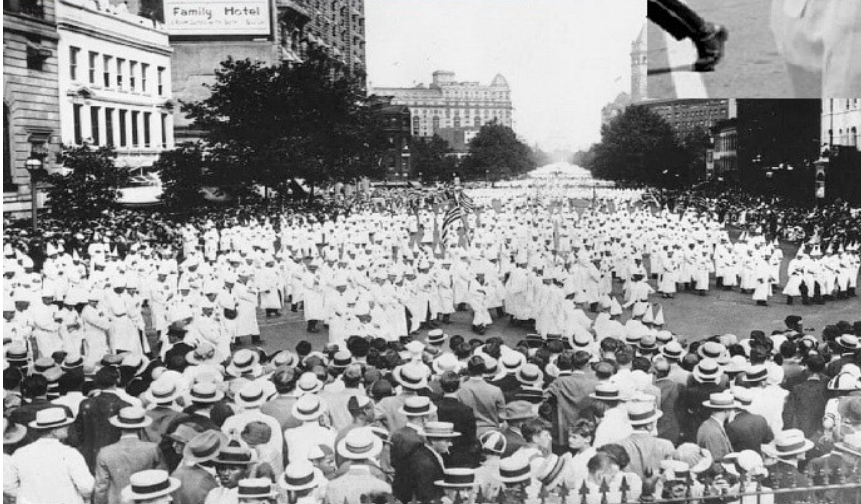
SOLDIERS SPLIT INTO CELLS  
OF 5 PEOPLE MAX







GET ORGANIZED!





# HOW TO DETECT AGENTS ?



# HOW TO DETECT AN AGENT

## HOW TO DETECT AN AGENT

The following short sketch and the associated illustration purports to enable Whites to detect operatives or agents of the J.O.G (jewish occupation government). Given that the White movement is overrun with such it follows that any whites who wish to avoid being set up and jailed or assassinated, losing their employment and having their reputation damaged through such an association or any other negative consequences would be well advised to exercise caution. The following sketch is divided into four criteria which must be employed to gain a thorough understanding of suspected agents:

### 1) APPEARANCE:

-Are they a jew or not? To determine if they are rely upon the books:

"Who Is A Jew?: The Jew Identifier Document", by the writer and "How To Recognize and Identify a Jew", by John Doe Goy in order to assess the physiognomy and subtle biological and behavioural factors of whether they are a jew or not.

If they ARE a jew keep away from them: make up excuses to avoid dealing with them or simply terminate contact if you have initiated contact with them. If you continue to deal with them you must be an adept at manipulation: misleading the jew and revealing to him/concealing from him whatever is advantageous to yourself and disadvantageous to him.

If they are NOT a jew, observe their physical appearance: do they appear stereotyped or formulaic, like a caricature of the White movement? Do they appear artificial or phoney in dress, physical appearance or otherwise? Are their facial features 'hard' as in the case of a cop or a hardened criminal; do they dress in clothes that are too 'standardized' in appearance, as if they were selected to 'blend in', lacking any idiosyncratic features that may be a presence in a legitimate person? If their appearance and/or clothes (eg.tattoos; clothing) are idiosyncratic do they entail any subtle occult features, eg. numerological; symbolic, etc.? This latter is a tendency of the jews and their freemasonic underlings to mock the 'profane' or 'goyim' who are uninitiated. Is their name too commonplace or does it connote jewishness or some biblical or occult reference or person [eg. Jacob Goodwin-meaning a 'good win for jacob (israel), the jew; Hiram Abiff,etc.]. This is an example of the word play the jew employs.

### 2) BEHAVIOUR:

Is there consistency in their behaviour? Are they overly engaging? Do their mannerisms/tone of voice suggest any falsity about them, eg. do they have a 'duper's smirk' on their lips/facial features; do their eyes blink rapidly when confronted with questions or references that might call into question their 'role' or appearance?; Is their vocabulary tailored to the individual and comes off as contextually inappropriate or inconsistent with other contexts in which one has had experience of them? Are there any other signs of rigidity or artificiality in their behaviour? Do they upon investigation have a lengthy criminal record as this may be a sign they are being funded to play their role by the J.O.G in exchange for a reduced sentence.

### 3) AGENDA:

What are they advocating specifically within the context of racialism/white racial political praxis? Certain signs they may be an operative are: they advocate a national bolshevik 3rd position; they focus on criticism of: women (MGTOW); liberals/liberalism; they omit criticism of christianity; they advocate christian identity; they focus excessively on islam or non-whites; they focus their criticism on white people with money (the bourgeoisie); they advocate violence/physical/illegal action against government; non-whites/jews/liberals- 'lone wolves,small cells, leaderless resistance'. See the document "White Terror, Jewish Psyop: The Psychological Operation of 'White Terrorism' and the Jewish Cabal"for more relating to this particular psyop; they advocate doing anything illegal or traditionally considered immoral or unethical (vandalism; arson; theft; murder/assassination; robbery; drug and alcohol sales and excessive consumption; illicit sexual practices,etc.)

### 4) RELATIONS:

i) to yourself; ii) to others

i) excessive, unwarranted friendliness; conscripting you into alcohol-ism (loose lips sink ships) or drugs (both gateways to illegality); probing into your background (where you've lived; who you know; where you've worked/work; gathering intel on your family/connections,etc.)

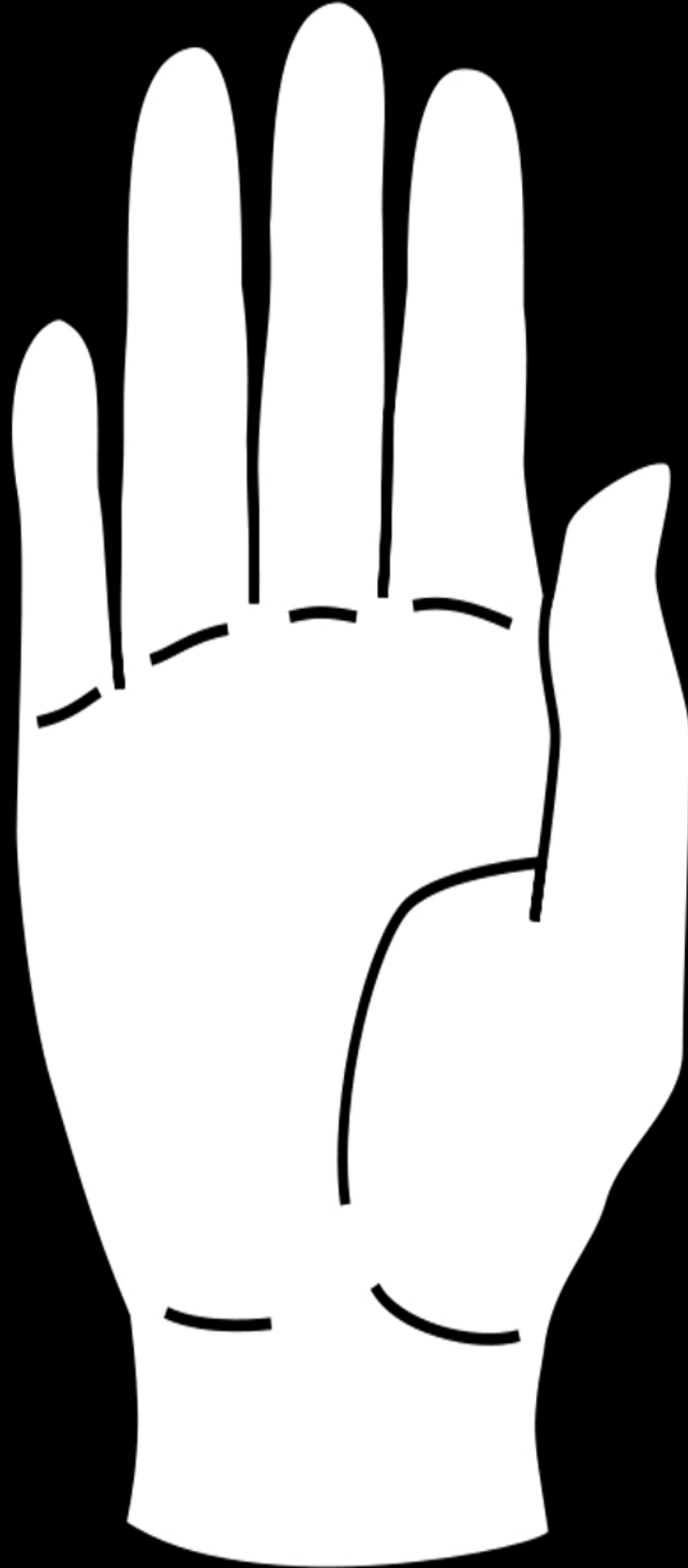
ii) absent themselves to talk/text on phone; arrive/leave at inappropriate times/not maintain believable or consistent schedule; always happen to have adequate money to do things/never lacking funds; appear to associate with similar individuals who are phoney in behaviour and appearance and who are similarly inconsistent or 'off' in their affect upon oneself (words and/or behaviour don't correspond to the resonance/vibrational frequency of the person, eg. their thoughts/thought forms); the blend in with the criminal element; they associate with non-whites without any aversive behaviour directed towards them.

If anyone you encounter raises the above questions they should be scrutinized according to the 4 criteria of detection. They may be an operative. Exercise caution in all things at all times, hope for the best but prepare for the worst.

**Exercise caution in all things and scrutinize all people claiming to be WNs**



# WHITE SECURITY



**HOW TO CREATE A  
SECURITY COMPANY**

# WHITE SECURITY

## Private Security for Whites

The following is a proposal for the formation of a general conception of a 'White Security Company', one which could serve the interests of White Activists and be a potentially lucrative endeavour not necessarily requiring any great amount of capital investment and even effort:

- 1) research laws relating to the legislation regarding private security in your local area (state; province; city; county; nation, etc.);
- 2) If the legislation is not overly onerous in terms of time, money and effort or skill requirements develop a business model for the security company (about which see below);
- 3) take whatever required certification courses and/or education to fulfill legislative requirements if any and to grant oneself a professional image as means of marketing to others: i) prospective clients; ii) prospective employees or partners;
- 4) once the company is established as an official company in the eyes of the law and/or regulatory agency pertaining to the security industry that makes it formally legitimate, begin hiring competent employees and/or partners if such employees and/or partners were not present throughout the initial steps in the following way and seeking the following kind of people:
  - i) ex-military/police or experienced, presentable guards for clients who want security people to appear in the public realm and create goodwill for the company, 'public faces of professionalism' and
  - ii) for out of the way functions such as patrol night guards on construction sites, etc. the most experienced guards where appearances are not as essential as their experience makes them better than less competent 'faces' though obviously seeking the best all around people is the best course of action;
  - iii) employ a secretary to handle secretarial functions;
  - iv) someone to serve as an administrator and/or human resource officer;
  - v) a supervisor for day and a supervisor for night shifts or a series of these; vi) a public relations manager or client liaison who will employ their communicative skills to appeal to clients (ideally this person would be ex-military or law enforcement as it creates the image of professionalism); vii) hire a sufficiently large contingent of guards to ensure the needs of clients are met.

In order to staff one's company one should of course start small becoming personally involved in it with his business partners and even working to cover the shifts of employees and to play the role of an active supervisor checking up on employees randomly during the 24 hour shifts as means of ensuring their compliance with job related duties. In order to ensure that one obtains the highest quality employees he should pay higher than industry standard wages and benefit packages;

- 5) In order to appeal to clients one should make the lowest bids on contracts, ie. to be willing to work for less, receiving less than industry standard wages. This will of course appeal to companies that are frugal such as construction companies requiring security personnel to serve as a liability waiver for insurance purposes which work sites are minimally hazardous and thus will ensure easy income with minimal problems. Once a large enough contingent of clients is achieved one may increase the price of his services if desired though this may reduce good will with one's associates;

6) One should advertise one's company especially in phone books and in industry publications (construction and other) as well as through word of mouth, on billboards and bus shelters as well as whatever other media would be appealing to people who own property and businesses that would require security;

7) Set up a physical office (this might be an initial step but is not necessary) in a professional building where clients can attend and for the administration to work. This might be done out of a house or a small apartment block that one and his partner's own or could be rented from a rental property management company. One could even live out of it outside of the office space and make it his residence;

8)

i) Design a company logo and slogan that conveys to clients and to the public a sensation of security, of safety and yet is sufficiently idiosyncratic to stand out in their mind and be memorable such as the deodorant slogan 'by mennon'. This should be incorporated in the advertisements as well as even become a radio jingle for radio advertisement. Examples are "Panopticon Security: we're always watching"; "White Hand Security: stopping crime before it starts", etc.;

ii) the logo and possibly company name and slogan should be affixed to the uniforms of the security guards and should constitute the company logo displayed prominently in the office area and outside of the company and office headquarters as yet more advertising; iii) the company should have multiple vehicles of low gas consumption preferably electric or using water-based or gasohol engines as means of further advertising keeping up with the environmentalist message for good will; all vehicles should be of a similar make and model and connote power, larger vehicles being better and if within the bounds of the law should be outfitted with sirens and cameras both front and back for recording footage;

9) The company should seek to hire itself out to public venues as means of increasing advertising and goodwill, such as in public events, concerts; sporting events; parties, etc. The guards used to staff the event should reflect the demographics of the venue as means of currying favour with the client and pleasing the demographics who attend;

10) The company should seek to acquire apartment blocks and large multi-room houses for housing its staff. This enables the staff to stay loyal to the company and acquire a sense of identity based upon their perpetual contact with their fellows. The housing would of course be optional and based on voluntary association and would have its own separate management team. The rent could be reduced to a reasonable amount to entice staff to live there as an added incentive which would create greater good will and company loyalty;

11)

i) The staff could pool their resources in communal investments and the partners of the company could invest their money mutually as means of increasing wealth, pooling it back into the company and branching outwards with a greater pool of clients and affiliates in other areas;

ii) The company could continue to grow, branching out in terms of its functions:

1) patrol security;

2) alarm system installation, monitoring and response;

3) bodyguarding and bouncers;

4) paramilitary contracting or more hazardous activities which would build the skill set of employees and/or bring aboard employees of a more highly trained calibre thus ensuring a greater likelihood of taking that particular area for the company as its de facto territory;

12) The area where property would be purchased can serve as a de facto pro-white community allowing only White staff to live there and securing the community shutting out others

SEMPER VIGILANS



14 WORDS:  
"WE MUST *SECURE* THE EXISTENCE OF OUR PEOPLE AND A FUTURE FOR WHITE CHILDREN"

TERRA

ALBA



TOWARDS A SUSTAINABLE WHITE LIVING SPACE



## **TERRA ALBA:**

### WHITE LAND-TOWARDS A SUSTAINABLE WHITE LIVING SPACE

#### 1) FARM

investors: financed by a) outside party who receives payment in crop yield, as a vacation or survival retreat

b) as a cooperative by many investors who either live there or as above

-possibly rent out some of the land to other farmers for a time/seasonally or to learn from them/employment

location: must have: land: ability to produce crops(eg. Fertile soil) or animal products( milk, meat, eggs), eg grass/grazing land; in the case of chickens exclusively any time of land is fine)

-nearby clean water source

-proximity to populace regions(depends on purpose: closer=more notorious)

permaculture/type: crops: hemp(seed; paper source for sale,etc.);

tomatoes(greenhouses); rotational crops; dandelions

livestock: chickens; goats; cows

community: members: known/trustworthy white nationalists; strangers recruited through organization

vetting/selection of members(refer to 'White Nationalist Organizational Handbook')

Security Measures: a)land: treeline around land(see out and obscure view into compound); electrified barbed wire perimeter fence

b)compound: seacan bunker(s) underground (either underneath dwellings or outside connected w/ tunnel or not)

-concrete/stone wall around w/ wrought iron spike railing w/gunports

-guard dogs(German Shepard; Doberman; Rottweiler)

-underground tunnels between buildings,etc.

-constellation of out buildings arranged in circular pattern for dwelling area with main house being centralized and surrounded by security shacks/dwellings(eg. Mobile homes; RVs; seacans; buildings; cabins with metal siding,etc.)

-security cameras positioned around compound perimeter(in bubble w/ rotational/zoom function controlled from main dwelling or security outposts)

-society: lebensborn(main building or close by): white women invited for free living to build the community similar to Mormon polygamy

-structured around the farm manager(Fuhrer Princip)

## 2) The White House

apartment block or large multi room dwelling

-could be used as an official or unofficial HQ for an organization and populated by its members exclusively. Security staff on hand 24/7. in:

a) predominantly white area(town; suburb,etc.)

b) brick or concrete preferably or solid(architecture) pre-1950s old building(eg. Manor house)

c) basement converted to bunker

d)chicken coup/greenhouse if allowed by law)

security features:

-security film+bars on windows

-concrete wall+wrought iron spiked fence+hedges

-security cameras monitored from within as above

purchased: by : a) investor who collects discounted rent from pro-white people(or not) and possibly lives in it himself

b)by a collective and turned into a cooperative/condo(officially recognized by law or not)

-each member owns(officially or no) their own room/floor/section of the place

sources: [www.absolutewhite.xyz](http://www.absolutewhite.xyz)

Ragnar Benson, “The Modern Survival Retreat”; “Dirt Cheap Survival Retreat”;

BackWoods Magazine(homesteading);

Start your Own TERRA ALBA community today in your local area or relocate with others or by yourself and create a living space for the future of the White Race!

**WHITE**



**PRACTICAL  
IDEALISM**

# WHITE PRACTICAL IDEALISM

## A Brief Guide of how to Oppose the White Genocide Agenda

For a practical reference section see end of document

The book written by the half-breed jewdeo-mason Count Richard Coudenhove von Kalergi "*Practical Idealism*" presents his luciferian plan for creating the new world order through deliberately replacing demographics and substituting the white population with non-whites through changing immigration policy in these countries created by and historically populated with whites. The White man, according to the resentment morality and victimology of this lower cthonic being, is the ultimate cause of all the problems on earth and the solution being the elimination of the white man from the earth.

Such is the plan of jewry and such is the problem of the world confronting whites whose solution consists of the adoption of a counter force, a practical idealism of whiteness, which will be called herein **white practical idealism**, as a practical program to combat the white genocide via mongrelization agenda of the luciferian cabal. This must entail an antithesis to the thesis of the practical idealism of lucifer and the positing of the theses of white practical idealism that are not a mere negative but an affirmation of white identity and its perpetuation, its survival, expansion and advancement adhering to the tenets of the creativity movement as outlined in "*The Little White Book*" & "*Salubrious Living*"; David Lane's "*88 Precepts*" and the book "*White Law: a Guide to Right, White Life*". Such strategy and tactics as are encapsulated in these works as well as countless practical guidebooks of military training, homesteading, psychology, etc. are essential as a means of circumventing the practical idealism of the luciferian cabal and its minions. First one must know oneself and this through a knowledge of history and the history not merely of war and battles and nations but that at the level of culture and society of the behavior of whites as historically known and this combined with a self-understanding born out of a higher mind, one clear of intoxication with holy water, firewater, drugs and Z.O.G (zionist occupation government) propaganda.

He must know the enemy as an "Other" to himself, an enemy which utilizes the strategy of the serpent: cunning, manipulation, the lie, and must develop a circumspection in dealings with the enemy which subvert their attempts at subversion, understanding that the enemy, through having countless particular means of carrying out their plans, operates on a linear one-dimensional basis, always opposing that which supports the integrity of white identity: its culture, history and nature, and which is inherently antithetical to it. The enemy operating on the lie, masquerades as a friend the better for it, the physically weaker party and the party in the wrong and not on the side of truth to achieve its purpose of undermining the white opponent through the latter's having extended trust to the apparent ally who is merely an enemy under the guise of an ally. The enemy must be made an object of constant study to understand the whys and wherefore's of their 'practical idealism', their political praxis and its form which is always that of the lie, illusion.

To understand what the enemy has done and to rely upon this historical evidence to build a case in confirming the truth of what they are doing and what they wish to do one must have recourse to the primary source evidence of history and those historians outside of the mainstream who put forth this information which is diametrically opposed to and conflictual with the superficial mainstream narrative across all sciences and liberal arts (literature, philosophy, anthropology, physics, etc.). Without an understanding of history and historical fact based upon evidence and sound argumentation it is impossible to understand the present and its trajectory as it develops into the future and will enable one to circumvent what is designed to be brought into being through the practical idealist plan of Kalergi.

Tactically, one must become a well-rounded and plastic operative as a soldier in the race war. Versed in all manner of arts of war from psychoanalysis in its proper form (bio-psychology and at higher levels of higher dimensions, eg. metaphysically such as New thought and esoteric subjects) to physical and psychical abilities (martial arts; remote viewing and influencing; hypnosis/neuro-linguistic programming, etc.). He must become war incarnate perpetually in a state of sympathetic resonance with the Deity and acting out of love not hate but nonetheless steeling himself to pity and carrying out what must be done in the appropriate manner to avoid



implicating himself or taking risks recklessly. Preparedness and prudence is the deft hand which finds the keyhole even amidst the darkness.

**White practical idealism** seeks to implement the negation of the Kalergi plan: racial purity through purity spiralling, with the family unit as the battery which bestows the motor force necessary to perpetuate the racial body and mobilize it to victory with the strong father figure at its head. In terms of organizational structure the chain of command applies and is modeled in a similar manner to the family unit with the division of labor being specific and hierarchically structured, essential knowledge and information being compartmentalized so as to preserve secrecy when necessary, the organization being plastic and pliable in the event of fragmentation the knowledge or information being passed to whomever fills the vacuum created through the absentee party.

**White practical idealism** focuses itself on the preservation of one's own kind, and the 14 words and everything follows from that fundamental premise and is a means to this end. If any plan or intended act decreases the fulfillment of the 14 words it is to be discarded or replaced by one which increases it to the extent possible. Action always lies in the balance of probabilities and the desired course of action must tend to be more and most rather than less probable to realize the 14 words—all actions from the way in which one speaks with friends and with enemies when necessary to the way he lives his life at each moment and in terms of infinite gradations of micromanagement such that at all times this principle is present before his future regarding vision: "We must secure the existence of our people and a future for white children".

Each enemy must be subject to rational understanding through experience and further known through corroborative theoretical evidence of pertinent psycho-biological and historical works. To understand, eg the jew, one must read the literature, watch the movies (jew suss; the eternal jew, etc.) and engage the enemy as a spy or infiltrator, experience the nature of the jew in real life in a wide variety of contexts and as a wide variety of socio-economic personae (to a professional jew be a lower class white in one instance and an upper class white in another, etc.) as a means of coming to a broader understanding of the enemy and the manner of their behavior and the concealment of their true nature to different demographics etc. Apply this test and research to all kinds: negroes; liberals; jews; christians; other non-whites and their true personality will be revealed and the various masks they hide behind will be discarded or more easily 'thought away' in one's own consciousness though this would ideally never be revealed to the enemy.

In addition to this psychobiological-anthropological-sociological understanding of things an accumulation of technical knowledge relevant to the struggle is essential from the technical means of propaganda spread as laid out in the handbook "*Anti-Zog Propaganda Protocols*" to target specific demographic groups to either induce them towards the biological realist worldview and the necessary condition of survival and to target enemies as a means of eliciting desirable attention to the cause, implicating them and enticing them to out themselves.

Computer skills and graphic design skills as well as a knowledge of psychology and how to influence people is essential in effective propaganda just as technical knowledge of vehicle operation is necessary to drive or fly towards whatever destination; lose tails; circumvent surveillance and to utilize surveillance tactics against the enemy to gather information on them for doxing and monitoring their movements and activities.

At this point in time **white practical idealism** necessitates recruitment and this through propaganda spread using appealing and entertaining as well as serious and factually based propaganda to awaken the reachable whites who can then be used to facilitate the 14 words in their own way within the limits of their capacity and willingness to assume risk. The battle for the mind precedes the inevitability of Rahowa (racial holy war) whether the latter be an ongoing guerilla war or brief brush fire skirmishes or merely can be left in the hands of competent agents of the state who have seen the light and decided that their lives of materialistic hedonism required a change and necessitated clearing away the darkness through being instilled with a greater idealism. Perhaps this latter is a utopian conception? In any case a Sun Tzu said "preparedness is the key" and whatever preparations conduce to the realization of the 14 words are imperative as means to a greater end.

**White practical idealism** is the imperative strategy of the survival, expansion and advancement of the white race to manifest its destiny against all odds and opposition, the practical idealism of lucifer as outlined in the Kalergi plan and the protocols of the elders of Zion and is simply the strategy of the destroyer, the abomination of the desolator and will necessarily be overcome by the higher conception which is born from above not below. In the following work practical strategies are discussed towards the achievement of that end.

## REFERENCES

(taken from the handbook "*White Law: a Guide to Right, White Life*")

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# CULTURAL

ITALIAN NEWSPAPER PHOTO



# DEPORTATION

## CULTURAL DEPORTATION

The Z.O.G strategy has been to impose upon the white population a hegemony of 'multiculturalism' which term is code speak for the forcible inclusion, publicization and celebration of all non-white excrescence which bears the general label 'culture' itself being defined as the epiphenomenon of a biological group, their collective behavior crystallized in the form of various acts or physical phenomena (art, music, language, etc.) in general the existential form of their essence.

This hegemony of course is merely a soft form of warfare brought against the white population and inserted in their society as a virus, a foreign pathogen injected into the host body as a means of modifying its cultural terroir, and modifying its function, ultimately through its malignant spread, destroying its identity through contamination and through inhibiting its own normal metabolism and function, ie. Through disrupting its natural expression through this substitution which goes under the label 'inclusiveness' or 'diversity' and which conceals itself behind the facade or mask of positive emotion and moral subscribability but which is merely the height of moral insanity as it is the mind virus of self- destruction, mental aids, that leads to the self-destruction of the host which adopts these empty and emotionally laden values.

Thus the inclusion of such viral phenomena as non-white culture of whatever variety is a threat and must be neutralized through the policy of what will here be termed '**CULTURAL DEPORTATION**', ie. The complete rejection and banishment of that multicultural gumbo, that melted pot of putrescence which constitutes the jew world order. In all forms of behavior the racially conscious and racially loyal white person must conduct themselves towards all non-white culture in the manner of at least publically passive resistance and avoidance, a shunning and rejection of all of that which is other to their identity and historical presence in the form of their traditional culture and behavior: they must avoid purchasing or viewing, listening to or experiencing in any form the non-white Other both in terms of physical and especially sexual engagement as well as through whatever other cultural excrescence they had had placed upon a pedestal by those who control society, ie. The jews and their shabbos goy puppets who are the saboteurs of White Civilization. This by way of passive resistance to the jew world order tyranny.

From an active standpoint one must expose the lower nature and the hypocrisy and falsity of the claims of non-whites and their culture and reveal it for what it is. All attempts on their part to portray themselves as profound, wise or morally elevated above white culture should be denounced for what they are namely those who partake of purely egotistical practices (such as the black magic of the orient or voodoo) or the will-less self extinction of oriental mysticism which represents itself as profound wisdom but is in reality empty of any actual content and thus leads to a living death or a self-aggrandizement such as in the case of the luciferian black magic.

All of that which is put forth as mere 'cultural dainties' and 'enrichment' that is claimed to be the true path is merely the path towards the grave. Thus it must be rejected and if one values his reputation agitated against out of the public eye or within whatever conventionally acceptable bounds even acting within these bounds to exceed them such as in the case of pushing the overton window nightwards in a radical way while still appearing to act within the bounds of socially acceptable discourse, to be the vanguard in opposition to the de facto hate crime of non-white cultural hegemony overlaid upon the historical White culture as a means of subverting it surreptitiously.

To present the cultural impositions or salvos against the white race through pulling aside the veils behind which they hide as a means of revealing them in their true light, to shine the light of day upon an nest of cockroaches rather than to take bleary eyed peeks in the darkness by a flickering flame of candle light, the false light of lucifer, and to banish the darkness and all of that which is born thereof and tends thereto. For the imposition of a chinatown and a chinese new year parade distribute, eg Leaflets, flyers, stickers presenting statistics and images of chinese slave labour and environmental damage and their relationship with jewry as well as on social media Bombard the newspapers and bureaucracies with letters or faxes with similar flyers as a means of forcing them to put this in the papers, hold flash mob



demonstrations for environmentalism somehow referring to chinese factory environmental damage or concentrate on the hegemony of chinese colonialism over the earth. For muslims(ie. Arab) celebrations depict the obvious and present citations and references from the koran demonstrating how eg. Beheadings, genital mutilation, conquest of non-muslim territory and affiliation with jews and how jews are allowing them in as a jihadist army to conquer white civilization, derives itself from their religion on a doctrinal basis. In the case of redskins' claims to 'first' nations status demonstrate how the paleo-history of the north and other continents were populated by white people and explain how they were genocided by the redskins. In general rebut all claims which are typically made implicitly and in the form of guilt tripping whites by jews and their anti-white collective of race traitor whites and their non-whites affiliates through exposing the falsehood of their claim while simultaneously as that refutation counter-claiming through presentation of truth which is in all cases favourable to the white cause. Cultural deportation entails a binary strategy of passive and active opposition to the cultural hegemony of the rainbow coalition of anti-whiteness through a targeting of this anti-whiteness in its true identity and revealing it for what it is, as a means of refuting the hegemony.

This is part of a larger strategy of affirming white cultural hegemony at the very least within and over those territories historically occupied and created by whites(which, ironically, entails the whole world given that it was, was civilization, controlled and created up to the point of its destruction and usurpation by non-whites exclusively). The general strategy comprised of non white **CULTURAL DEPORTATION** and assertion of **CULTURAL HEGEMONY** is itself an integral part of **WHITE PRACTICAL IDEALISM** for which see the treatise of the same name.

# WHITE CULTURAL HEGEMONY



## WHITE CULTURAL HEGEMONY

In order to bring into manifestation a **CULTURAL HEGEMONY** of the White Race, of Aryan kind, one must represent the historical culture of whiteness, of Aryanity in the contemporary context, not merely partaking thereof of this historical cultural tapestry but weaving into it the golden threads of his own genetic contribution manifesting itself in vivo in the form of a contemporization or representation of the Aryan racial soul not within a pure edenic context but as an assertion of being in the contemporary circumstances of a fallen world as a revolt against it but not merely, a reassertion of past glory over and against the degenerate entartete kultur (degenerate culture) which prevails at this time. What is its form and structure and form of manifestation? To answer this question is to answer the question of what is Aryan, White, and to answer that question is to answer what is noble. This Nietzsche queried and his answer was perhaps unsatisfactory, a mere affirmation of dionysiac revelry and will to power as art or an ur-consciousness developed from out of the ecstasies of the cthonic pursuits such as his freemasonic black magic, etc. Of course he was wrong in thinking that the violently ecstatic dionysos could ever be noble or that the Appolonian creed of an Aristotle or Aquinas are so separated and alien to life as it is rather than as he understood it. A proper understanding of Aristotle and his ethics do not condemn or eschew the heroic virtues but rather posit them and this excellence is the form and manifestation of the Aryan race soul that constitutes the noble. A self-overcoming yes but not a black magic self-destruction in a luciferian form but rather an overcoming of the lower self, that which Nietzsche the decadent modern posited as a springboard to the divine via his freemasonic ritualism but which is in reality simply that which drags one down to the depths from their former political height.

What is noble is that which elevates and that which elevates is that which ~~trends upward in terms of~~ consciousness not necessarily starting from below but merely from where one is, picking himself up from the mire by his own hair in the manner of a Baron von Munschhausen. Thus Aryan culture is that which is the concretization of the Higher Mind, the particularization of the universal, from above downwards into manifestation. From comic books, to music, to sculpture, to architecture and literature, all particular concrete expressions of the Aryan soul are the highest concretization of culture existent in empirical reality. It is that which derives itself as it were from the mind of God and manifests itself on the earth. Thus any motor vehicle which derived itself from a Henry Ford or a Bavarian Motor Works designer is white culture incarnate on the earth, the incarnation of the white mind in transit, as an automatic weapon is the concretization of the white mind in the form of the will applied to martial conduct as Hegel spoke of in the philosophy of right.

Thus White Culture is necessarily hegemonic as it represents the height of consciousness, of mind upon the earth which is the confirmation of the existence of God, namely the White Race and its cultural manifestation on the earth. In cases of competition, such as in the present context, between different species for territory, etc., the higher culture can only supercede the lower when the force and power lies concentrated in their hands and when they the white race are not suppressed and rendered powerless or relatively so through the democratic process. As this happens the threat to their lives and the inhibition of their consciousness serves elicits a pro-White reaction which as an ergogenic substance or shock electrifying the dormant and somnolent mind of the collective towards an affirmation of existence against that which threatens to usurp its place. Of course that which threatens to usurp its place, the cthonic non-white culture (china, india, semites etc.) is of an inferior stamp most of which derives originally from White culture, from the White consciousness and which terminated with the termination of the genetically pure and which was at best (or worst?) maintained by the non-white society posterior to their becoming a hybrid group and/or through genociding the white population.

Thus the sustaining of the higher culture entails the sustenance of its biological basis from which it springs in absence of which it would also rapidly degrade as a flower severed from its root and overrun by aphids. Such is the contemporary danger, the solution to the problem being to affirm the higher culture through whatever avenue available through the spread of that which is the bedrock and superstructure of civilization given that the absence of whites is the absence of civilization itself given that civilization is White. Presenting the preferable alternatives of philosophy, literature and art through public display is the assertion of **WHITE CULTURAL HEGEMONY** even in the form of basic image samples on stickers with QR codes to websites or public displays as a busker or street artist or making of one's own premises a gallery wherein like minded people can congregate and bring in

other reachable whites and indoctrinate them subtly or to the extent of their receptivity to the message in a positive and life-affirming manner.

Perhaps even from a negative standpoint demonstrations or propaganda could be put forth to critically negate non-white culture through a simple presentation of pro-white culture proximal thereto as a negation of a negation and an affirmation of white hegemony. The oriental sitting on the street playing a yanxing instrument to attempt to demonstrate cultural hegemony can be dispatched through an accordian or flute being played at a louder pitch. The higher music compared by even the untutored ear, eye and mind readily banishes the lower just as light banishes darkness and a bright light outshines a dimmer one. Such is **WHITE CULTURAL HEGEMONY** and such will always, given the physical force necessary for its imposition, triumph over the lesser good and greater evil. In order to acquire or maintain that physical force there must be a will to do so in order to have the Will one must understand and know the higher culture.

**WHITE CULTURAL HEGEMONY** entails a purity spiral which is simultaneously a whirlwind that sweeps away the feebler forms of non-white culture, clearing the ground for the rebuilding of a White, Brighter, world.





**UBERMENSCH**

## UBERMENSCHHEIT: BECOMING A SUPERMAN

The following health protocols consist of a distillation of research and experiences over the course of a decade or two. The author's work "Hell-th: Stairclimber to Heaven or Elliptical Path to the Abyss" explains his journey along the broad and winding path that led to this waystation. Perhaps this is not the destination but is nevertheless a draught of nourishment for weary travellers along their own personal journey. That this is a mere waystation and no destination the document is presented in a relatively unstructured form without index and has no beginning or end. It will undoubtedly be added to and subtracted from as the journey continues and knowledge is gleaned through experience.

### principles of fasting

#1: the more restrictive the fast the more aggressive in its purifying influence: eg. fruit diet 'fast' vs. distilled water fast; the latter is much more purifying and healing, more effective in all respects. It is also more difficult physiologically/'sensationally' as unpleasant feelings caused by cortisol secretion leaving self feeling weak, lethargic, anxious and disoriented depending on the degree of internal toxicity. Therefore recommend gradually introducing fasting as follows: i) meat eaters--->temporary vegan diet ---> fruitarian diet(possibly inclusive of cooked vegetables);

principle #2: the longer/more restrictive the fast the longer the phase of return to the normal diet

## AGING

cells pick up defects=aging (DNA teleportation); block teleportation=identity preservation  
bacteria/microbes also(eg. chemtrails)

psychotronic generator/crystals/bones--->amplifies morphogenic field(DNA telepathy)=+life force

## REPTILIAN CONSCIOUSNESS

hierarchical thinking; aggression; conflict; division; lack of compassion; ritualism

## DETOX

activate skin to eliminate toxins during fast. 'elimination cycle':

- 1) exercise (blood flow)
- 2) tonic (massage)
- 3) cryo ('cold' phase closes blood vessels, hot opens)
- 4) homeostasis

fractalized hologram of everything=Self

HGH (human growth hormone)---produced only in sleep (before 2400/0000hrs(midnight))  
nightwork--->can't change circadian rhythms=shortens lifespan

caffeine contains methylxanthine=thinning of bones

<caffeine also is chemically related to strychnine and is a nerve poison; poisons the heart/makes you 'heartless'>

Left brain: dealing with world(logical lattice/bitmap/blueprint work imposed on reality)

Right brain: integrative/participatory

cause of disease: TOXICITY

toxins can be broken down to: hydrogen; carbon; nitrogen; sulphur--->combine with  
Oxygen=detox toxins can't live in oxygen rich environment as anaerobic micro-organisms  
H<sub>2</sub>O<sub>2</sub>(ozone) oxidizes above=clean air

chronic pain= symptom of low voltage make new cells:

50mv=reduces toxins; H<sub>2</sub>O<sub>2</sub>; O<sub>2</sub>; vitamins/minerals/amino acids chronic disease=~ability to make new cells

physical causes of disease:

nutrient starvation; sleep deficiency; chemical toxicity; injury; PH imbalance; proliferating pathogens; toxic bodily responses; oxygen scarcity; emotional states; EMF

negative ions=life(negative charge)--->pathogens can't take negative charges;

balance=negentropic(opposite of entropy)

## BRAIN

Right hemisphere

Left hemisphere

verbal linguistic

transduction holistic/metaphorical info transduction[logic;math;cause-effect]

[imagery;art;dance;intuition;subjective;spontaneous;holistic;dream imagery; creation of imagery]

Left side of body(eye;nostril; Right side of body(opposite side)hand;bodyside;ear)

## detox HERBS:

liver: milk thistle; dandelion root; licorice root; agrimony; wild yam root; barberry bark; bearsfoot; silymarin

kidney: marjoram; cat's claw; comfrey root; fennel seed; chicory herb; bearberry; gravel root; marshmallow root; golden rod;

## HOW TO COUNTER PSYCHIC VAMPIRISM/VAMPIRES:

'finger interlock technique': thumb+middle finger, both hands interlocked; imagine light sphere; eyes focused on region of pineal gland

ENGRAM=electrical impression in brain

photic stimulation(light flickering and colour) in alpha/theta range=reduces anxiety, increases relaxation/mental clarity,etc. (strobe lights of varying freq./flicker rate); also called photic driving add sound=sonic driving=audiovisual integration

## MIND/YOGA:

wu-shin: ('no-mindedness', sun tzu); zen-style meditative technique involving cessation of discursive thought/internal dialogue through concentrating attention on the ajna chakra(third eye/pineal gland) between eyes and seeing through the visual field of sense data(if keep eyes open); crossing eyes assists somewhat to mechanically shift attention via sensory feedback loops to this region; eyes shut works best; best position if zen pose(on knees) or mountain pose(standing erect), fingers avoiding contact to minimize sensory input from extremities, tongue on hard palate(roof of mouth)to increase activation of region; neutral spine; nostril breathing with mouth shut; breath retention optimal to build up CO2 in blood circulation and create greater nerve stimulation/nerve force generation through internal pressure



## CLOTHING:

bodily apparel is multi-factorial in its utility: warmth; mechanical protection; comfort; fashion; psycho- social/magickal influences. The 'most for the least' principle of economicity obtains here, ie.clothes are necessary to wear in most cases in society, therefore their utility should be maximized/optimized in all respects to suit as many beneficial purposes as possible for the individual.

The following presents various examples/recommendations of apparel that serve most purposes for the above/average person: [sources for all: thrift stores; hand-me-downs; garage sales; military surplus supply stores; used via internet, eg buy and sell]

temperature: coldest weather: goose/duckdown filled clothes(parkas/snow pants/face masks, etc.). Duckdown is less expensive. Exterior should be heavy cotton twill or wool, etc.), possibly treated with waterproofing for wet weather. 'milsurps'(military grade surplus) are best quality but incur possible social stigma with certain groups(PC libtards, trendoids,etc.)

fur/leather mitts: lining should be exterior, and contain additional inner layers; goretex gloves with polar lining)

boots: mukluks/snow boots ideally with rubberized bottoms(feet) and goretex material for waterproofing. thermal underwear(long johns): merino wool,etc.; wool socks(outer); cotton/nylon(inner); snow goggles optional

note: dressing in layers increases warmth via convection.

wet weather: waterproof garments(pvc lining/goretex exterior or similar fabric); shoe covers(rubber) hot weather: brighter clothes deflects heat, darker absorbs heat. Light linen/cotton/silk is best. A few clothes as possible should be worn at all times tailored to prevailing conditions(social setting; temperature; environmental threats/hazards,etc.)

Hazard gear: stab/slash proof gloves(kevlar; semtex; or similar fabric); with leather exterior ideally extending beyond wrist to protect arteries. Gloves that protect against needle stabbing also available. Kevlar lined jacket/clothes for same purpose and to prevent abrasive effect of falls,etc. colours: for magickal/psycho-social influence of different combinations amplifying/modifying effect of colour fabric/texture: influences mood in different ways depending on person(something to keep in mind in inducing certain states/mood alteration) weight: influences mobility as well as mood

mobility/stretch: based upon principle of specificity(specific purpose require specific things) the garments should suit the task.

Enhancing mobility through garments. As most athletes/martial artists practice, loose but not baggy, light weight, somewhat stretchy fabric that is breathable non-abrasive and feels good/not at all detectable on skin is best such as cotton, silk, etc. Also increases elastic/kinetic force through elastic cuffs or tucking pant legs into socks and jacket/shirt into gloves is desirable. This works through placing pressure on tendons which augment the stretch/shortening cycle of muscular contraction via feedback loops in the golgi tendon organs. Pressure activates tendon/muscle complex which increases electrical activity and speeds nerve transmission time

and hence contraction enabling one to act more quickly. Wearing a belt or tucking the shirt into pants/shorts has a similar effect activating trunk musculature.

BED:

earth bed via copper wires to outside ground, preferably in/through moving water source to increase voltage

-drape EMF shielding fabric/tent around pyramid to buffer EMFs from cell towers/wireless routers/electronics/dirty electricity from wall/electrical outlets/machinery-have water flowing in surrounding environment

-ensure bed is away from above as far as possible

-place orgonite pieces(preferably pyramids) underneath/around bed according to sacred geometric/feng shui protocols

-surround bed with plants(= increase oxygen/chi/prana/vril/orgone/odic energy)

-run negative ion generators 24/7 and keep windows open as much as possible

-have alternate bed(as above) with South polarity magnets to stimulate body

copper: necklaces; bracelets; chain/wire around waist(inside pants touching skin or inside money belt made of silk etc.)

Energy medicine/healing equipment:

O3/plasma generators: this type of machinery destroys pathogens in the atmosphere through binding with them

-kills bacteria, pathogens both external/internal to physical body.

-O3 dissolves in water and is absorbed through drinking/assimilating water external application: atmospheric cleansing/germ/bacteria/pathogenic destruction

recommended usage: ozonation of water for internal application: bubble in desired quantity of water 5 minutes minimum:

1) neti pot: 'amaroli neti' once sinuses are clear of mucous pour O3 water into sinuses'.

variant: a) plug lower nostril and retain to allow diffusion of O3 into brain and head. Sensation points to efficacy/reality of absorption of O3 into cerebral tissues<caveat: may be dangerous>.

2) drink a)post; b)with straw while bubbling for maximal absorption

3) rectal insufflation: a) bubble ozone internally via enema attachment to existing liquid administered to colon(eg.water,teas,etc.)<caveat:can be very dangerous;not recommended>

MAGNETISM:

create magnetic field around body to increase longevity/vitality/healing.

Greater strength/quantity of magnets=greater effect

type: neodymium rare earth magnets=most powerful; those shaped to conveniently apply either polarity(North or South) for intended purpose; preferably flat with rounded edges effect:

North: sedation; calming; drains excess energy; caveat: potentially depletes vital energy

South: stimulates; activates; adds energy; caveat: potentially augments tumerogenesis(tumours)/carcinogenesis(cancers)

applications: on objects:

South pole on plants=growth; on water=+energy/voltage; on bed=energizes/stimulates

on bathtub=magnetizes water or on taps(at end) with funnel=vortexes water, increases voltage through movement(hydroelectricity)

on body=magnet on heart strengthens; increases virility if sit on; right side of neck=decreases blood pressure; on temples=reduce psychosis; schizophrenia; epilepsy; on crown of head=increases melatonin/human growth hormone; forehead with North pole at base of skull=increases psychic awareness

North pole: opposite effect

magnets in shoes=increase magnetism in soles

CLEANING:

(internal/external applications):

Uv light; plasms(allegedly stronger; degrades environmental pollutants; spores; bacteria; fungus; chemicals)<Jorg Lans von Leibenfels, 'Theozology' wherein is discussed UV light and certain kinds of radiation as a mechanism of spiritual development>

CLEANING(internal/external):

UV light; plasma(allegedly stronger degrades environment pollutants spores, bacteria, fungus, chemtrails)

POSTURE:

move to circulate blood/prevent calcification of tissues

standing: rock hips side to side; front to back; hula hoop(increases peristalsis); bend trunk from mid section; bend from lumbar spine; side to side; neck: side to side; front to back; jaw: side to side; thrust forward; squat on huanches: remain sitting on them; repeat: squat up<--->down; swing right leg--->left leg and revers; bounce on balls of feet; evert/invert feet; wiggle toes; alternate hand squeeze with hands extended; raise arms over head; alternate elbow flexion/extension; pronated/supinated; stretch arms behind head, leg behind body; bend at

waist/extend trunk with arms behind back; head erect---

>remain in posture; fold arms behind back: right over left and vice versa; place hands behind head in similar posture; shake hands; hand circles clockwise/counterclockwise, opposite direction so they move towards each other; bounce lightly on knees

head should be positioned over shoulders with spine in neutral position(normal curvature), neither lordotic(arched back) nor kyphotic(stooped forward)

READ:

left<--->right eye only (reading backwards letters/words,right to left, etc.): activates opposite cerebral hemisphere (right brain)

ENVIRONMENTAL/XENOESTROGENS:

BPA:

receipts; stain resistant clothes; epoxy resin; CDs/DVDs; dental filings pthalates: shower curtains; toys; vinyl floor; lubricating oil: shampoo; raincoats

PBDEs(poly bromated diphenyl esters): 'flame retardants'; couch; chair; clothes; insulation; mattresses; computers

triclosan: toothpaste; hand soap; mattress; towels; cosmetics

BRAIN:

forebrain shuts down when in anger/fear state

midbrain=classical/operant conditioning(stimulus--->-response)=susceptibility to mind control

SUNLIGHT:

UV is proportional to Cancer; vit.D3 requires UVB not UVA sunglasses=no(causes scleral damage)

how: no UV light. UV light needed to produce melanin to protect skin; sun exposure only when exposed to UV light

through windows=no; filters out UVB; destroys vit.D3 in blood

lack of sunlight=MS(multiple sclerosis); myelin sheath destroyed(in nerves) sun exposure guidelines: when(before) skin turns red; sunburn=bad

UV radiation index=myth you acclimatize to sun; increase cholesterol=increase vit.D3 synthesis

sunlight on genitals=max.testosterone(200% increase); 120% increase on back and chest time: before 1000AM and after 1500PM summers

create sun shelter in winter

sungazing: morning with rising sun(stare briefly into sun; look aside; repeat 5 minutes)



## DIABETES:

cause: overworked pancreas(beta cell burnout):

too frequent meals

decrease fat and protein; reduce simple sugars/caffeine/stimulants;

reverse: increase insulin receptors(exercise/sun)=increase insulin sensitivity/fasting

hypoglycemia: fat coats cells' insulin receptor sites=no glucose availability; fat absorbed via lymphatic system--->thickens blood+prevents O2 delivery to cells<a debatable and dubious claim>

excess insulin=excess cholesterol deposits=atherosclerosis=degeneration of capillaries=blindness/ deafness; haemorrhaging; clogs internal mucous lining; blocks hormone entry insulin secretion is proportional to fat generation=craving/weakness proportional to hormone sensitive lipase refined starch=cell damage(excess insulin)

protein consumption is proportional to insulin needs=insulin resistance/type 2 diabetes 'diseases' that are actually diabetes: heart disease; cancer; arthritis; MS; alzheimers; parkinsons; dementia

cellular metabolism('life'):

glucose+O2(high G.I.=best) maximum efficient utilization=maximum life

fat: paralyzes activity of insulin=increased blood sugar/thickens blood carbs: brain; nervous system; RBCs; kidney cells; preferred energy source

protein: clogs basal membrane of cells= decreased oxygen + nutrient uptake; keep at basic level (no more than 30 grams per meal)

## NUCLEAR RADIATION:

symptoms: confusion; vertigo; colds; depression; low energy;weakness;anxiety; hysteria; insatiable hunger; nervousness; aching joints; memory loss; feeling of unreality; explosive behaviour; rheumatism; tiredness; mood swings;sore throat; hot/cold flashes; loss of willpower; gastric distress/G.I tract/bleeding; extreme headaches; immune system failure; sinus infection;nosebleeds; loss of neural networks='zombie states'(no executive function).

shelter: indoor central rooms away from outer

walls/windows/basements/bunkers/caves/sewers; 3-4 feet underground/earth/stone/concrete/  
heavy metals above fallout: 2 weeks undergroundelimination:

hormones: DHEA; melatonin; foods: starches: brown rice; vegetables: broccoli; alfalfa; fermented; cruciferous(cabbage; brussels; broccoli; turmeric; kale; green leafy(swiss chard; spinach; dandelions); sprouts; kelp/dulse; wheatgrass; herbs: cilantro; basil; rosemary; spices: ginger; turmeric; ginko; seed: pumpkin; sesame

substances: chlorophyll; vitamin A; bee pollen; resveratrol; baking soda(1/2 tsp 2 weeks max); potassium iodide tablets; epsom salt(foot/bath/ingest); clay/mud(skin packs->sun->rinse off);

clay(internal): bentonite; zeolite; diatomaceous earth); external: foot/bath; zinc; selenium; algin/ alginates; plantain(internal/external); aloe vera; vit.a/b/c/e; pectin; lecithin; vegetable gums; binders/emulsifiers; sea water(internal)

#### BASTI/ENEMAS:

yoga/age old natural hygiene technique for colon cleansing/absorption of nutrients directly into the bloodstream via veins through osmosis

yoga technique: mula bandha(activates muladhara chakra; initiates development of kundalini serpent fire to be worked up to higher chakras/energy centers/

-blood/internal organ and tissue purification depending on substance absorbed

two modalities: 1) flush; 2) retention; latter=absorption/circulation around bloodstream through absorption via osmosis

retention procedure:

a) flush colon with water/urine(1.5lx1-2times) using enema bag in bath tub-->step out and expel into toilet(if weak perineal muscles/unpracticed possibly use colema board over toilet); repeat if necessary

b) absorb tea/substance;retain; remain in tub an dmassage side to circulate blood.Liquid should not be more than slightly warmer than body temperature(use back of hand to test prior toadministration)

-variations(see liver herb list for specific effect desired)<caveat:recommend against any retention enemas as possibility of sepsis/septic shock; also insulin shock w/ caffeinated beverages as caffeine is absorbed directly into the bloodstream via the bloodvessels in the colon>

water used(same as to be drunk): shungite/other stones(negative ions/different resonances); magnetize water(neodymium magnets); add silver(either bars or preferably .999 silver bullion) &/or gold; always vortex prior to consumption stirring rapidly clockwise to generate energy(speed up 'time flow' as with a clock/confers energy)

distilled+ structured+magnetized+vorticized=best

condition: perform once to twice per week after defecation; back to back once per month with 10 minute interval;warm bathroom; lie on folded towel on back; lubricate/insert tip; absorb; run plasma/ozone/negative ion generator+possibly infrared sauna simultaneously

optional(called 'rectal insufflation'): bubble ozone from ozone generator prior to administration(caveat: not directly into body as dangerous).

Ozone oxygenates tissues internally; deep cleaning & killing all pathogens. Used to purify water and as an insecticide in Europe("flood you body with oxygen", McCabe).

(retention herb list; caveat: not recommended as potentiality to cause septic shock/sepsis/bowel irregularity):

energize: green tea; herbal teas(eg. rosehip,etc.); kola nut; ma huang; guava leaf; oregano; dessicated citrus peel; rosemary; mustard; ginger; ephedra sinica; fennel

strengthen: shilajit; garlic; horny goat weed; oatseed/straw; saw palmetto; fennel seed; fenugreek; caraway; turmeric; ginger; tribulus terrestris; rosemary; guggul; cardamon; MACA root; epimedium; photi; wild yam; tongkat ali(longjack); dill; sarsaparilla root; pine needles; celery seed

detox/calm: dandelion; valerian; camomile; chapparrel;

#### DEFECATION:

conventional 'western' toilet: causes strain and eventual colon cancer through incomplete elimination and retention of faecal matter in colon leading to putrefaction & chronic obstruction(sepsis, etc.). Use: elevated toilet stool(~18" high;can be homemade out of wood); user should squat and compress the abdomen with the thighs to fully excrete waste matter and eliminate the obstruction. This increases longevity/energy as v(vitality)=p-o but reducing the 'o'(obstruction) it increases the 'p'(power) and thereby the 'v'

Bidet attachment: as the name connotes it is prevalent in Europe('Bidet') and in all civilized nations. To properly clean the anus and debris via water spray. Eliminates waste of T.P and deforestation. Costs nothing financially as he can be hooked up to plumbing via toilet. Most important feature: maximal cleanliness. How does rubbing chemicalized paper on yourself clean you? What kind of chemicals are used in toilet paper? Alternative to this(or absence of proper attachment) a pot can be used; fill with water and clean with hand; wash hand. however repugnant this may be to some it is better to be as clean as necessary than have unnecessary excrescence adhering to the body.

#### G.I tract/digestion/excretion

digestion:; cold food=putrefaction; cold liquid=cancer; decreases digestion; no drink 30 minutes prior to food or 2 hours post

4-5 hours between meals; eat less; chew more; hydrate; O2(oxygenate); room temperature(hot=squamous cell carcinoma/G.I tract/mouth cancer; cold=decreases digestion/stomach cancer);

decrease fat; increase carbs

elimination:squat position: no stagnation of faecal matter in colon therefore no polyps; IBS; ulcerative colitis; diverticular disease; colon cancer

colitis: no soluble fibre; spices; sugar; caffeine ;fat

#### RADIATION:

microwaves

'electrosensitivity': headache; earstrain; tearing; fatigue; weakness; vertigo; sleepless; drowsy; moods; irritable;sexual problems; myocardial pain; trembling(eyelids/fingers/tongue); increase

cancer risk/central nervous system damage; organ damage

ELF: exhaustion; fear; violence; sexual aggressivity; change in cellular chemistry; hormonal changes; control DNA transaction process

Smart Phones: dopaminergic(taps into associative learning pathways)

'why people 'love' their cell phones: synesthesia(cross-sensory phenomena; audio-->visual and vice versa)

increase insular cortex activation(associated with love/compassion); entrainment=increase stress(addition to email/.social network checking=increase stress=feedback loop=addiction) SMA(supplementary motor area activation:use visual/motorcortex'touch pad';visualizing) microwave radiation: interferes with decision-making capacity; chronic stress; low efficiency;

cataracts; heart attacks; malignancies; circulatory problems; permanent deterioration of the nervous system; diminished and disposition to consideration of new ideas(closed minded); increases drowsiness and depression; emotional distortion; passivity

CANCER:

cancer=survival mechanism; fungus

causes: low body temperature; DHEA: pregnenolone; no/low mitochondrial energy production "cancer does not cause the person to be sick, it is the sickness of the person that causes the cancer."

-poor self-image; unresolved conflict/worries; past emotional trauma

acid environment: cancer cells have mutated to neutralize trapped metabolic waste; lactic acid; uric acid; urea and ammonia

re: Dr.Leonard Coldwell, "The Only Answer To Cancer"

"the benignity or malignancy of a cancer in fact depends on the capability of tissular reaction of a specific organ expressing itself ultimately in the capability to encyst fungal cells and to prevent them from developing in ever- large colonies"

tumors: sodium bicarbonate(baking soda); oral--->G.I tract; enema--->rectum; 6 days on 6 days off

<dose? 1/2 tsp/time>

skin cancer(melanoma): 7% iodine tincture; spread on 1x/day 20-30 minutes each time chronicdiseasewhenyoulosetheabilitytomakefunctionalcells=cellwalldeficientfungidamage ATP cause=lowvoltage

LONGEVITY:

telomere lengthening: DHEA increase; antioxidant increase; free radical; decrease: no hormone overproduction: inharmonic colours; noise; no sun; indigestion; cold climate;



constipation/overeating; air pollution; environmental estrogens; chemicals no toxemia crises: overeating; anxiety

no enervation: overactivity; noise; radiation; extreme climate; overeating; sexual excess; vaccinations; toxins; stress; rapid detox;

chronic disease: retention of toxins

no congestion: mucous-inducing incompletely metabolized food

WATER:

source: gravity fed spring

drink: ionized(purpose: cleansing body tissues; rids one of positive charges; boiled for 15 minutes such that O<sub>2</sub> penetrates); ozonated; distilled:(removes calcium from the body but most purifying/detoxing); absorbs CO<sub>2</sub>=acidic environment; hard water= increases longevity;

R.O.S(reverse osmosis water)=acidifying

formula: shungite+gold+silver+plant leaf in sun on orgonite; stirred prior to drinking; magnetized/O<sub>3</sub>/distilled elimination of chlorine: 1)boil); 2)set in sun; )filter

water type: prioritize: 1) spring water from reliable spring--->2)distilled water--->3)R.O.S water (reverse osmosis)

MOUTH:

PH=key; acidity(grains/refined sugar/honey/dried seeds/fruits/cooked food/unripe fruit/fluoride/animal products); less chewing=less saliva=increased residue/bacteria=decay;also less water=less saliva=greater acidification

plaque caused by acid PH

nutrients needed for health teeth: vit D<sub>3</sub>; silica; vit.A; magnesium; phosphorous; calcium; flourine;

K<sub>2</sub>; vitamin C; amino acids

chewing decreases stress hormones

further causes of tooth decay: hormonal imbalance; gum disease/periodontal(bacteria in blood--cavitations from maxillofacial surgery/wisdom teeth extraction; possible bone fragments=bacteria=cancer) triggers liver to produce c-reactive protein=blood clot formation which affects heart(=attack)=chronic inflammation

protocols: post 45 minutes to 1 hour after eating:

1) rinse mouth with water(distilled)--->2)brush with solar panel toothbrush on 45 degree angle against gum line and all surfaces of teeth, back and front--->3)rinse/spit--->4)floss--->5)rinse--->6)oil pull (olive oil) 5 minutes--->7)rinse with water--->8)swish with edible clay

(calcium/magnesium rich variety)

dental work:

root canals=cancer (the preservation of necrotic tissue in a living body=bacterial colonization/spread); cavitations: if filings obtained and can't cure naturally: no metals filings as they interfere with the body's electrical system picking up emf: porcelain or non-BPA filings only

Teeth and Meridians:

front 4 teeth(top and bottom) --->urogenital system(adrenals/testes/kidney/pineal/bladder)canines('eye teeth') --->gallbladder;liver;pituitary;eyes

premolars(top)/molars(bottom)--->large intestine; thymus;pancreas;lungs

upper molars+lower premolars--->stomach; thyroid;parathyroid;kidneys;pancreas

wisdom teeth--->heart; adrenal glands;blood pressure(improve condition ofsame)

teeth: keep mouth closed(nostril breathe; normal breathing refer to previous 'MOUTH' section; gum stimulator enables anchoring of teeth and prevention of gingivitus

SANITATION/PURIFICATION techniques:

Skin: largest organ of detox. recommend shaving body hair for cleaning/detox problem: skin cells; debris/clogged pores;

solution:

3 x per week a)stiff scalp brush+loofa+ alternate days with 3 baths per week with exfoliating cloth over total body surface[exfoliates skin/opens pores/enables detox/sweating/gas exchange];b) pumice stones; c)sun exposure[post exfoliation]; d)heat/seat/infrared sauna[enables natural acids to clean skin/detox dermis by oxidizing fat cells and secrete sweat]; d)cardio[sweat=detox]; e) oil massage from periphery to center of anatomy to heart detox/cleanses of waste matter; vasodilatory effect=gas exchange/waste removal/brings blood to periphery of skin/circulates it; breaks up deposits; ; f)violet ray plasma device; g) air bath[gas exchange];(toe and finger); clip regularly cutting across to avoid hangnails; rub oil into nail beds/cuticles to nourish and cleanse skin via free fatty acids(antimicrobial/bactericidal)

cartilage: i) movement[secretes synovial fluid/lubricates joints]

ii)force/load bearing exercise[cartilage stiffness is proportional to load; stiffer=stronger; similar to muscle] iii)vibration[transmits force through crystalline structure]

bones:i)movement/stress/force/impact/vibration/pressure[increases density; stimulates RBC production/movement via increased metabolism/mechanical pressure

ii)(cf. nutrition) remodels bones

HAIR:

though considered by many self proclaimed 'gurus' as an 'extension of the nervous system' enabling psi power/remote viewing capabilities recommend shaving off/cutting as easier to clean Self. nose hairs: use trimmer

esophagus('food tube'/stomach/G.I tract: amaroli(auto urine therapy); occasional fasting(24-36 hours)

intestines: citrus juice; O2 based cleanser(magnesium oxide powder on empty stomach); clay; activated charcoal; fruitarian diet occasionally; colonic hydrotherapy(back to back enemas no need for 'professional' services)

#### LIVER:

'liver flush' recommended by prominent 'gurus'(such as Andreas Moritz) is a scam as what is expelled is saponified olive oil and is therefore not recommended

-liver is the major organ of detoxification; functions mainly between 2200-0200 hrs mainly when people are encouraged to poison themselves by consumption of alcohol which is a nerve toxin which destroys every cell it contacts

-meals eaten later in the day obstructsoptimaldetoxification should be prior to1700

ideally nutrients for detox:

herbs: dandelion; supplements: MSM; malic acid(from apples); proteins: chlorella; bee pollen; legumes; juice: citrus; raw beet juice/powder

#### LUNG:

major organ of detox

always nostril breath/belly/'full' breathe

breath holding=tissue saturation with oxygen+blood vessel massage nostril breathing breaks up arteriosclerotic plaque; do pranayam breathing prio to eating

cardio facilitates the above+habitual practice which must be consciously learned if not entrained in early life('keep your mouth shut')./swaddling of children(cardio helps for deep breathing)w/ 3rd eye meditation

#### TESTICLES:

recommend no ejaculation to conserve fluid as related to nervous/brain tissue; consequence of conservation=retention of you/longevity; greater strength/energy supply,etc; reabsorption of components into body=no waste of elements

tantric yoga (auto or other)

<caveat: benign/malign prostate hyperplasia/hypertrophy/prostate cancer if no ejaculation? minimize to 1x/week maximum>

anus:

bidet attachment/'pot'

shave (to eliminate/minimize residue which generates bacteria) oil(from basti: lubrication of enema bag tip=antimicrobial/germicidal) cf. 'basti/enema section

GENITALS:

exfoliating cloth(scrub)--->oil

AMAROLI/SHIVAMBU/AUTO-URINE THERAPY:

(not recommended as potentially causes infections; also claims to therapeutic value probably exaggerated)

purpose:-'auto-vaccine'; internal microorganisms create antibodies/antigens/antitoxins excreted via urine; reabsorped=vaccine highly specific to own biology and pleomorphism or pathogen/viruses in body

-re-absorption/re-use of nutrients; hormones; enzymes=increase longevity/health through minimizing metabolism

components:

melatonin=anti-aging/calming

-urokinase=vasolidation

urea=anti-viral;(converted into glutamine via ammonia)=increased immunity

-reduces pressure on brain and spinal cord

-anti-carcinogen

-germicidal/antiseptic

-salt: cleanses mucous membranes+laxative; detaches wastes/draws water into intestines; removes surplus sugar from blood; draws toxins from veins

-cortisone

-diuretic: accelerates flow of substances(eg. uric acid) out of body

-cleanses kidneys

-purifies blood stream

-biological transmutation/sympathetic resonance:

urine=liquid hologram containing crystalline vibrations; purpose=healthy body resonance through positive feedback/forward loops; rectifying ailments through this vibrational information=homeostasis/authenticity

shivambu/'waters of shiva'=urine purification/detox/ hormonal nutrient recycling(kriya yoga) see reference section for sources

purification/detox: anticancer agents: dehydroepiandrosterone(a male anabolic hormone); uric acid/urea(antibactericidal): destroys worms; cleanses gastrointestinal tract; male hormones conducive to antiaging; DHEA serves as a powerful testosterone booster as deepening of the voice and sensation post consumption confirms as well as increased vitality and energy

-also facilitates perpetuation of life through furnishing substance generated by oneself; recycling of own substance enhances personal resonance can maintain identity over time(DNA/energetic signature reabsorbed)

-protocol prescription:

1) mouth swish/rinse daily 1st in morning; rub on eyes

2) neti(using neti pot or cup orspoutpouring in one nostril and out other tilting head to side); cleanses sinus; tear ducts; eustacian tubes of mucous and debris much better than water because of uric acid contained therein. Recommend to finish with water to prevent possible infection <warm distilled:1-2 cups in neti pot-->

3)basti(enema):i) purge ii) retention(retain indefinitely tothepointofabsorption if desiredorexpel30minutes later, cf.'basti'section)

4) drink: most important to absorb hormones/nutrients;recommend2x250ml/day

SANITAS(sanitation/cleaning or specific areas of body):

EYES:

a)sun gaze(to side of sun early morning allowing solar rays to enter into pupil-> activates pineal gland & energizes body/brain

b) kriya yoga

c) pinhole glasses(read simultaneously; don't wear glasses as weakens eye muscles=weak eyesight)

d)-eye problems are typically caused through different shape of eye ball; only wear glasses when essential(driving, etc.)

-sunglasses: filter out UVB and cause macular damage; sun gazing doesn't but is natural (not recommended however as may cause macular/scleral damage)

-eye glasses: glass lenses if must be worn as plastic deteriorate over time worsening eyesight especially if 'coated'

EARS:

a) earplugs:prevent entry of debris;enable/facilitate'inner peace'through shutting out extraneous noises: 'the stinking breath of the mob'



b) hydrogen peroxide in dropper: i) lie on side 10 minutes allowing H<sub>2</sub>O<sub>2</sub> to 'sink in'; ii) flush ear with bulb and warm water letting wax fall out; iii) repeat with other ear; iv) repeat monthly; caveat: cut tips; ear wax 'pokers' impact ear wax in ears and possibly damage eardrum, etc.

#### NOSE/NOSTRIL/SINUS:

trim hair with nose hair trimmer

-neti first in morning

external environment purification/sanitation:

dishes=vinegar+hot water+scrubber--->drip dry<environmentally friendly internally and externally> atmosphere: plasma/negative ion generator/ozone generator; sunshine(antimicrobial); fresh air/oxygen; plants: generate oxygen

#### EATING:

ozone to cleanse vegetables; bubble in water

silverware/plate: anti-microbial/germicidal; transmits nano particles into body to perform similar function

-no need to 'clean' silverware as self-cleaning(argentum an element in the periodic table)

.925 sterling silver no silver plate as off gases nickel or other alloy/base metal(copper, etc.)

ceramic knives: no heavy metal/chemical contamination with fruit acids etc. caveat: chipping

#### PREPARATION OF FOOD:

A) raw: exposure or 'raw, ripe, in season, organic' fruits and vegetables to i) astral light: solar radiation/moonlight(especially when waxing)/starlight(certain astrological conditions, certain influences; eg. venus prior to sunrise)

b) magnetism: positive ions on bowls/containers increase voltage adding energy to fruit/vegetable c) to soften raw vegetables: i) boil hot water and pour over veg. In glass container; seal and leave for 30 minutes or ii) use crock pots/cook pots(glass bake ware) for regular fare and add to steam raw produce after-->seal

B) regular cooked:

soak all grains/grasses (eg. millet/buckwheat)/legumes minimum 24 hours to soften germination/sprouting of the above increases nutrients many times but is time consuming

-sugars in above must be dextrinized for optimal assimilability meaning adequate temperature/duration of cooking necessary to convert starches into sugars(dextrinization=dextrose) and adequate liquids(water) must be used

-cooking with water-most efficient as more viscous and substantial liquids impede proper dextrinization although thin vegetable juice broths and low sugar liquids(eg. cabbage juice, etc.) are possibilities

## ORGONITE:

see 'orgone accumulator handbook'

what: orgone=prana=chi=odic force=ki=bio-energy=magnetism=astral light=vril

orgonite: material/physical structure created through layering of organic and inorganic matter fused together through proper methods that creates a piezo-electric effect therefore increasing bio-energy within a certain radius proven through kirlian photography and one's own intuition materials:

organic: beeswax; fibreglass/polycarbonate resin and hardener; candlewax; clay/mud inorganic: iron oxide/metal powder(aluminum; brass; copper,etc.); powder shaving dust(sand/clay); crystals

equipment: i) mold(preferably trapezoid-giza pyramid proportions with capstone removed; invokes energies; otherwise pyramidal)

ii) lubrication(olive/coconutoil,etc.)

iii) heat source(if using wax/clay inoveniv)stirstick

optional additions: magnets; tesla coils; copper/aluminum/other; crystals(appropriate) embed these within structure ideally centered and oriented in appropriate direction(emitting energy) desired.

1) mix up organic melted matrix and 2) place in mold;3)add things as hardens to desiredlevel

orgonite ideas/types:

a) food/charge plate(use deep dish as mold=plateeg.1+"x6-12")

b) orgonite blanket: multilayered carbon steelwooland i) wool; ii) cover with nylon/silicon exterior; iii)sew to compact materialstogether

c)

mattresspad:followb)abovewithmoresolidmaterialsand/ormorelayerseg.latex;cork;wood(always metal and organicmaterials)

d) orgone pads(as above cushoin etc.);

e) orgone accumulator box:i) small(like aminirefrigeratorforenergizingfood;i)large:mammalia/sentientetityenergizing

f) earth pipe: purpose: tapping into electromagnetic fields of earth; transmitted along trajectory of pipes:how:1) 1 1/2" copper pipe 13" long; 2) tape one end closed; 3) tape wire pipes together; 4) stand up with taped eneds at bottom; prepare double pointed quartz crystals wrapped in copper wire(creating tesla coil); 6) 2-3 mixed liquid organtie into each; 7)drop crystals in pipe; 8) let cool; 9) add more orgonite; 10) stick in ground; wire to earth if desired with copper wire preferably into flowing water(utilizes hydroelectricity); if still in doubt of legitimacy/actuality of orgonite think of lightning rods;chembusters: same as charge plates only

for breaking up chemtrails(earthpipes also have this effect if directed towards chemtrails); place outside; preferably trapezoid/pyramidal structure;tesla coils: metal wire spiral usually copper which harnesses energy

orgonite amulet: crystals/[semi]precious stone[s] place in metal pill capsule(from pharmacy) after filing with orgonite; wear as amulet

'odizer' food energizer: trapezoid/pyramid structure(preferably adhering to giza pyramid proportions/pythagorean golden ratio);

copper sheeting on capstone 10 % of structure; 1 side faces magnetic north

-add orgonite terminal points(double terminated crystals/orgonite pyramids in corners/capstone of pyramid);-add charge plate underneath;use bees wax/mud/clay(health reasons;to prevent off gasing of volatile([in]organic chemicals form resin/candlewax which should be reserved for outdoors if at all); neodymium(N35-N52) magnets evenly distributed along bottom= increase voltage/charge

For all orgonite recommend using only beeswax; metal powder and crystals as more healthful than synthetic/chemical resin

#### BED:

place pyramid frame(larger sized) as above around bed with bed placed in center following same proportions as above(giza/pythagorean) materials: iron bed frame; metal solid core door(without window); copper pipe(large enough to surround bed); orgonite pyramids and charge plates; magnets(as above as many as desired and evenly distributed on bed frame and door surface) 1)place door on frame head facing magnetic North slightly elevated; 2) place magnets 'appropriately' as above negative polarity facing up ward for reducing inflammation increasing voltage/negative ions/healing/relaxation; 3) place orgonite mattress pad up to 8" thick on door; 4) place sheets/orgonite blanket on top

#### POSTURE:

'alexander' technique; chiropractic; osteopathy(atlas readjustment)

daily activities: stand for 2 hours minimum ideally 3(to maintain bone mineral density)

sitting: conventional sitting in a chair with thighs at a 90 degree angle or more acute with torso upright or bent forward is contra-indicated for the following reasons: kinking the femoral artery reduces blood flow and eventually leads to thromboses, strokes and heart attacks which is why office workers are prone to these conditions in 'western' society. In japan standing desks are used and those conditions do not obtain to as great a degree. Second compression of spine through extreme pressure/force generated through itself via the pushing(not pulling) force of gravity emanating from the galactic center(or black sun/source field). This leads to degeneration of the intervertebral discs and vertebrae over time leading to sciatica, shrinking/reduced height. The pressure generated in such posture is extreme. Also wears down the pelvis

#### BLOOD/LYMPH:

gravity boots: lymphatic drainage, etc.; yoga technique(legs/arms over heart) blood shunting/milking technique: alternate hand squeezing russian systema spetsnaz blood shunting/ muscle activator technique:

contract all muscles beginning with calves ascending to neck repeatedly to bring blood/oxygen into tissues to awaken in morning

-trampolining=lymphatic drainage especially if arms are lifted overhead intermittently throughout the session

#### VIBRATION:

handheld massages/standing vibration machines/foot baths transmit vibration through tissues assisting in breaking up adipose tissue/calcium deposits in joints, increasing blood supply to area and increasing muscle electrical activity through localized stimulation of nerves. Facilitates relaxation of tissue that have excessive tone and are overly stimulated/contracted through activating other areas and creating a more balanced electrical activity throughout the region. Given that the physical body is a crystalline transceiver (transmitter/receiver)of electromagnetic fields the vibration (or disturbance of social/energy fields) resonates /radiates throughout the body facilitating its own homeostatic resonance (Aristotle's entelecheia, loosely translated as 'integrity') through feedback loops-the mind/body/spirits self- knowledge/ self-identification of itself through itself.Musical so has this effect as well as any sound waves(in fact every 'thing' which is registered in consciousness as a 'thing' is vibrational/informational and therefore a meaning conferring alteration of consciousness in and as itself). caveat: excessive use of vibration generating equipment can cause nerve damage through overstimulation (the 'white hand' people on road crews and miners get through continual vibrational overuse injury). However a briefer session daily or even multiple times per day would not be detrimental reading/studying/work postures: an addition to standing on ground(ideally barefoot on stone/slab or wood/boards/bamboo/hemp mat is to obtain reflexology mat/sandals and stand on this alternating with perhaps slightly comfortable item as above if the sandals are sharper spikes/pointed. magnetic insoles or addition of magnets to mat/sandals which increases voltage through feet

reverse: standing: enables greater circulation of blood and increased metabolic rate. This increases energy expenditure and reduced adipose tissue for sedentary people. Also enables shifting of weight which reduces calcification of joints, improved blood circulation and electrical activity/tone of muscle. The notion of varicose veins caused by venous backflow(blood flowing backward and pooling in veins which have one way valves) being caused by standing for prolonged periods is a myth-a result of sedentary life and lack of physical movement. Thus recommended is to spend most of the day standing/ moving while one works.Equipment: obtain or make(out of wood or metal) a standing desk. If this is excessively difficult at first self may transition from sitting for prolonged periods by alternating with standing periods increasing the latter while decreasing the former over time and or working in a kneeling position a la japanese kneeling desk. Eventually self develops adequate conditioning to enable self to stand for the requisite period and eliminate deleterious influence of sitting for prolonged periods. further recommendations: meals should be taken in kneeling or cross legged position on cushion.

CLEANING(internal/external):

UV light; plasma(allegedly stronger degrades environment pollutants spores, bacteria, fungus, chemtrails)

HYLE:[physical]

EXERCISE purpose:

develop the physical body into a light body and efficient soul vehicle to manifest one's destiny

-cultivate its existential modalities and create a harmonious state between itself and the subtle bodies which concretize in its form-amplify awareness/consciousness of the atma; fundamental purpose is attainment of the diamond body within the duties/parameters necessitated by the material world(Midgard) and its circumstances/conditions, ie. the development of willpower to fulfill one's destiny

modalities/faculties:

STRENGTH: i) tissues<--->ii)will(interplay between cultivating both necessary to knit together Midgard and Asgard via intensity of concentration of energy fields and their directedness/focus upon a given modality of employment.

optimal time: 1500-1900hrs: 1500-1700hrs: power/endurance/muscle(red fibre); 1700-1900hrs; strength(white fibre)

tao of physical strength:

strengthening physical structures to use/strengthen the will through nerve force development; 'the soul is developed through extreme living'

-physical force/intense emotion(concentrated upon an object)=development of willpower

(not to the following: the author recommends only doing weightlifting with mainly cables and light free weights as heavier lifting causes musculo-skeletal damage; joint deterioration and imbalance as well as excessive adrenal hormone secretion and sympathetic nervous system dominance. As aforesaid this causes joint damage; excessive adrenal stimulation and musculoskeletal imbalances over time. Efficiency is key but within the paradigm of lighter weights (80% 25repetition maximum) and higher volume (4 sets of 15-20 repetitions for 2-5 exercises 3 times per week).

-a)weightlifting schemata;[musculo-skeletal nervous system total body systems] i) force vector through axial skeleton(spinal column, hip/knee); 'vertical' from sky to earth via bony levers(skeleton) moved around arthroses(joints) via muscles via nervous system via will--->back to will=willpower

specifics: ii) heavy as possible; iii) most basic exercises; iv) least amount of time: "most amount of work; least amount of time": German overload principle/principle of energy economicity: "minimum output maximum productivity/yield"

-common sense principle: "most for the least";v) qualified by physiological ability to generate enough ATP to produce the desired training effect:speed-strength/power(olympic



lifting);absolute strength (powerlifting);hypertrophy (bodybuilding)

-type of activity('exercise' type): related to purpose or type of work depending on desired result:

1) nerve force: a) olympic lifting(power:exp.speed strength):

exercises: clean and jerk(C&J); snatch; front squat; push press/jerk; step-ups rep range: 1-3

rest period: 30 seconds-1 minute between sets sets: 8+/exercise/workout

exercises: 2-5/workout=volume(sets x reps x weight; max volume=max nerve force output= max willpower development; caveat; volume should be proportional to recuperation/rest

cycles: micro/meso/macro(monthly/quarterly/yearly)

-recommend: 30%+ weight/strength training energy(relative to overall temporal structure/goal: long term progressive strength increases, competition; maintenance---alternating work with adequate rest to create a harmonious state often called 'homeostasis')

-b)absolute strength('powerlifting' style strength/weight-training):

exercises: deadlift (variations); squat (variations); overhead press (variations)

rep range: 3-15; rest period(more= more force output/set-ATP regeneration=max force output sets: 5-8/exercise; exercises: 2-5/workout; 2 minutes max; 30 seconds preferable as time saving/ cardiovascular benefit

cycles as above

strength/endurance/strongman: 'world's strongest man' is a good forum or showcase of this style of training as is wrestling(competitive/olympic)

recommend exercises:

w/barbell: with other implements: logs; barrels; anvils; stones; weight vests; anchors; pull sleds; cars; weighted pull trailers

waiterwalks:walkoverheadwithbarbellextendedtoarmslengthelbows'lockedout';- takebarbellfromsquatstands/cage to clean position(against collarbones)and jerk overhead or C&J from ground or hang position(hips extend from arms); walk: i)backwards; ii) forwards; iii)back and forth; iv)sideways,etc.

-length and weight selected depend on desired effect,etc.; longer=more balance/proprioceptive development; less intense; less large motor unit recruitment and vice versa with more weight/mass having greater effect on cartilage[stiffness]/bone[density]/increased metabolic rate/myocardial thickness, etc(as with all of the following exercises):

farmer's walk: dbells in each hand; walk around as with waiter walks; bbell on back(caveat: less biomechanically sound, possible spinal damage given forward motion and necessity to flex/bend cervical spine to accomodate bar); barbell in front of thighs(awkward movement)

1-dbell overhead snatch: from hang or ground or clean to get overhead and walk with fully extended); 'instability training'; must do with both hands in different sets to retain symmetry.

static holds: from deadlift-->hang(hold for time);

-from standing press/C&J-->overhead(as with waiter walks)

-squat: different hip/knee angle eg. 45 degree, 90 degree, etc.

the purpose of this in addition to the above is to strengthen tendons and increase joint stiffness as cartilage/joint stiffness is proportional to load; also enables heavier weight to be endured as maximal mass can be utilized

weight vest walks: heavier=less time; vice versa; eg. 0-60 lbs x 45 minutes; 60-100 lbs=10-20 minutes; 3x/week

-notes on 'crossfit' and other trendy exercise modalities:

the notion of combining exercises that rely upon aerobic energy systems(aerobic exercise)with anaerobic energy systems is flawed for the following reasons:

1) to regenerate ATP(adenosine triphosphate-'the energy currency of cells') requires adequate time. Those energy systems utilized in anaerobic exercise(exercise undergone 'without oxygen', ie. anaerobically) confer enough ATP to produce brief and intense neuro-muscular effort up to 30 seconds.ATP requires 30 seconds to regenerate. to continually produce effort('work') drawing upon ATP reserves beyond this time is impossible as no ATP exists upon which to be drawn. Given that the recourse is to hypersecrete cortisol an adrenal stress hormone that causes catabolism (breaking down)of glycogen(the storage form of glucose in liver and muscle) for energy. The demand for ATP cannot be met in spite of this meaning that the end result is an excess of adrenal gland metabolism and consequent burn out/exhaustion. Therefore undergoing exercise modalities that require heavy,intense neuro-muscular exertion ('work') beyond a brief intense period (which are properly spoken of as aerobic) cannot be sustained at the same level of intensity ceteris paribus and even at a lower level induce hypercortisolemia and concomitant adrenal fatigue. The threshold existing between anaerobic(ATP-CP-adenosine triphosphate/creatine phosphate) and aerobic(oxygen/glycogen) energy systems is the turnover point on the continuum of metabolism that switches necessitates different exercise modalities eg.load-bearing;brief intense neuro-muscular contractions/nerve force output to sustained, enduring, lower level continuous exertion. Certain muscle fibre types are utilized in each and cannot be 'cross trained' at the levels of intensity prescribed in 'cross fit' training without failure contraction for the above reasons(lack of ATP). Red fibre(slow oxidative) in muscle enables sustained contractions having a greater blood supply thereby drawing upon oxygen in circulating blood to deliver oxygen to muscle fibres for sustained contraction over time; white fibre('fast fatiguable') having poorer blood supply enables rapid,brief contraction drawing upon ATP-CP localized to contract.The two being distinct can'tbe'cross-trained'. Strongman exercises are similar as they represent an exercise modality of sustained neuro-muscular output with maximal loads. They are thus contra-indicated if adequate rest periods of minimum 30 seconds(to regenerate ATP) are not taken. However the benefits of strength endurance they confer render their inclusion in a routine valuable if undergone for briefer periods per set, or kept to a minimum(eg. walks with weight vests and other more lengthy exercises). The focus of a strength

training routine should be on speed and absolute strength relying upon olympic and powerlifting exercises in that order of inclusion. If one's goal is metabolic conditioning/the development of sarcoplasmic hypertrophy (increase of mass in the muscle cell sarcoplasm)/the infusion of blood and lactic acid into the muscle/increase of VO2 max (lung volume)/endurance the lower weight/higher rep 'pumper' style of bodybuilding routine below is indicated which can be much easier on the joints utilizing an 8-12 or even 15-20 repetition scheme.

#### ROUTINE PLANNING/DEVELOPMENT:

design a routine to be well-rounded, eg. incorporating different modalities of exercise: endurance; strength; agility; etc. monodimensional routines have minimal carry over to real life unless the life is monodimensional (and this could be an undue limitation to the individuals' self-cultivation/expression), ie. they could be selling themselves short).

prescription: speed strength/skilled movement(1st)

'core movements', ie. those utilizing most lean body mass and requiring most force output-that undergone

1st(eg. speed strength/skilled movements)

(2nd)

strength endurance: preferably kept separate in a distinct training period, preferably with a day of rest separating the two; accessory movements/exercises

(3rd/4th)

-those which rectify deficiencies and supplement the overall capacity of the person(such as trampolining. cardiovascular, balance; coordination; those requiring less intense exertion and those who enable a cool down period, eg. cardio for blood circulation; clearance of hydrogen ions; lactic acid; CO2 from muscles, etc.)

Beginners--->advanced trainers: number of exercises/sets/weight(eg. 'volume') would vary as would complexity; more volume/complexity with more advanced ceteris paribus not all advanced trainers require complexity, the goal should be economy(most pays off for least investment, eg. Bulgarian olympic lifters.)

Exercises:

Higher skilled movements develop the neuro-muscular coordination and greater central nervous system activation/control of physical body. Basic core exercises that establish strong pillars upon which to build:

Recommendation:all exercises be done barefoot on solid hard ground(stone preferably, though concrete can serve as a substitute). This strengthens the feet as well as more effectively transmits sensation throughout the body enabling increased control & self-awareness. Press; The goal ('the heights'-getting the bar at arms' length overhead in a lockout position and feeling its weight impinging on Self from above).

reasons: enables balance and dexterity; this facilitates 'handling' through conscious awareness, the obstacles pervading Midgard (mundane life/physical) and inevitable soul development <perfection, there is no evolution not even metaphysically just devolution and perfection> generated through the application of knowledge to human experience, ie. wisdom. The instability of the bar, the juggler's magic act, in balancing it conditions consciousness to gain awareness of that same instability and the duty as an incarnate soul to stabilize it. This is known instantaneously through the performance of the act.

Squat:

reason: enables understanding via receptivity to physical 'falling' sensation of squatting down; the movement must be controlled necessitating heightened consciousness to avoid injury/deal with threats to physical body: heightened awareness serves as the doorway through which information enters, opens the tap of information flow; This exercise forces itself upon one being a literal physical burden shouldered; understanding of what once carries is a necessity in the act of carrying: a bag of feathers requires a different response neuro-muscularly/psychobiologically than a load of iron. This is an exercise requiring constant control to avoid the sickle of saturn; a sublimation of the death drive; Self must drive the feet into the ground in the concentric movement to attain the heights(physically/topographically the 'top position' of the movement). The sinking sensation(death) is understood in the decline(eccentric movement) and must be actively resisted for survival, the continuance of the spirit in the flesh.

caveats:

squats place excessive load on the spine ; hips; and knees and have a poor return for their energetic investment. To actuate the thigh musculature for maximal muscle contractions with squats one must load the joints excessively-hence not recommended. As leg extensions (rectus femoris/vastus medialis and vastus lateralis muscle activation/sartorius-'quadriceps muscles)) and leg curls (semimembranosus and semitendinosus- 'hamstrings' muscles) place minimal load on the joints while conferring the same stimulus to the muscles they are a better alternative.

Deadlift:

reason: activates solar plexus via spinal cord and correlative peripheral nervous system employment. Truck muscular contraction initiates feedback loops that necessitate continual nerve transmission to maintain sustained contraction.

-Body must move as a unit a sun center axis point around which the limbs orient head alignment ,must be symmetrical with body with eyes maintaining centralized focus(on target) which anatomy moves as it were rotationally around this psycho-biological point. Hence it is the middle pillar unifying opposites, left/right side of body. effect: stability; enduring strength; radiation of nervous energy throughout physical body raising the serpent fire to Sol, the sun of mind. Bridges gap between sun(mind/manas/soul) and earth(feet/physical ground).

caveat: places excessive load on lumbar spine and excessive stress on central nervous system, hence overall not the best exercise for back. Rely on hyperextensions for erector spinae and pull-ups/lat-pulldowns and/or standing barbell rows

weight routines:

note; the first below routines are examples for building raw power/strength and are damaging to joints if done consistently over time. hence if to be done at all they should be done only periodically, eg. once every month; 1.5 months or 2

A: minimalist

3x/week; 1-2 exercises/session; 8-10 sets/3-5 reps/10-30 seconds rest/15-20 minutes maximum

a)(M=deads)/T=off/W=squat/Th=off/F=C&J/S=off/S=off

◦ M=deads/rows/T=off/

W=squatx2variations/Th=off/F=C&J/Press/S=off/S=off)M=C&J/Deads/T=off/

W=squatsx2variations/Th

=off/F=C&J/press/S=off/S=off

B: 'minimax/maximin' variations: ('minimizes the maximum possibility of loss maximizing the minimum possibility of gain')

8-10 sets/3-5 reps/10-30 seconds between/2-3x per week; 1-2 exercises/session; 15-20 minute max. M=deadlifts/rows/T=squats/W=press;press->waiter walks overhead/Th=deadlifts; rows/F=squats/press/S=off/S=off

recommended: deadlift variation: powerlifting; sumo; chinese(chinks);

C&J squat variations: low bar; high bar

press variations: push jerk/push press; standing press; C&J

stepups: utilizing a 16" high(approx knee height+) stable bench 1+' wide and longer than shoulder width place barbell on back and step up on bench with 1 foot then other -->reverse. The some(unilateral) or alternate legs may be emphasized

Minimalist speed-strength routine:

squats(low bar); push press/jerk(2 minutes rest between sets) repeat(high bar; low bar squats)

push press/jerk 5sets x 5reps

The above routines are designed to economize time/\$/effort (your energy) while utilizing the following concepts/principles conducive to a state of harmonious well-being in the physical and for performative capacity in most daily routine affairs.

T.U.T (time under tension)/'poliquin' principles of charles poliquin: his repackaging of the "German Overload principle"(most amount of work least amount of time): more time under tension=more volume/intensity/training effect

-goal should be to generate as much 'work'(as defined in physics) for any given time, ideally in the least period. This generates maximal force output recruiting as many motor units/muscle mass/having maximal metabolic/hormetic effect thereby economizing training time and



achieving the most beneficial training

effect for strength and general conditioning using external objects/load/mass. This applies to most practical applications of strength such as in emergency situations where speed-strength (the ability to rapidly generate maximal force output and recruit in minimal time as much motor tissues-eg. muscle, tendons, etc. as possible) is necessary. For other applications such as strength endurance (the ability to exert maximal force out put through a period of time) the appropriate training modality is necessary to apply in accordance with the principle of specificity, ie. training modality related specifically to a goal where the changes occurring physiologically/anatomically specifically relate to the effortful action, ie. are specifically 'relevant' thereto. Rest should always be balanced with exertion such that continued exertion can be upheld maintaining or improving upon physical capacity in terms of one's agility, flexibility, strength, endurance, speed, posture, nerve force, etc, The more intense the exertion the more recovery (rest) requires emphasis.

better resistance training (weight lifting) routines for overall fitness, strength and conditioning:

3 times per week spaced out as evenly as possible (eg. tues/thurs/sat): perform all exercises with 0-30 seconds between sets in sequence: <--->=superset (alternation); --->sequence

the heavier the weight the lower the reps and vice versa

day 1: legs: (superset leg curls & leg extensions reversing the order biweekly, eg. leg curls 1st--->leg extensions 2nd and reverse): 4-5 sets of 12-20 repetitions--->calf raises (machine; barbell; dumbbell alternating legs from weight plate or block)

day 2: arms+shoulders: (a giant set of antagonistic muscle groups as above: eg. biceps: alternate biceps curls<--->triceps pressdowns--->bent over dumbbell lateral raises--->dumbbell alternate standing raises= 1 set; do 4-5 of 12-20); omit forearm training as possibly causes carpal tunnel syndrome and reduces fine motor dexterity

day 3: chest+back: (superset antagonistic muscle groups: lying dumbbell flies/cable crossover--->lat pulldown/barbell rows/pullup (weighted or no)--->hyperextension; 4-5x12-20 reps

Strength endurance:

'Strongman' style exercise: the purpose of this exercise modality is to 'endure' throughout muscular exertion over time the performance of a certain exercise. it builds 'endurance' under load/external object although bodyweight can be utilized as in 'static' exercises such as remaining in a certain position while undergoing muscular contractions also called isometrics (same measure, the limbs/joint angles neither increasing 'eccentric' nor decreasing 'concentric' during the exercise). This latter was used by Bruce Lee and was popular in the early days of strength training as well as in the military. examples: plank position; '6 inches'; freestanding squat; push up position; leg raises with legs outstretched; a comparatively useless exertion as doesn't utilize normal bodily motion in 'real life'.

'olympic lifting exercises':

snatch/C&J: requires great flexibility and neuro-muscular conditioning/mind/muscle motor unit

recruitment pattern development the development of the neuro-muscular 'groove' through which the exercise is undergone. This requires a longer amount of repetitive training. Also requires proper equipment for best execution: adequately tensile barbell with rotating collars ('olympic barbell') lifting platform and shoes with elevated heels preferably made of wood.

purpose: speed strength maximal nerve force generation multiple sets of single movement enables best recovery and no delayed onset muscle soreness(DOMS)

'powerlifting exercises':

deadlift: simplest, quickest, least amount of equipment most efficacious in body systems training(neuro- muscular): force vector transmitted through axial skeleton and utilizing maximal lean body mass(muscles, cartilage, nervous tissue,bones,connective tissue). No weight belt=creation of 'weakest link', ie. lumbar spine ligaments and lower back as well as trunk musculature('muscular corset'). This equipment leads to spinal injuries which belt-less lifting prevents. The purpose of weightlifting/strength training is implicit in the name,ie. building strength through weight/mass 'lifting', eg. exerting muscular force against an external load resisting the pushing force(not pulling force)of

gravity itself emanating from the galactic center<black sun>. This enables oneself to 'merge' with the deity, 'unio mystica' nait and hadit. mechanism of attunement plucking the cosmic harp and performing a role in the orchestra of the Divine.

types of deadlift: sumo(wide stance; clean grip shoulder width apart)

ducktoe(toes close together angled outwards 45 degrees;wide grip hands out stretched to limits-can be hard on the knees; hips and low back and cause postural problems. Also called 'chinese deadlifts or 'chinks'); romanian deadlift(snatch grip: wide as possible; under/overhand)

performance: position self with barbell over feet in center of bar; take grip position; maintain neutral spine(neither flexion nor extension but normal spine curvature). Let fall to ground. Squeeze bar throughout, hold breath throughout lift. Lift with legs pushing into ground('through the ground' in the imagination) and maintaining maximal muscular tension(time under tension;more tension=more nerve force=more training effect). Eyes directed towards one spot('focal point').

squat:(the 'deep knee bend' of yesteryear physical culture)

purpose: similar to deadlift: stimulating/activating as much LBM as possible for least motion/time expenditure for strengthening body systems(musculo-skeletal/nervous/cardiovascular/endocrine/connective tissue, etc.) Adheres to the German overload principle and constitutes one of the fundamental pillars of a strength training

regimen which could be diagrammed as 'routine planning/development section'.

Typically self starts by stepping under a weighted barbell itself positioned on squat stands/power cage. Stand erect/shoulder across trapezoid muscles(below neck) maintaining fastness in torso with spine in neutral position eyes facing spot parallel to eye level (imagined or actual). A mandala may be affixed to wall to entrain the mind; step back unracking bar maintaining

symmetry; squat down in controlled fashion maintaining a bar path (imaginary/actual path bar travels from start to finish) within the same plane in both eccentric (descending) and concentric (ascending) phase of exercise. Rerack; wait 30 seconds-2 minutes and repeat for desired rep and set parameters. Drive feet into ground when transitioning between phases. Anecdote: Egyptian lifters do this exercise as fast as possible with 1- 1.5x bodyweight. Their goal is speed. This may conflict somewhat with absolute strength development (as in powerlifting). It may better develop the kundalini shaktipat/nerve force as more rapid rate of force development has greater effect in overall nervous system conditioning). Caveat: head must be parallel to neutral spine eyes focused on targeted object (visible or invisible).

Press: (many variants but 'push press' or 'push jerk' is prescribed)

Bar taken from racks/squat stand or 'cleaned' from hang (sometimes from ground but this incorporates erector spinae muscles over much and is best reserved for C&J movement of which this mirrors one of the phases) to clavicles with grip beginning as overhand and hands/arms then positioned under with elbows directed either forward, midway, downwards (180 degree angle from torso), the latter is best. Self then dips down and drives the bar upwards with axial skeleton starting from hip/knee transmitting force to arms which complete the movement overhead supporting bar for time if desired (as in waiter walk, etc.) Eyes are again focused on target and neck thrust forward somewhat as bar clears face preceding it.

Strongman/sustained strength:

(absolute strength; ability to continually exert force output over longer duration with maximum load of external object transmitting force through axial skeleton over most amount of body tissues thereby recruiting maximal motor units/contractile tissue (eg. collagen fibres in cartilage=increased stiffness=stronger joints=less injury=greater integrity of physical body)

exercises: farmers walk; static holds; waiter walks (all with dbells or bbells); sled pulls; implement throws; weight vest walks: i) walk for time; ii) for distance (with max weight) -- external load centered around trunk; force vector transmitted through axial skeleton).

1RM (1 repetition max) lifts: power lifts (deadlift; squat, etc.); possible static movements at certain ranges of the lift; intensity is the goal -- 'most amount of work least amount of time' = maximum force output for an adequate time to achieve desired result

-length of time proportional to weight; heavier=shorter time

note: usage of energy within the scheme of one's life should be harmoniously managed, ie. allocated in such way as to support all the purposes that enable one to attain the diamond body. This might be called 'optimization', ie. the best of all possible good things, accentuating the positive, eliminating the negative to the greatest possible extent.

-This exercise modality should be segregated from Others as builds different capacity; do on separate day if possible

-exercise/workout; 3-6 (3 main minimum); sets: 3-8/exercise; reps=1 cycle:

recommendations; 1x/week of training eg. 25% of weight/strength/training

Accessory movements/exercises:

with equipment:

purpose:

general safety/utility in daily life in emergency situations, etc.

i) neck training:

a) head harness (extension/flexion-lying or bent over) b) weight plate (extension/flexion on bench)

b) weighted helmet

c) spinal twists (with small barbell bar ~15 lbs max or broom handle etc.)

a) rotation (standing/seated)

b) side to side (one side up<--->one side down): 20 reps each medium pace; keeping torso; faster pace with lighter weight

iii) chin up/dip bars: over/underhand: wide/medium/narrow grip spacing

purpose: blood circulation; electrical activation of muscles; synovial fluid secretion (joint lubricity); collagen fibre strengthening

iv) trampoline: purpose: motor coordination/balance/proprioception (body position awareness/equilibrium maintenance); lymphatic drainage (raise hands above head extending arms periodically or throughout session); joint strengthening (cartilage stiffness proportional to load therefore impact is desirable for this purpose)

5-6 minutes per day minimum (preferably 2x per day every 8-1 hours)

v) hand exercises: a) bowling balls: i) metal (tungsten carbide steel=heavier; chrome steel=less); ii) stone (different weights; resonances; eg. nephrite jade; haematite; schorl different influence on body/mind/spirit) iii) bells (inside)=greater dexterity developed to avoid tinkling ('gypsy touch')

vi) spring squeezers (hands): a) 'oldtime' (multispring rectangular frame); b) '1spring' v-type '<hurts wrists>'; c) eagle claw type (wide grip)

vii) pinch pins with weight attachments; vi) pinch

weight plates, etc.; hold for time; use select fingers to develop specific muscles etc.

NON-IMPLEMENT TAO of PHYSICAL STRENGTH:

static exercise: maintains/sustained conscious control over physical body: static squats; fingertip pushups (dynamic/static: strengthens fingers/bones/joints//wrists); 'jumps' ('plyometrics'); 'dynamic tension' exercises (sustain musculature contraction in various limbs)

dynamic: walk on tiptoes; balls of feet (widdershins/clockwise/back and forth/outside of feet-inversion/eversion); acrobatics/gymnastics

-internal organs; skin; eyes; energy centers; gums; teeth, etc. (see appropriate sections).

## CARDIO:

large muscle group(eg.thighs/legs; shoulders/arms/chest) continuous movement repetitive

% of heart rate maximum(HRM): 45%+

purpose: greater than normal respiration(inspiration--breath in; expiration--breath out) is achieved; that blood is circulated at a more rapid pace; that heart rate increases/blood temperature increases/perspiration occurs(secretory toxins)/gas exchange(CO<sub>2</sub>/O<sub>2</sub>) occurs at a more rapid rate and greater volume thereby oxygenating tissues and clearing away waste/secrete synovial fluid in joints/ increase electrical activity in muscles/ oxidization of adipose tissue(eg. fat loss). The above enables the purification of the physical vehicle and enables greater concentration; metabolic efficiency; detoxification/clearance/elimination of wastes(via sweat/water vapor/CO<sub>2</sub>/H<sup>+</sup>[hydrogenions]exhalation]recommendation: 30 minute session 5x/week minimum with the same amount of regular walking daily if living a sedentary lifestyle; 1 day of rest/week maximum

modalities:

with equipment; elliptical(upper/lower body=increased metabolic boost/physical capacity); recumbent cycle(easier on spine/perineum than cycling); stationary cycle(less so and can also cause testicular cancer and impotence through crushing the blood vessels in the perineum shutting off blood supply to the genitals; also wears down the perineum); stair climber; treadmill(running); bicycle(racing bike=faster); rowing machines(not as continuous/rapid paced;/ too much muscular tension/ resistance to enable more rapid movement without undue strain)

without equipment: brisk walking; running(hard on joints; recommend barefoot on dew, grass under sun)time: morning in fasted state between 0600-0900 or when convenient according to schedule/purpose of individual

-sweating profusely and continually should one of the main goals(eg. of detox).

ZARYADKA(joint mobilization exercise):

This is similar to tai chi/qigong and is derived from a ukrainian surgeon Nikolai Amasov. all movements ~30+reps following one another ad sequentia(in sequence) without break; approximate time: 15-20 minutes

Intend to go as fast as movements can be performed without undue strain. Purpose: secretion of synovial fluid/muscular electrical activity/blood circulation/lymphatic fluid circulation/prevention of joint calcification/development of corresponding movement patterns: stand throughout

1) neck:i)side to sideii)extension←→flexioniii)rotation(left<--->right);

2)clavicles(shoulder girdle): i)forward; ii)backwards;

3)cervical spine(hands across chest): i)forward<-->backward;

4)thoracic spine(arms pressed against side): left<--->right(side to side);



- 5)(widen stance): lumbar spine(hands sliding on out thighs): left<--->right(side to side);
- 6) birch pose(Yggdrasil)/arms outstretched: left<--->(spinal rotation);
- 7)(crook elbows spinal rotation): left<--->right;
- 8)(bend elbows/rotator cuff/alternating up and down opposing arms motion);
- 9)shoulder/arms rotations: i)forward ii)backward(in opposite directions)
- 10)(bend over at waist, hands extended as blades):
- i)extend arms alternating up<--->down;
- 11)(bent over still; cross arms): i) out<--->in right over left ii) left over right;
- 12)(standing erect) cross arms over chest: as above 11)i)/ii);
- 13)(bend elbows; as above);
- 14)double punch(space ghost punches);
- 15) (drop hands to sides;opposite motions):
- i)elbow flexion/extension(blade hands); ii)supinated hands
- 16)(possibly locate supporting object if need to balance against): i)right leg--->left leg(bent knee flexion);
- 17)repeat with knee extended(martial arts kicks);
- 18)leg extension to side: right--->left leg;
- 19)knee extension to front: right--->left;
- 20)(bent over) mule kicks: right--->left;
- 21)foot rotations: i)clockwise; ii)widdershins: left-->right recommend: daily between 0500-0900

WORKOUT ROUTINE examples further:

zaryadka(a Ukranian term derived from Nicolai Amasov): 30 reps per ea. joint in natural plane of motion from head to feet: neck->spine->scapula/shoulders->elbows->hands/hip->knee-

>feet; rapid pace continuous throughout all joints: 7x/week: walk: 2x30min V 1x45min.- 1hr./day;

4x/week:cardio(see below):

5x/week:BWR(iff no weights otherwise omit) 2-3on1off3on1off V 5-6on1-2off pattern; brisk

hand squeezers→trampoline(5+min.)→BWR:(med./wide)pull-ups<→pushups:3x20;15;10->(med./ wide)pull-ups<→pushups:3x20;15;10→>(med./wide)pull-ups<->pushups:3x20;15;10->broomstick twists/side rotations->2x20-30->pushups<->pull-ups(alt.)->hang/side-to-side(for

time)->spinal twist->neck:supine/flexion->prone/extension:1x100->side/rotations(2x20;10)-><>neckbridges-><>weightless static squats at 90° or other angle for as long as necessary; walking up stairs/hills(long strides); load-bearing(iif[]): farmer's walk w/ weights+<> overhead; marches w/ pack/weight vest

YOGA routine(+read V meditate): stand: arms behind back(? on spike sandals)<->hands over head(diamond pose)+mudras; sit/kneel: zen;folded;lying: supine: lotus(legs crossed); corpse(legs straight);prone: cat stretch(back arch)/superman

Martial Arts: ad libitum

Weightlifting: purpose: strength, metabolic conditioning<preferably omit as overtaxing on the nervous and other body systems>

means:highest intensity/shortest amount of time/fewest number of sets/volume; 1 exercise per muscle group(see below)x6 sets of 8-12 reps full ROM(range of motion)

+superset(alternate sets of exercises) antagonist muscles(eg.Chest+Back):

Schedule:2 days off---on--off--on--off--on 1 week off every 9 weeks

1st day: Lower Body(Legs: Quads+Hams; Calves);->1 off day-->2nd day: Chest+Back+Hams->1 off day-

->3rd day: Shoulders+Arms: (bis+tris)+Quads+accessories Exercises:

chest: decline dumbbell flies; cable crossovers; pec deck;back: pull-up(weighted using dipbelt); dbell row;

cable pull inbiceps: alt dbell curls; alt.dbell hammer curls;triceps: pressdown; skull crushers;shoulders: bent over flies; (alt.)cable raisesquads:sissy squats; hack squats; dbell squat; hip belt squat; roman chair squats;hams: Romanian-stiff- legged deadlifts;calves: dbell; calf machine;forearms: wrist curls(flexion— extension); wrist rolls

Cardio: a)Steady-state cardio: 20-30 minutes at brisk pace or b)HIIT(High intensity interval training): 5 min warm-up+5 min cool down for all: egs. a) 30 sec on:30 sec recovery(x6 sets);1 min on:1 min recovery(x3 sets) ;5 min steady(hard)--->5 min recovery- ->5x20 sec intervals

References: "The Physics of Fitness", Doug Brignole

#### DARK SIDE OF STRENGTH TRAINING:

The light side is what accords with cosmic/natural law, ie. harmony(attunement with the sum total); Dark side is the inverse, namely ego-driven vanity and self-absorption. The credo of the modern age: 'demon et deus inversus', the degeneration/materialization of culture including physical culture: from productive strength development and 'being all you can be' in accordance with your True Will to self-genuflexion, status seeking and superficiality: 'max. muscle/min.fat'; capped teeth; tanned skin; 'bigger, stronger, faster': qui bono? For what purpose and why?How long, how sustainable in terms of acheiving the diamond body and the surrounding environment(mental/physical/social.natural)? The image of the steroidal bodybuilder gorging himself every 2-3 hours, injecting cycles of synthetic hormones; consuming fat loss drugs; spray

tan on the skin, etc. Contrast this with any healthy/string person from 100+ years ago--who lived longer/better? why? The former bears no resemblance to the latter spiritually or materially. The mass monster bodybuilder is the embodiment of beast consciousness, the classical olympian the embodiment of the consciousness of the gods.

Commentary on team sports:

benefits: creation of hive mind/ubermensch/collective consciousness; rule-based activity; subordinates individual to collective; merges individual with collective; creates followers/creates leaders; physical talent and its expression restricted to adherence to rules and apparently trivial purpose(eg. throwing implements in hoops/holes/nets, etc.)

detriments: all the above when used for a negative purpose cultivation of physical capacity should work towards attaining the diamond body

MARTIAL ARTS: "Arts of War":

purpose: self-discipline[cultivation of willpower; strength; agility; physical capacity directed towards self-defense and other-defense; Love under Will [ie.True Will]]

style: given that society now(assuming temporal linearity) is not a society from 15th century japan or 8th century China or India or Ireland or Germany etc. it behooves the aspirant to adopt a martial arts style or styles that accord with the present aeon and all of the conditions relevant thereto. This the individual must decide

recommendations: arts which are meta-physical as well as physical: which condition/develop the will and energy bodies as well as versatile applicable skill sets to street level practice/emergency circumstances: ninjutsu; kung fu(dim mak and othervariants)

emphasis should be on developing the martial elements of consciousness, invoking martial energies to subjugate physical threats qua threats a.s.a.p. brief contact if any and only if necessary and to the extent of its necessity. "Deadly force to combat deadly force"-the extreme of natural law principle of counter- violence. cf. law enforcement force continuum charts

practicality: brief contact=striking martial arts(ninjutsu/kungfu); centrifugal force based (aikido/judo/hapkido); uses opponents force; joint locks(jiu-jitsu); weapons: knife; baton; cane most encounters are brief

advice: carry weapons on hand at all times; use only as above indicated(eg. self-defense in accordance with natural law against violence initiated by others) or to combat deadly enemies

note: positive law[the law of the state] is not Moral/Natural/Cosmic/Divine law

-disregard all laws when beneficial to your higher purposes; the right of self-preservation supercedes all others; the state and its agents are not'god'

-the individual is sovereign and can develop his own capacity--no martial arts 'guru' is necessary

Vegan arguments against animal products:

chicken/eggs: formeldehyde in feed

[red]meat: [joint] inflammation; sluggishness; fat; +estrogen(gyno,etc.); acidification; dark circles under eyes; toe pain(sulphuric acid/gout); (heme) iron=excess oxidation; arachidonic acid; meat phosphorous=acid buffered by muscle/bone calcium=osteoporosis; White blood cell+; +immune reaction+heart palpitations; excess fat=diabetes(type2)

butter: nauseous flavour/estrogenic

fish=lou gherigs' disease; mercury(especially in larger)

DHEA=prostate cancer vitamin D3=sun

low back pain= no blood flow to discs because of

+fat fat=toxins/estrogen

cholesterol: studies 'proving it healthy' based upon 'average' people not vegans  
eggs=choline=TMAO; fat; gyno; estrogenic; tight chest; mucous; joint inflammation

counter arguments against vegan: healthy animals=no problems; ph might not be as severe an issue an issue-the body regulates its own ph somewhat; too low acid=lack of ability to digest food; lack of hydrochloric acid

<recommendation: follow 'Pflicht zur Gesundheit'('Obligation to be Healthy' routine below)>

SLEEP:

20/2100 hrs

temperature: max 70 degrees fahrenheit decrease EMF/electrical devices off slightly elevated

head=magnetic North(northern hemisphere); magnetic South(southernhemisphere)maximumoxygen24/7

pyramid cage around bed(see BED section)wake:04/0500

sleep alone(DNA teleportation); biorhythm=constant waking tired?=sleep earlier in day not extend sleep to next

fluid: none 2 hours prior to sleep/hot bath: 2 hours prior outdoors on ground=best

TESTOSTERONE PROTOCOL:

eat before hunger; smaller meals; moderate protein

vegetables:brassic(garlic; cabbage; turnips; onions; brussels; kale; swiss chard; broccoli) herbs:  
ginger; tongkat ali; hoshu wu; rosemary; turmeric; tribulus terrestris; cardamom; radix astragalus;

MACA; epimedium

amino acids: glycine; glutamine; taurine

vitamins: A(25kiu); E(400iu); C; B minerals: zinc; boron; selenium; calcium; magnesium

minimize: fluoride; caffeine; basil; mint; soy; licorice; PUFAs(polyunsaturated fat); cumin; dill; fennel; celery; fenugreek; marjoram; caraway; thyme; cilantro

exercise:

time: short/intense; low rep; med-high sets

type: olympic/.powerlifting; heavy compound multi-joint most lean body mass; sprint(minimize slow long distance cardio; no greater than 25 minutes); competition/victory; reduce mental/physical stress(cortisol)

lifestyle: low bodyfat; sunlight; stress resistance; sleep: 8 hours

TOXINS:

general symptoms: shoulder blades(tight); stomach(upset; overeating); mucous(stuffy nose; congested throat); skin(sallow; aged; lined); eyes(bloodshot; crust); tongue(coated; acid/bitter/salty taste); head(unclear; aches/pains/dizziness; headache; temperature; no/low concentration)

organs:

liver:

[symptom:lethargy/fatigue(waking);headache/nausea/migraine;yellow cornea(white);bruise/capillary fragility/muscle aches/stiff joints/rheumatism/white/yellow tongue/bad breath/unclear skin/chemical sensitivity/fluid retention/congested lymph sinus/reduced equilibrium/fine motor skills/hand tremors/negative thinking/dark circles/puffiness around eyes/increase body fat/LDL cholesterol/decreased digestion(bloating/fulness)/constipation/reduced concentration/memory/ADD/hyperactivity]technique: castor oil pack; coffee enemas

substances: citrus(lemon/lime); silymarin; dandelion greens; MSM; protein; malic acid(apples); epsom salt; wild yam; fennel seeds; ginger; fenugreek

skin:

technique:loofa/exfoliation/hot/cold showers/sweating/sauna(far/near infrared)/oil massages  
substance: sun; air bath

colon:

technique: colonic hydrotherapy; enemas;

substances: soluble fibre(fruit); O2 based cleaner; activated charcoal; clay(zeolite; bentonite; diatomaceous ); psyllium seeds; lignans(flax)

lymph:



technique: trampoline(+g-force/blood flow); epsom salt bath; loofa; oil massage kidneys:

substance: corn silk; marshmallow root; citrus; water

#### PESTICIDES:

most to least: apples; celery;sweetbell peppers; peaches; strawberries; nectarines; grapes;  
spinach; lettuce;cucumbers; blueberries;potatoes;onions;sweetcorn; pineapples; avocado;  
cabbage;sweetpeas;asparagus; mangoes; eggplant; kiwi; cantaloupe;sweet potatoes; grapefruit;  
watermelon

#### COLOUR: EMOTION correlation

violet:spiritual idealism

pale blue: impersonal devotion to ideal spectral

blue: religious devotion

dark blue: religious thought/feeling

bright green: sympathetic responses; tolerance; adaptability; politeness; worldly wisdom

yellow green: adaptability

livid/dull green: jealousy

grey-green: spiritual mentality

light yellow: impersonal intellectual interests ; intellectual power/brighter=higher

spectral yellow: strong intellectual force

brownish yellow: selfish intellectual acitivity

orange: pride/ambition

brownish orange: avarice brick

red/brown(dull): lust; avarice; greed

dull red: sensuality; animal passion;

bright=anger

scarlet: impersonal energy

crimson red: passion;love; brighter=higher

rose: affection

rose-violet: altruism

grey:fear;depression;terror; bright=selfishness

black: malice; hatred;revenge

colour psychobiology continued:

red=[+]right to life/independence/freedom; low life force; vital energy/strength; grounding; [negative] emotional suppression; emotional excess; protection(fear of survival);stimulates blood pressure. used to boost sluggish circulation

orange:=[negative]greedy/wantonness; nocturnal; excessive anger/rage; inadequacy; excess; indulgence;[+] humour; security; vitality; extroversion; bowel problems; infertility; appetite disorders; sweet cravings; emotional shock and trauma; well-being; creativity; physical vitality; digestive system. bowel problems; antidote for depression

yellow=[~]egotism; lack of personal idolatry; nocturnal; dissociation; [+]life spirits; inner power/freedom; self-worth; self-esteem; courage; enlightened; intellectuality; faith;coincidence; renunciation; humility; mineral: sulphur; vitamin A/C; stimulates: empowerment; authority; mastery; tone's liver; gallbladder; stomach; pancreas  
stomach/pancreas/liver/gallbladder/improves eyesight; memory; thinking ability; concentration; alertness; reasoning; logic/ is a laxative/diuretic

green=[~]decay; inhibits growth; frequent urination/diuretic/nocturnal; [+]calm; tranquility emotional balancing/peacefulness; detoxifying; eye tonic/toner; drains infection; excess fluid; cardiac/cellular edema; detachment; exhaustion; hysteria; nervous tension; stabilize heart; reduce stress; balancing red/orange=stimulation(nervous/irritable);eases stress; lowering of high blood pressure; strengthens immune system

turquoise=thyroid/parathyroid{=}creativity; self-esteem; access willpower; healing; reduce BP; calming/relaxing; cavitations; mouth ulcers; tongue/mouth problems; heart inflammation; thyroid stimulation; balance thyroid/parathyroid; bronchial inflammation; ear infection; overeating; hear/express truth; hyper-critical/gossip; physical problems; verbal expression;

energizes thyroid; emotional healing; immune system problems

blue: sedative(pain/fear/inflammation);anti-inflammatory and antiseptic; calms a fever; thyroid imbalance; stress/nervousness

pink: joy; gentleness; naivete; vitalizing; heart problems; lack of love; exhaustion; emotional suffering

indigo: depression; detachment; over-intellectuality; cooling; grounding; clear thinking

{+}intellect; mind; detachment from emotion; stimulates growth; lower BP; intellectuality; mental clearly; wisdom; discernment; knowledge; frayed nerves; anxiety; tones lymph; cleanse psychic currents; stabilized suppressed emotions; boundary creation; expansion; stimulates senses; relieves pain/inflammation; universal healing; blood purifier; lymphatic congestion; swollen joints; skin irritation; soothes internal organs; cools/soothes; purifying for the blood. rheumatism; arthritis brings down the inflammation as blue but more powerful; helps to release fears and calm the mind

violet=confusion; dissonance; nausea; disorientation; headache; loss of ego identity; weak ego; irritable; hypersensitivity{+}->comforting; anaesthetizes/purifies; relief/peacefulness; brain disorders; neurosis; soothing; emotional stability; narcissism; egotism; attunement; peace; promotes sleep; restful awareness; purifying; restores calm to mind; nervous headache; migraine; eye problems; viral and fungal problems; insomnia

magenta={~}hysteria; understanding; wisdom; attunement with higher self; tension; increases circulation; adrenals/heart/sexuality; strengthens heart; stabilizes rhythms; heart tonic; impotence; fragility; spiritual understanding; universal thinking; lack of energy; violet and red; these are the combined energizes

pink=comforting

black=patience; stability; neutralization; material gain; protection; karma; death; manifestation; laws of society; limits; obstacles;

GEMSTONES:

red=increases energy pink=soothes mind/body/emotions

yellow=mental growth; healing energy; self-esteem; lightheartedness; cheerfulness; hope; warming; energizing; calms nerves

orange=+feelings of self-worth/personal power

gold=enhancement of brain function; enhances emotional body; strengthens will; increases energy flow throughout body;

copper=influences the flow of blood; aid metabolism; detoxifies body; aid to exhaustion and sexual imbalance; conductor of energy

blue=calms the mind; sooth pain; reduces blood pressure; inducing sleep; calms nerves; reduces fluid retention; aligns body/mind/spirit; stimulates psychic abilities; clarity and inspiration

green=strengthen the heart/liver/kidney/immune system/nervous system; tonic for the body, mind and spirit; enhances dreams/meditation; emotional balance; releasing anxiety and fear; dispels negativity; rid oneself of negative self-image; feelings of inadequacy; shyness; shame; grounding and balancing purple/violet=enhances right brain activity; blood cleanser and energizer; calms and prevents explosive tempers; psychic abilities; inspiration; intuition

brown=reduces restlessness and giddiness; stabilizes mind; cleans and protects astral field; aids against hyperactivity and excess energy

white=gaining affinity with the higher self /soul/etheric body; enhances full spectrum of energies in body/mind/spirit; receives/activates/amplifies energies(energy transducer)

black=protects; strengthens physical and etheric bodies; enhances personal magnetism/will/courage/optimism

flashing colours to induce auto-hypnosis:

fire=red and green

water=blue and orange

air=yellow and violet

earth=black and white

negatives: strong electromagnetic fields: 50-60 hz(power lines/towers; appliances; heaters; boilers)

JOINTS:

heavy impact forces(eg. olympic lifting)

cartilages of joints subjected to regular impulsive loading with relatively high contact stresses is mechanically much stiffer and better adapted to withstand exceptional loading

lower load=softer cartilage

load is proportional to stiffness of cartilage

cartilage heavily loaded infrequently softens due to decrease in proteoglycan production, the collagen network loses its cohesion and the cartilage deteriorates

caveat: excess force damages joints. Thus one must optimize load to optimize joint health

FRUCTOSE:

doesn't suppress ghrelin=no satiety

30% fructose load=fat; hepatotoxin; metabolic syndrome(obesity; type2 diabetes; lipid problems; hypertension; cardiovascular disease); increases very low density lipoproteins=heart attack;

<fructose not fruit; soluble fibre seems to buffer the effect/influence of fructose. This is debatable>

PH of foods:

minerals:

acid: sulphur; phosphorous; chlorine; iodine; choline

alkaline: calcium; magnesium; iron; potassium

food:

fruit:(acid):prunes; pears; apples; mangos; pineapple;olives

(alkaline):raisins;apricots(unsulphured);bananas;dates;figs;lemons;oranges;

vegetables:

(acid)seaweed;kelp;

(alkaline):dandelion;dill;lettuce;turnip;radish;red onion;celery;parsely;  
alfalfa;avocados;cabbage;ginger

starch:

(acid)most grain;beans;seeds;

(alkaline):potatoes;beets;cabbage;rhubarb; kholrabi root; squash; roots; millet;buckwheat

substances:

(acid)distilled/reverse osmosis water; (alkaline)epsom salts; baking powder;spring water

kundalini activation:

intense emotional arousal/extreme physiological states

-concentration(focus on stimulus)

kundalini yoga; mantras

energy/vril/boost magnetic fields:

-outward directed energy/control ego/be calm (satori/spiritual virility/olympian  
soverignty/active impersonality)

-vibrate @highest possible frequency

-energy expenditure is proportional to quality of life

law of attraction: "everything you focus your attention on gets drawn to you by attraction". DNA:  
anger/fear->compresses; joy/love-->unwind/expands

ennervation:

overactivity; noise; radiation; extreme climate; overeating; sexual excess; stress; ejaculation

-fast(decreases digestiveenergy)

-detox(decrease physicalactivity)

less bladder/colon fullness=less pressure on seminal ducts food: masticate until liquid;  
v(vitality)=p(power)- o(obstruction)

water:

rainwater; dew(plates on grass overnight->drink); magnetized water(shungite); silver(purify)  
+gold(energize) coins

sunlight:

long exposure=skin cancer/overactive parathyroid short exposure: 5-10 minutes/day on hands  
and wrists prior to 1000AM and after 1500 hrs (3PM); eyes=full spectrum UV=endocrine

increase (caveat: sungazing causes macular degeneration-not advised)

stones:

aquamarine: +intuition; ruby: +energy/willpower; tiger's eye: willpower; emerald: calm/healing; amethyst; agate: clairvoyance; black tourmaline/shungite=increase healing

metals:

gold(attracts heat to body/accumulates energy potential)orgonite:layers of organic/inorganic materials(creates piezoelectric effect)

shapes:

pyramid: apex=stimulate; base=sedate; pyramid is a torsion field generator; partless machine which speeds up time flow; increase energy by creating spin inflow of gravity increases biological life spirals: upwards+counterclockwise(female) decreases energy; downwards clockwise(male) increases energy

symbol/archetype: 'upload' intention; 'download' energy/meaning

magnets:

North→calms;sedates;decrease inflammation

South->stimulates; increases healing/growth(tumours)

how to determine polarity: attracts same end of compass needle) gauss:3500+neodymium;put magnets together('N'+S'=increase gauss)put on area:Left wrist:back;Right wrist:front

sound:

solfege frequency; 528 hz.=DNA repair freq. ut=396 hz. release negative emotion/guilt/fear re=417hz.facilitate change mi=528 hz=transformation

fa=639hz connections/relationships sol=741 hz awakening/intuition la=852 hz returning to spiritual/order

SOCIAL INFLUENCE:

techniques:

- 1) liking(getting others to like you)
- 2) social proof(popularity)3) consistency(gain commitments)
- 4) scarcity
- 5) authority
- 6) reciprocity(give before you take<-->give in order to get)

CAFFEINE/GREEN TEA/COFFEE ENEMAS:



purpose: blood/liver detoxification

what/means: increases activity of glutathione-s-transferase(GST) an antioxidant synthesized in the liver which: solubilizes free radicals and detoxifies carcinogens, clearing them from the blood. Caffeine stimulates bile production in the gall bladder and dilates the bile ducts. Kahweol and cafestol(compounds in caffeine)stimulate GST, green coffee('yigacheffe') 2x effect. Roasted coffee=600% liver GST; 700% small intestine GST. Eases pain. Blood circulates through the liver every 3 minutes clearing toxins

caveat: as above said causes: potential insulin shock; hypercortisolemia; caffeine addiction; sepsis/septic shock; adrenal fatigue; sympathetic nervous system burnout,etc.

MSM:

(methylsulfonylmethane)=sulphur purpose:

repair/building: joints; cartilage; hair; skin; nails; connective tissue; muscle

-supports energy production in body

-formation of blood protein/amino acids

-analgesic/anti-inflammatory

-inhibits muscle spasm/increases blood flow

-enables proper absorption of blood sugar and insulin

-increases permeability of cell membranes for nutrient/O2 delivery

-cellular detoxification(+liver sinusoids)

-balances ph of bloodstream and tissues of body

-reverse: degenerative, rheumatoid arthritis; fibromyalgia

-reduces inflammation

-facilitates collagen synthesis

electromagnetic mind control:

how to block it:

emf shielding(aluminum/metal); faraday cage; silver particle clothing; metal foil hats, etc.;; change the frequency; meditation/auto-hypnosis trance induction

sources of EMF mind control: HAARP; GWEN cell towers; microwave phone, etc.:

these technologies alter brain wave frequencies and induce DNA modification/expression through alteration of the electromagnetic spectrum/astral light

concrete reduces EMFs by 50%

bone mineralization ratio(daily): magnesium:  
1200:calcium:600:vitC:2000mg:copper:2mg:K2:200mcgr:D3:5ki.u:Boron:2-3mg;Zinc:15- 50mg.

#### CANCER:

no disease can survive in an alkaline environment

increase greens;alkalizing; chlorophyll(gives body O<sub>2</sub>); molasses+baking soda=alkalizing  
increases

DEW PLATES: glass plates on grass overnight=dew-->drink

When cell denied 60% of Oxygen required=cancerous-->when occurs cells go from aerobic to  
anaerobic metabolism; cells survive via fermentation of glucose

free-radical=good; (singlet molecule of oxygen); cause of free radical damage=lack of oxygen  
singlets

#### NEGATIVE IONS:

stand on earth

-'grounding mat'(from earth); footbaths (epsom/salt)

coffee/tea(caffeine)=decreased myoinositol=diabetic neuropathy

collagen/connective tissues; conducts energy and transforms it into different information;a  
communication system(brain and spinalcord too)

pratyahara/dharana(control of thought):eg.backwards reading

fasting increases metabolic rate=decreased physiological aging

fasting=gallstones: bile concentrates-->eat fat=gallbladder empties; frequent eating stimulates  
gallbladder emptying; increased cortisol=increased estrogen/insulin=increased visceral fat high  
meat/fat/low fibre=increased estrogen(colonic dysbiosis);

-fibre=lower estrogen; lignans(woody fibres, eg flax)=lower estrogen lower fat=lower  
estrogen; dairy=increases estrogen

muscle: calories=muscle(especially carbs=increase insulin)

muscle growth: ca+(calcium) sustains skeletal mass; zinc(generates skeletal/myotissue;  
iron=expansion of red cells)

-fructose inhibits glycogenesis->stores as liver glycogen=fat

#### EYES:

'bates method'; increase vitamins(especially retinol/vitA/C; cataracts(opaque areas in eyes=low  
carotene and anti-O<sub>2</sub>; zinc deficiency=macular degeneration; use pinhole glasses;

"Strengthening the Eyes",Bernarr A. MacFadden

## HEARING:

saturated fat creates hearing problems; blood cells membrane too stiff can't circulate and nourish cells

fatty diet decreases liver efficiency

## SOAP:

glycerine soap dries out skin(pulls moisture from inside); animal fat soap: dry/corrode skin; sodium laureth sulphate=hair loss; sodium based=dry skin; use 100% olive oil soap or natural alternative

CHLORINE(trihalomethanes)=colon/kidney/bladder cancer

## BONE:

osteoarthritis= lack of water; too much pro inflammatory food; salt; diuretic; meat/dairy

reduce: phosphorous(excess=calcium deficiency); fluoride; excess sugar, salt(=mineral excrescence; nightshades=arthritis

teeth; mercury('silver') amalgams=10 mcgr of mercury per day=15% of kidneys destroyed over lifespan

-heart disease=inflammation

-chronic disease=refined sugar; lack of oxygen; congestion with waste matter; acidification

-omega-3=increased brain function/mood

-cold water over head=negative ionization=psychic energetic cleanse can change

DNA in vivo; thoughts change DNA

-linear thinking=aging; cyclical=eternal youth

-yellow light bulbs (bug lights)=incandescent; blue light=day only 800 i.u in vitD

-caffeine(theophylline)=no cancer; caffeine breaks down to theophylline a form of methylxanthine spasms -gallbladder=uncongesting liver; roast hydrocarbons in coffee=carcinogenic heater tannins(tea)=cancer

-lower vibrations: anger/rage/survival

-cooking

starches: 450 degrees=dextrinization 450 <best preparation method>degrees simple

-sugar=ca+loss=osteoporosis

-prostateincrease(BPH: benign prostate hyperplasia)=low zinc+B6+increased prolactin=BPH

- home births only not in hospital <hospitals=allopathic torture chambers>
- too little acid=indigestion/acid reflux
- human body=electromagnetic machine(magnetic particles in ethmoid bone and pineal gland)  
best sleep; no late eating/sedentary
- sodium benzoate+vitamin C=benzene=DNA damage=carcinogen(brain damage; personality disorders; G.I problems;autism; tumors)
- fertilizer->water supply
- chemtrails->vaccines=death(weakened immunity)
- Gamma Amino Butyric Acid(GABA in cheese especially): an opiod which causes apathy; forgetfulness; dizziness
- tooth decay=fast eating(low saliva production)
- insulin secretion proportional to fat generation=cravings/weakness; also proportional to hormone sensitive lipase
- akrasia=weakness of will

#### DIABETES:

refined starch causes cell damage and cancer(too great exposure to insulin) protein consumption is proportional to insulin need(to synthesize); therefore excess

protein=insulin resistance=type2 diabetes; 'diseases' which are really diabetes: heart disease; cancer; arthritis; MS; alzheimers; parkinson's; dementia

causes: sugar(refined/excess starch); protein(protein fibre in basal membranes of blood capillaries) type 1 diabetes:

signs: frequent urination(nocturnal); extreme thirst+dry mouth; weight loss; excess hunger  
cause: destruction of pancreatic beta cells

type2(meat)/insulin resistance

cells=glucose deprived=diabetic ketoacidosis(when body breaks down fat for energy)

hypoglycemia: fat coats cell's insulin receptor sites=no glucose availability high fat=lipodemia

fat absorbed via lymphatic system=thickens blood=prevents O2 to cells(cellular respiration)

candida symptoms:

bloat(when eating/post); gas("..."); acid reflux; brain fog/drowsiness/headaches; sinus/ear infection; fatigue; dry mouth; vision(blurry<-->clear);hypoglycemia; shaky(if miss meal); constipation/diarrhea; anemic; skin rash; short term memory loss; mood swings; dizziness; disequilibrium; ear ringing/itching; mucuous in stools; tightness of chest; sugar craving

insulin: no hypersecretion: 1)at once; 2)repeatedly

deficiency of insulin caused by a mucous forming diet; insulin secretion increases  
appetite=blood glucose incompletely metabolized

-fat metabolism=hyper- acidity

hypoglycemia: sugar level drops

symptoms: insatiable hunger; chronic fatigue; brain nourished exclusively by glucose and oxygen  
diabetes: liver unable to remove glucose

hypoglycemic: islets of langerhans overproduce insulin(cause: stimulating food; sugar; stress)  
caffeine: causes liver/pancreas to release glycogen=increased insulin

high protein=hypoglycemia: uric acid(waste product of protein metabolism) is related to  
caffeine(both of the purine family)

RAW FOOD:

vegetables--->stomach bloat(hard to breakdown=metabolic stress=aging)

-deterioration of joints/arteries

-exhausted digestive system->can't break down fibre->bacteria attempt to=fermentation green  
juice=toxins(indigestible)

-why initial energy on raw foods: mobilization of immune system to counteract enzyme inhibitors  
and food antibodies/alkaloids

DISEASE(definition):

fermentation and decay process of body substance or of surplus and unnatural food material  
which in course of time has accumulated especially in the digestive organs and which makes its  
appearance in the form of mucous excretion[chemical decomposition of cellular albumin,  
ie.protein]

grey hair=gas accumulation(sulphur)

-symptoms of aging are latent disease(clogging up/accumulation of mucous)

-leukocytes(white blood cells/corpuscles=mucous incompletely metabolized food is mucous  
inducing

SEXUAL STRATEGY:

Tantra

biological transmutation of germ plasm into grey matter and bioenergy via avoidance of  
emission(ejaculation). Cultivate the diamond body through eliminating waste but retaining  
bioenergy(same material as brain tissue=semen): "to cerebrate the semen and inseminate the  
cerebrum/brain"; fundamental technique of longevity and virility cultivation.

Eros technique(solo or partner): stimulate to the point of no return; consciously control retention; black out(wushin/non-thought) & work the energy upward along the spinal cord/mentally through will power; correlates energy centres/chakras; wait necessary time and continue in cycles. Caveat: "God is love devoid of the ape-like nature"-Jorg lanz von Leibenfels quoting 4:16 in 'Theozoology: The Sodomite APelings and the Divine Electron"

celibacy over profligacy; sex magick over bestial coupling; no ejaculation outside of conception:"inseminate the cerebrum, cerebrate the semen"-->Midgard to Asgard; 1-2x per week ejaculation maximum

'NoFAP'[no porn because causes excessive dopamine spikes as a supranormal stimulus which later lowers dopamine levels causing addiction to return levels to normal to avoid depression(decreased dopamine) in a negative feedback loop; this leads to arousal addiction which leads to dysfunctional brain stress circuits which leads to reduction in normal arousal & erectile dysfunction; impulse control; lowered prefrontal cortical activity & grey matter in this regions (hypofrontality); increases social anxiety(loss of normal contact);suicidal ideation via depression]; minimal masturbation for above reasons as well as a decrease in drive and testosterone levels

references: Mantak Chia books; "Eros and the Mysteries of Love"; "The Yoga of Power"; "The MEtaphysics of Sex", Julius Evola; Dr.Raymond Bernard; "your brain on porn: internet pornography and the emerging science of addiction", Gary Wilson; "Porned Out: Erectile Dysfunction, Depression & 7 More (Selfish) Reasons to Quit Porn", Brian Mcdougal

DECALCIFICATION of soft tissues:

organic sodium(lemon/grapefruit/spinach/celery/dandelion): 1 quart juice/day minimum

CANCER: if body toxins exceed filtration capacity

(via liver/kidney/lymph/skin/lung)=deposits=cyst/moles/tumors/cataract/arteriosclerotic/arthritis/rheumatism/ cancer=stored in weak places

protein metabolism->pancreas(clogs pancreas)=reduced digestive function=reduced pancreatic enzymes=increased protein metabolic waste=liver congestion; therefore no/less breakdown in protein metabolism=no/less cancer

protein consumption increases=60%Oxygen reduction:Oxygen blood reduction=Oxygen starvation=mutation/cancer

cancer recipe:

- 1) alkalizing diet
- 2) detox program
- 3) eliminate causes of cancer
- 4) exfoliation of skin

perpetual youth: warm climate at high altitude; non-polluted; alchemical pathworking



-cooking meat generates fumes=polycyclic aromatic hydrocarbons=cancer

Diet comparison: vegan fasting diets (not long term as leads to denegeneration of myelin sheath in brain and all bodily tissues through lack of assimilable essential amino acids and cholesterol from animal products)

fritarian:(pros): {+}digestion/energy/cleansing/alkalizing/prepare time/stool volume;

{~}energy?<fructose not as efficient as glucose>; ripening; teeth decay; limited/inadequate amino acids

starch-based diets:{+}storage time/shelf life; energy; <glucose?>; cheaper; {~}energy; digestion; sluggish; bloated; mucogenic/congestion; increase prep time; increase stool volume; decrease nutrients; limited

baking soda: O2 starvation; destroys vitC/thiamine(increase acid=peptic ulcer);

criticism of animal products:

meat=carcinogenic(diseased animals); iron=excess oxidation; acid load=muscle loss; autoimmunity; excess fat=diabetes; arachidonic acid=meat; meat phosphorous acids are buffered by bone calcium and magnesium; increases White blood cell reaction

cheese=indigestible-->putrefaction(rennet from pig pancreas); toxic amines; toxic alkaloids; rennet(calf/pig stomach biproduct); tryptophan=drowsiness; acidifying+estrogenic; calcification cholesterol=body can handle approx 3 oz. animal protein equivalent; the remainder is stored=atherosclerosis-ulcers/abscesses; plaques=reduce hearing; vision; joint function; digestion; brain function=senility

'heavy/high protein' diet=cholesterol; calcium loss(osteoporosis; periodontal disease); immune reaction; glomeruli damage(uric acid); accelerates aging

animal protein=increase insulin; growth hormone increase=cancer/accelerated aging large quantity of dried fruit=triglycerides increase

fat=increase bile production(taxing to liver)=gallstones; skin cancer

eggs: gyne; acidification; bloated/sore digestive tract; symptoms of congestion(heart attack); difficulty breathing; inflammation; anaphylactic reaction

-NA+(sodium)=hypertension caffeine=depression; prostatic hypertrophy gas=excess food per meal;

-rapid eating= gallstones;

-dried beans overstimulation of sensory nerves=forgetfulness

-legumes: 1)soaked in cold water overnight; 2)brought to boil->soak 1 hour->cook til tender metabolism is proportional to constipation

-dried fruit=acrylamides (brain damaging substance)

- steam heaters=chlorine gas=chlorinosis
- fat=reduced O2 content x 20%=sluggish blood=reduced delivery of O2/nutrients to cells
- coffee=acid indigestion
- almonds(remove skins via soaking overnight)
- pine nuts=complete protein
- turmeric=disorganizes chromosomes
- cooked starch=hypertrophied pancreas(overuse/insulin)
- smoking=arteriosclerotic plaque formation
- fat+protein=artherosclerosis/lipotoxemia (a dubious claim indeed)
- vaccines:avoid completely using religious ground for exemption: no foreign matter of any animal into bloodstream
- meditation strengthens pre-frontal cortex
- tongue 'thrush'(white stuff)=candida overgrowth=immune compromised(tongue is the top of the G.I tract)

#### EARWAX ELIMINATION:

fill glass container with pure water(submerge in pot with heated/hot water to warm or use warmer element to approx body temperature)--->take dropper with hydrogen peroxide---->lie on side for 10-15 minutes placig hydrogen peroxide in ear--->go to sink with head tilted--->flush ear with warm water repeatedly until cup is used up---> repeat with other ear

'PFLICT ZUR GENSUNDHEIT' (translation 'OBLIGATION TO BE HEALTHY'.)

Health Routine:(see "expansions..." for amplification & below for symbolism)

\*symbols/acronyms[KEY]:?=possibility(/'possibly');->:sequence:one-direction;  
'&'=conjunction/'and';~≈approximation V negation('negative';'not');?= necessity; <-

>(temporal/circumstantial)sequence:alternation;! =imperative/desired;iff:'if-and-only-if';O3='ozone';V=disjunction;pemf=pulsed electromagnetic field; subscript=reference to 'expansions' doc; ECS=electro-cranial stimulation(devices);rf sweep=radio frequency sweep; PWO=post work-out; AVI=audio-visual entrainment; bwr=bodyweight-resistance(below);'u'=urine; BWR:bodyweight resistance\*=emphasize;M/T/W/Th/F/Sat./Sun.=days of week; &=conjunction;M=meal/food; min.=minimum; O.E.D=Oxford English Dictionary; '7LS'(7 layers of security);

MORNING V Evening(depending on convenience or schedule):~3hrs.wake:04/0500---> mantra/prayer to the gods--->tongue scrape->swish 'u'; drink:a) 'u'(250 ml.); b)ozonated H2O(distilled/carbon filtered well V dew water(300+ml) environs:(open windows

iff.~toxic);fan(s);~ion/O3(30min.plasma/15min.O3)+light meditation:7 min.meditation(near infrared light/nude/face-sun+ yoga: corpse<--->zen-pose+specific mantra/mudra)->sanitas/ kriya:cold water:submerge face/head/arms/hands;+tongue/eye-kriya#1-charge toothbrush;warm 'u' in jar:preps:A)food(on alternate days);'u'#1: i)neti pot(4x250ml./1 side)? ii)rub in eyes->eye kriya->

Workout#1:(see workout routine for details)zaryadka(~24min.)->?trampoline(~5 1/2min.)->brisk walk(25- 35min.)+star/sun/moon ray exposure+earthing---> 'e'+meditation

break-fast-M-0700-0900(conditions): audio(lectures/radio//politics:T/Th;phil V health+ epsom/seasalt footbath(non bathdays)+near infrared light

+brain entrainment(sound/ECS):Alpha/Theta-hz.+ (eg.5.0, 7.8, etc.)

magnet chair+face sun(indirect eye exposure)->eat w/L-hand/sterling silver cutlery

prayer to the gods--->read-passage of Aryan wisdom literature--->

oral sanitas:a)'u' rinse;b)baking soda+ brush V/& tooth sticks+rinse(1+min.)+c) oil pull(1+min)-> rinse w/H2O

MID-DAY:~8-9hrs.:~0800-1600[alter movement/anti-emf) M2-1200-1400 (see schedule) work/study+brain entrainment(Alpha)+kneel(from book stand eye level/face Sun):stand[barefoot on spike sandals+pinhole glasses+yoga poses(see yoga routine)]->drink(2.5hrs. Post M1):H3O+'u'(250ml.ea.)

EVENING:~1.5-2.5hrs.1700-1930

sanitas:1)'u'#2:body massage; 2)exfoliate/wash:epsom-salt-bath(M/W/F)V(other)loofa: (periphery--->heart+scalp-brush+massager)+3)massage(oil/abangya:1xhand: post bath,2x+vibration machine.1x/week+coronal discharge violet-ray)->4)(M/W/F):gum-stimulator;5)reflexology 6)near- infrared heat lamp

<>last-M3-17/1800 NIGHT:~1.5-2hrs.1930-21/2200 "options"(random order): daily: meditation:specific+entrainment(theta)+indigo/violet/+AVI

write(30 min.):writings draw:diagrams,propaganda,etc;music:bongo/panpipe (workings) sleep:21/2200head magnetic North+magnetic mat+crystals+emf shielding+~ion+<>vaporizer

WEEKEND:kaya-kulpa/quietism/reflexion/experiment/detox(nano colloidal silver/radio freq. sweep/other);review notes

PFLICT ZUR GESUNDHEIT ---Expansions of foregoing document...

(of previous routine-corresponds with sequence of actions; Section by section)

'wake:04/0500' optimal time according to natural biorythms-'living in accordance with nature'  
'pray': select suitable prayer for time/place/situation/purpose, etc.;

'drink': H2O[structured/shungite/magnetized/distilled](500ml.)=way in which water should be

prepared; structured via/magnetized(cf 'walter last') opposite polarity in opposition around circumference of vessel held via copper/metal wire; vessel placed on top in center of magnetized ferrous metal surface(eg.Frying pan/plate etc.) amidst geometrical array of N35-N52 neodymium magnets(oct/hexagonal, etc.)/shungite stones: ~ion generating stone(s) placed in vessel preferably polished pyramidal structures with giza pyramid proportions/silver: silver bullion(.999 purity) placed in water to lend nanoparticles of silver for purification(pathogen/bacteria destruction)/carbon filtered well V dew= purest form of water;tolerable quantity post waking given subsequent quantity throughout morning routine'environs': 'open all windows'- max.O2[detox/cellular function/vitality]; 'iff~toxic'='iff not toxic', eg. no chemicals, chemical spraying/chemtrails, insect 'foggin',etc.; lung cleansing/dilation time(traditional chinese medicine); 'fans'- circulate air'; '~ion/O3-negative ion/plasma gas/ozone generator; run all simultaneously to destroy internal/external pathogens;negative ions neutralize positive; kills dust mites/pathogens/viruses;coronal discharge plasma gas destroys pathogens; timings for both ensure adequate effect; 'colored light'-induces certain mood states/vibrational frequencies in accordance with chromotherapy principles(see'color' section); green=balancing; red=stimulating

'meditation'-'7 min[utes]=#of completion; 'face-sun'(East)-boosts energy/harmonic resonance 'corpse<-

>zen'-alternate corpse&zen yoga poses; corpse pose increases magnetism via folding in on oneself; 'specific mantra/mudra'-self-explanatory(season/purpose/day/time);w/tongue pressed to roof of mouth+nostril breathing as always=pineal activation; close and cross eyes focusing on point between/just above eyes(pineal);draws out toxins/facilitates liver detox/calms&relaxes;air bath/sweat/detox/minimizes external sensation(clothing);sympathetic correspondence w/Sol(sun) 'Sanitas'-'cold-water- hands/arms/face=wakeup/activate right hemisphereofbrain/cold thermogenesis;'tongue scrape- eliminate mucous discharge & facilitate digestion through exposureoftaste buds to food for proper enzyme secretion;'tongue/eye kriya'- protrude tongue maximally while staring into colored light;kriya#1- eyes wide stare in light; kriya#2-balls of hands in eyesockets:pushin<->suction(circulates lymph & blood) '/swish-u'- amaroli/shivambu(autourine therapy); /'charge toothbrush'(if solar toothbrush)-activate titanium oxide rod in toothbrush=increase ions('E'); f)neti-u'neti pot amaroli/shivambu: purify mucous membranes via uric acid;condition/strengthen teeth & squamous epithelium[skin]via amino acids/vitamins/minerals:fill neti pot+small cup;4x250ml. Per one side(alternate ea.day); fill eye dropper; tilt head: 'u' in;ears w/dropper in L[eft]x2<->R[ight]x2;drops in eyes->swirl eyes counter-clockwise/blink rapidly;'->' 'e'(enema) jar- fill jarw/'u'for 'e'(fromnosevia neti pot hanging head over jar); 'prep 'e'STC- 'basti');'Food'-prepare foods to finish by end of morning period(incl.cooking);;morning-best for lighter/cardiovascular exercise; iff convenient;'zaryadka'/ joint mobilization('Zaryadka' for specific sequence);trampoline='lymphasizing' exercise: moves lymph fluid around vessels for detox+blood circulation/muscle electrical activation via gravitational'g'forcesofbouncing; star/sun/moon gaze/ray exposure=expose eyes/skull/skinofbody to stellar/lunar/solar radiation to maximum extent(eg.nude); ; expose eyes/skin/fontanelles/temples/body to rays of celestial bodies to increase vitality/harmonizeselfw/surroundingenvironment;'dress'-all jewellery/clothing/ accoutrements /paraphrenalia to correspond w/sum total/purpose[dates/times/alignments-cf. (esoteric astrology; chromotherapy;gems;stones;metals;magic correspondence table(s), etc.);'0700-0900'-break-fast optimal time; ;'conditions'-conditions under which to break-

fast[M1] undergone(constant); no drinking w/meals;'audio(lectures/radio//politics:T/Th.;phil./health:other)-audio to accompany M1=information/learning:'politics'-minimalb/cstressor; 'philosophy./health'-other days as greater utility; 'epsom footh bath'-'non-bath days' as epsom salt bathonthese days; also keep feet clean/detoxed daily(nail beds/soles,etc.);'green-light'-creates balance/harmony; improve mood; induces relaxation/inner sight;far infrared light;'brain entrainment'-useofdesired device in Beta hz.frequency;'magnet chair'-;'face sun(indirect eye exposure)''-solar gaze=increased prana/vitality;'prayer'-appropriate to conditions/preferences;'-read passage'of spiritual/philosophical work; : 'eucharist'-"matter into spirit"=spiritualizationofthe material; SANITAS-brush immediately after fruit; bakingpowderalkalizes mouth;;swish for 1 min. Postswishoil->;post M:(30min.ideal min.) relax; keep torso upright; stomach cleansing time(TCM- at this timeofday)

#### MID-DAY

approximately 8-9 hrs.('work' period by O.E.D definition);alter postures/move randomly according to purpose&general health(circulation of blood, etc.);anti-emf:minimize electromagnetic field exposure via special clothing/air exposure etc.

read(technical/practical works at this time)+brain entrainment(as during M1 adjusted to proper frequency/protocols, eg.7-8hz., for periods of 15 min. on, 10 min. off;35min., etc - depending on purpose.);'+kneel'(zen pose): bookstand elevated such that proper spinal alignment maintained(neutral spine);see previous standing increases metabolic rate&bone mineral density via gravitational force&resistance thereto;self- discipline/control entrainment; hands/arms extended over head enable blood to flow/lymph to drain;don't drink until min. 2 hrs. post completion of meal; amaroli;

#### EVENING

exfoliation period; alternating loofa/scalp brush/massage w/ bath+exfoliating cloth days;oil massage(abangya)=i)periphery->center w/hands->ii)vib.machine highest->iii)lowest setting->wipe off(1- 2x/week);stimulate gums inside and out; toe twisting; guasha stone/ruby implement(reflexology); near infrared sauna dilates blood vessels & enables off-gasing of wastes via heat and activation of parasympathetic nervous system which relaxes the body

#### NIGHT

time dependent on hemispheric lateralization(90 min.max. activity)(left<->right brain)) as in morning conditions; theta w/ violet/indigo light V near infrared heat lamp on viscera write:this doc./relata;philosophical letters;diary;draw: diagrams, blue prints; propaganda;;music:etc.;specific rythmns dependent on purpose;ibid.

sleep: head directed to magnetic North(use compass to arrange bed); use magnetic mat/tress;crystals[shungite; black tourmaline=~ions; others=metaphysical properties]

#### WEEKEND

voluntary reclusion;;self-analysis(cheiromancy; astropsychology, etc.)/expansion/modification; detox; rf sweep; colloidal silver+other procedures

Martial Arts: striking(eg.ninjutsu/hung gar,etc.)+ throwing(eg.hapkido/aikido,etc.)+weapons: (eg.knife/baton/stick fighting)<-most appropriate for real life situations

simplified PFLICT ZUR GESUNDHEIT (for those not able or willing to implement the above):

0400/0500:

wake--->open windows (if shut) to allow oxygen in--->run ozone generator to oxygenate room: 10-15 minutes depending on size of room--->urinate--->ozonate spring/distilled water+tongue scrape/rinse mouth--->neti pot (alternate days)--->run cold water on jaw/cheeks (stimulates vagus nerve)+rub in eyes(clears away pus/wakes up system)+on face--->drink water (350 ml ozonated)--->prepare food--->kundalini yoga+3rd eye meditation (20-30 minutes): in minimally dressed condition preferably outdoors with rising sun: expose eyes to sun's rays (looking away from sun)--->zaryadka (joint mobilization routine: 20-25 minutes)--->mediation

0500/0600:

drink: 1) activated charcoal(1 tsp) with water--->2) edible clay (1 tsp.) with water(swish in mouth)--->3)citrus juice (2 limes/lemons with water; drink through silicon tube)---> wait 20 minutes

0530/0630:

breakfast: fruit (100-200 grams soaked dried fruit or equivalent calories fo fresh)+starch (0-50 grams dry weight)+ boiled eggs (3 large)with himalayan pink/celtic sea/salt (1/8th teaspoon) sprinkled on + powder (beet powder+ground chlorella tablets+crushed/ground seaweed mixed with water to hydrate)

-masticate thoroughly

-relax 10 minutes after

oral hygiene:

wait 45 minutes to 1 hour post meal:

1)rinse/swish mouth with water--->spit--->2)brush with all natural toothpaste with solar panel brush exposing teeth /mouth to light (sun or artificial)--->3)rinse with toothpaste/spit--->4)floss/rinse--->5)oil pull (5 minutes)/spit/rinse

[use gum stimulator inside and outside of gums 1 time per week; visit a biological dentist semi-annually]

conduct daily affairs

1100-1300 (1PM):(relax/meditate 10-30 minutes prior to meal)

lunch (5 hours after end of first meal)

low glycemic starch (50-100 grams dry weight)+himalayan pink/celtic sea/salt (1/8th teaspoon)+meat (3-4 oz.; small fatty fish=best)+ cooked vegetables+nut butter or butter



45 minutes-1 hour post: swish mouth with edible clay/water (swallow or spit)

1600-1700: workout (see workout routines): 1-1.5 hours

1730-1900: (earlier is best if possible; ideally as far from the workout as possible in time):

supper: repeat pattern of lunch with variation of specific contents---> oral hygiene follows as with breakfast

activities for evening/night:

relaxation/meditation/reading/sanitation

reduce blue light as night approaches: 1st: relaxation--->sanitation(eg. bath,etc.)--->contemplation--->meditation

bathe: 3 times per week with epsom salts and/or baking soda; run water boiling hot, opening windows to allow chlorine gas to escape wait 1 hour to enter minimum to eliminate chlorine; scrub with exfoliating cloth with all natural soap--->near infrared light expose on abdomen/genitals/right side (liver detox)+ ozone generator simultaneously; oil massage, etc.

sleep: on magnetic mattress pad head facing North using all natural bedding (no animal wool/down unless temperature necessitates); sleep on left side or back with roll pillow under neck and lumbar spine to maintain normal spinal curvature in total darkness with windows open if possible or some conduit letting in fresh air. To sleep and perchance...to dream

FOOD Rules:

"What to eat and When", Stanley Clark, M.D; Nourishing Traditions, Weston A Price foundation; "Salubrious Living", Arnold Devries; "We want to live live" Aajonus Vonderplanitz

macronutrient ratio:Carbohydrates(~45-60%+);Protein(~13-15%); Fat(~30-35%) of kcal.;

most nutritional density per kcal./volume; some raw(minimal cellulose/starch) some cooked(other);in season;non- GMO;vary items to prevent allergies/cover nutritional requirements; energy expenditure/caloric requirements: carbohydrates=preferred energy source; beyond comfortable volume/digestibility=+meal frequency& +fats; no hot food(damages internal tissues); no cold food/drink(causes poor digestion)

Source: (survival):1)hunt/fish/forage;2)garden;3)conventional(eg.local farmers; grocery stores);

List:

Animal Products:2-3 servings/day(20-35 gr.per time max.):

1)eggs(free range poultry (soft boil V poach;fish eggs/roe;

2)Meat(sear in pan/place in boiling water to destroy potentially harmful bacteria--->grind raw in meat grinder; ie. Cook as little as possible); a)fish(small cold water fatty: sardines; sprats; mackerel; herring);b)offal(organ meat)liver(watch vitamin A toxicity); thymus;kidneys;heart

c)ruminant:lamb/ mutton; cow; game, etc.); ;3) raw goat cheese(aged high milk fat(MF); preferably pasture/grass fed, no hormones, etc.); raw goat milk

Vegetables(minimal amount necessary;cook until soft to break up cellulose/dextrinize starch/facilitates digestion): 1)greens:\*beet tops;

\*dandelions;

spinach;kale;flowers; 2)cruciferous:broccoli;cabbage;brussels sprouts, etc.; 4)roots: carrots;beets; squash;turnips; radishes; sweet potatoes 5)fatty:(non-essential)olive(minimize); 6)spice:ginger; 7)herbs:\*oregano; parsely;\*rosemary

Supplements:chelators/methylators(especially for emergencies such as radiation poisoning): chlorella(10 gr./x powdered); edible clay(calcium montmorillonite-'terramin'; zeolite-(1tsp./week max.);

activated charcoal(1tbsp./x); borax(1/8th tsp.)-1x/week max.;testosterone boosting herbs: (guggul;tribulus;shilajit);MSM(sulphur crystals)(1 tsp./day max.); B12;zinc;beet powder; rosehip powder(vit.C); magnesium oxide; kelp

Fruit: [stewed/boiled/soaked]dried(dates; apricots; figs); raw+fresh(mangos;bananas, etc.); citrus(lemon/ lime in water;drink via glass straw/silicon tube)

--Starch(avoid if possible): (hydrolyzed/caramelized/dextrinized=converted to sugar);~75-90 minutes @ 350 degrees@100 grams:1 cup ratio(dry grain:H2O depending on grain density);a)grass[\*millet(+H2O);\*buckwheat;wild rice]; b)roots:sweet potato;turnips c)grains[wheat(any variety);barley;rye;oats;rice(brown;black;red yeast)]; d)legume[red/yellow/ brown split lentils/peas- smaller legumes=easier to digest;larger:turtle;navy;garbanzo=+more oligosaccharides as harder to digest]

--Nuts/nut butter:(in shell; freeze to prevent rancidity)walnuts;almonds; peanuts Seeds:(store as above-

>grind)flax; hemp; chia; sesame;pumpkin food growing:hydroponic gardening; potatoes in sacks etc.;chicken coup(eggs->meat); ruminant animals(if access to grassland=milk&meat); dandelion gardens; ; sprouting seeds;conventional gardening(greenhouse preferred as minimal chemtrails/insecticides,etc.)

principle of selection: most nutrients/calorie

energy(calories):protein(e/p) ratio(as low as possible): (total calories by % protein of total) max volume(optimal):as little as possible while meeting all nutritional requirements

Meal Plan examples:

3+M/day every 4-6-within 6-10 hr. Window /24 hrs;.max.variety / 3 meal plan example:

M1: stewed dried fruit(1-200 gr.)+A.P[fish/meat(3-4 oz.)]+greens+ starch(0-50)

M2: starch(0-50 gr. dry weight)+eggs(x3)+nut(1-2 oz.)+cooked vegetables+ nut butter (extra calories if needed)

M3: repeat M1(w/ variations); A.P(substitute 3 eggs for meat)

more calories:(emphasize carbohydrates to extent of digestive comfort)

=fruit; starch;nuts/seed/fat preparation techniques:

starch(soak): 50gr./100gr. dry weight:1/2x250ml. H2O: @ 350°x 80-90 minutes;

in tightly sealed glass bakeware or enamel cookware V lead-glaze free clay crockpot

dried fruit: submerge in H2O--->bring to boil--->drain H2O(save all water for plants, cooking, etc.)

long-term storage:

1)pickling(submerge cooked food in salt+water; store in airtight buckets in cool area) lasts 6 months minimum

-eggs: boil->place in vinegar/water(peel)- b) vegetables: grate/chop finely->add 1 tbsp salt: 5 lbs.-> knead w/ hands squeezing juice out->pack tightly/seal in airtight glass lidded/rubber sealed mason jars for minimum 3 weeks in cool area before consumption; lasts 1/2year minimum ; store in cool/cold area(eg.cellar)

2) waxingcheese:diphardcheesescompletelyinwaxVbrush;letharden->storeincoolarea;

3)solar/sun drying/saltingmeat

3) grain preservation: air tight, mylar bags stored in plastic buckets(prevents moldaggregation/growth)

short term vegan diet=fasting diet; long term=death diet(via nutrient deficiencies especially useable/bioavailable amino acids)

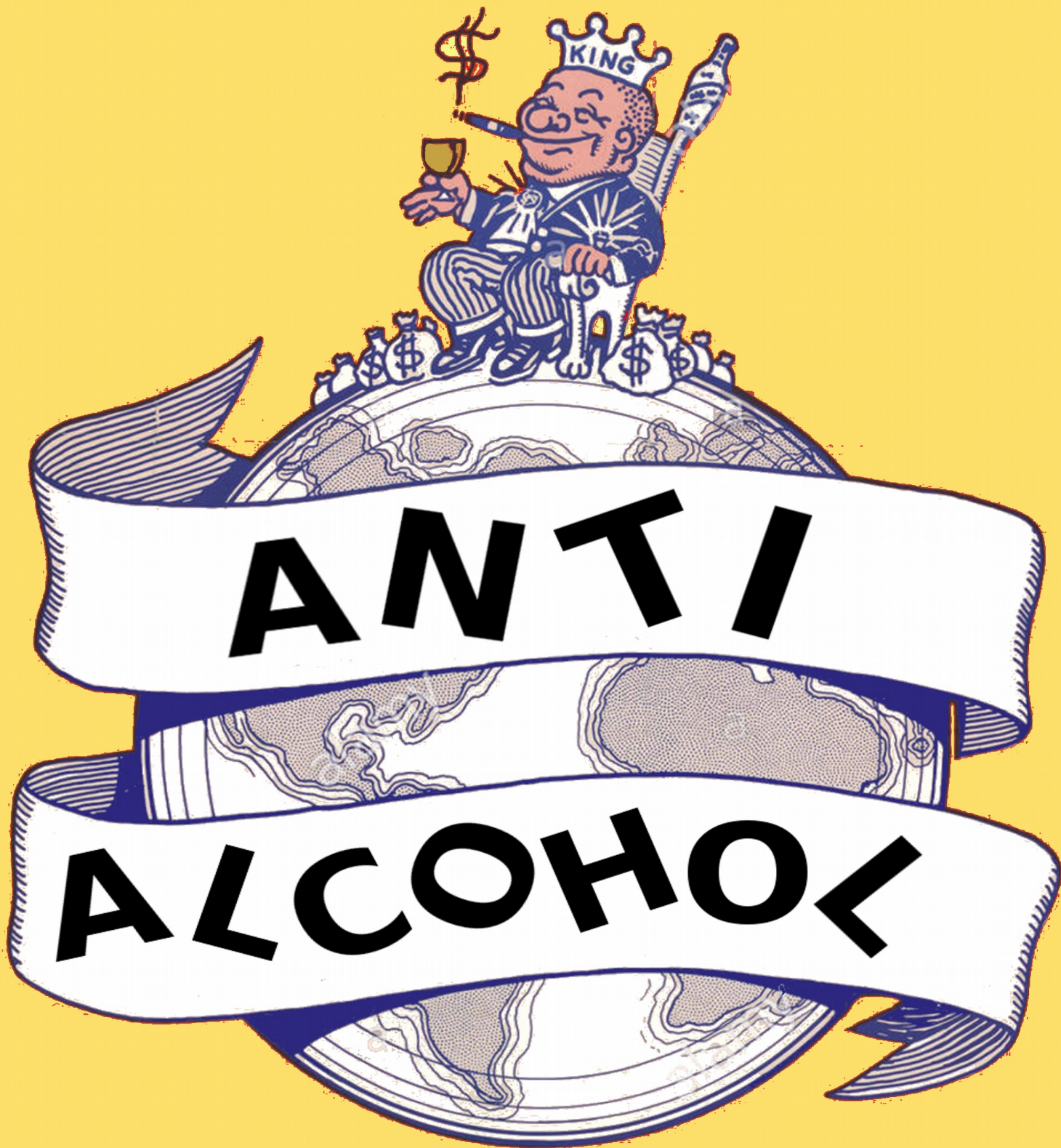
eg. of vegan diet follow above routine only substitute +starch/legume/nut/seed in place of animal products/fat

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Dedicated to the White Race without whom Nothing Matters



**PURGING THE POISON**

## ALCOHOL-ISM: THE IDEOLOGY OF DRUNKENNESS

In the J.O.G system (jewish occupation government) the intent of the masters, architects of destruction, is to contrive all manner of means by which to debase, defile and destroy the white race and indeed all so-called humans as well as all plant and animal life. The culture which is rendered popular in the J.O.G system is that which drags down to the lowest level and ultimately destroys the higher faculties of all-materializes the spiritual and creates a culture of death leading to a climate of death. Examples abound but a few should suffice before the author embarks upon a treatment of the subject matter at hand: the culture of consumerism which is an environmental devastator; the culture of the domestication of animals which destroys the natural lifestyle of the fauna of the earth; the culture of planned obsolescence consumerism in which the average citizen is coerced through subtle pressure to ever new and qualitatively distinct goods as means of accumulating social capital; the culture of multi-culturalism destroying the identity of peoples; the culture of hedonistic profligacy whereby the mind of the person is destroyed through hyperstimulation of the sympathetic nervous system their body destroyed through disease and germs; the culture of mind pollution of cultural marxism and the generalized entartete kultur ('degenerate culture') of the jew media which debases the mind and fills it full of self destructive contents which bring low the former heights of the consciousness of the White race.

The intent of the jew, of the jewish occupation government system, is to trap the consciousness of the White man-the only threat to the jew's system-inside of the matrix; to put it into a low vibrational frequency state that renders it incapable of cutting through the matrix and perceiving reality as it is independent of the demiurgic crystallization of reality into a lower state of materialism, low vibrational fequency, the lead of beast consciousness which traps one within a lower state of mind and enables the jew to harness him in the system as a slave to vampirize his soul energy through taxation and physical drudgery; attendance in church and other forms of slavery.

The use of alcohol necessarily, even only to the slightest extent (a single drop), debases the consciousness of the inebriate and traps him within the matrix, destroying his soul (his subtle energy bodies being largely dissipated in proportion to the quantity of alcohol consumed).The destructive influence of alcohol can be seen in the tangible product of its influence, the alcoholic: degenerated liver and body; sallow and unhealthy hue of skin; bags under the eyes; a distended belly and shrunken form. Further, the perpetual loafing around in bars creates entity attachments to the consumer of this soul-destroying nostrum from the bar or alcohol den he attends and thus having them feed off him as a debased host of his energy, these same affecting those within his environment, attaching themselves to them and further vampirizing him and his alleged loved ones through which means he demonstrates that his love lies with the bottle not his family members who must suffer the consequences of his playing host and vehicle of demonic entities that he brings home from the bar. This and the perpetual cost of the imbibation of their substance (money; reputation,etc.) renders him a candidate for the poor house or the gutter and his own biological offspring having to follow suit should they be subject to his vile presence and the demonic entites which must inevitably attach to



them through their unfortunate association with their parental unit, typically a Homer Simpson father figure who is too weak willed to play the role of a provider and educator and who sets his children up for failure as bowling pins in a drunken bowling game, callously hurling the ball of doom at them as their fate, destroying their future and lives.

The 'ism' or ideology of alcohol is created by the jew as means of causing addiction and initiating the inevitable downward spiral unto death-a sickness unto death-which the jews profit through running the liquor stores and the companies which are the purveyors of this highly addictive poison. The jew not only creates in his media the impression that it is socially acceptable and even desirable to consume alcohol but virtually mandates it as those unwilling to drink this soul destroying poison are branded with the mark of cain as an enemy of society, an anti-social person, creating a false association, a virtual equation in his dialectic of alcohol-ism an sociability the only remaining alternative is to shackle oneself through spiritual bondage to the church as a veritable slave to the jew and subject oneself to entity attachment, to the vampirization of his soul energy which soul energy is then absorbed into the jewish collective consciousness through quantum entanglement-through the aether- through the parishioner's transmitting their thought energy in the form of so-called 'devotion' and 'prayer' to the fictional egregore/thought form of (((jewsus))) and then into the collective consciousness of the jews to empower themselves as the energy vampires they are.

Thus one is coerced should they not be a christian to be an alcoholic, a habitue of the dens of iniquity run by the jew and used as a source of destructive profiteering such that he amplifies his own power at the expense fo the 'goyim', especially the White 'goyim' who he targets as his greatest threat. This is the reason why all of the advertisements for the sale of drink depict Whites first and foremost as this is not only his way of appealing to them on a subconscious level ( emphasis on the pretext 'sub') but of mocking and cursing them, portaying them as alcoholics and behaviourally modelling his slaves, shaping their self-understanding as a socially acceptable person, eg. an alcohol.

Thus alcohol becomes endemic given that as Aristotle said "man is a social animal". It follows from the premises that he will be an alcoholic if he is not a christian and the only alternative source of socializing is alcoholism.

The jews rub their hands with glee as the bar tab mounts up and the pockets of the goyim became emptied of their hard earned fiat currency. The money is taken from their pockets and in place negative dark energy matter entites are taken on as consideration for the purchase price.

The addictive nature of alcoholism and its influence on health; family relationships; crime; poverty and suicide is the purview of actuariasts, police and courts to concern themselves with. Unfortunately it is the concern of all and sundry as no man is an island entire unto himself and thus everything he does affects all around him. His alcoholic violent aggression and criminal neglect for others he assumes as the mask of Mr.Hyde has an affect on all and thus must be resisted and opposed by all means and at all times. The watchword of resistance here means: nothing in excess, but also nothing bad, harmful, in 'moderation' either-as nothing inherently bad can be moderated, it is simply

bad and can never be any less bad than it is. Just as Truth and Falsehood are a matter of extremes so too is acting in a manner true to one's True Self, authentically. This entails a complete abstention from alcohol as a demonstration of animosity and resistance to the jew's culture of alcohol-ism. Resistance may prove futile to the weak of will but to the strong they can easily overcome its negative influence and further seek to pull the bottle from the mouth of the alcoholic and if need be to crash it over his head and gouge his throat with the bottleneck; salvaging his offspring from the demonic entities which have bound themselves to the Homer Simpson figure.

The culture of alcohol is encouraged and amplified becoming the central focus of the social occasion such that socializing becomes associated with 'drinking' and even referred to as such-'drinkin'. The laxity and disinhibition of the neurotic tensions of the average person who is forced to wear a mask of falsehood in his daily life and requires an artificial stimulant to release these tensions within a social setting, a relaxant that allays his habitual stress if only acutely and in a fleeting manner creating an overall worse effect through the generation of uric acid, a byproduct of alcohol metabolism in the body rendering it susceptible of increased adrenal hormone secretion, etc. Thus drinking alcohol becomes equivalent to socializing and to the extent that the habitual drinker/socialite ('social drinker') becomes over time and self abuse, a social drunkard and further merely a drunkard, drinking alone to escape whatever neurotic inhibitions that his conscious mind must needs recognize as a matter of course in the 'daily grind' and dealing with his fellow neurotic/inhibited affiliates.

The culture of alcohol-ism is amplified through the sale and marketing of paraphernalia that perpetuates the consciousness of the alcoholic the notion that alcohol is a popular item and thus must be an object he surrounds himself with habitually-wearing t-shirts, having coasters and mouse pads emblazoned with alcohol brand logos and collecting bottles and paraphernalia that recall to mind the consumption of alcohol and reciprocate the cycle of abuse. Thus alcohol becomes a love object embodying itself in the paraphernalia that is designed and sold by jews for this purpose- the creation of a tangible object that is the embodiment of thought forms related to alcohol consumption so that the person becomes dragged down into the pit of alcohol-ism, to the den of iniquity and the enrichment of the jews with his hard earned fiat currency, abstract representation of his life force which becomes vampirically absorbed into the jews' collective consciousness in proportion to soul destroying liquor into the body of the White man. Hence the sinister design of the jew:

"Serve me in the church as a slave and allow me to profit at your death. Either way I will profit at your expense and you will suffer the consequences, not purely as an individual but as a collective group as every one of you who harms himself wittingly or no harms his own race and thus in proportion to the degree of inebriation, visits harm upon his own kind, which is my ultimate purpose, namely to genocide you at as profitable a rate as possible".

**Caveat: avoid the bottle, smash it in the face of the jew and take back your fiat currency, health and posterity's future.**

## ALCOHOL-ISM

The 'ism' of the alcoholic, devotee to the bottle which is his substitute god, source of in-spiration, his imbibition of spiritual strength with every pop of the cap and every gulp. This 'gift that keeps on giving' King Alcohol promises to make of every devotee a king in his own inebriated mind but merely renders him a king of beggars and beggar to the king (King Alcohol that is). This religion properly so-called, what people call 'drinkin' is the creed of he who has lost all sobriety of mind who voluntarily abandons his own soberness as he can't cope with this own inner contradictions, his own demons, and so must avail himself of the assistance of King Alcohol to pluck his eye out to avoid looking upon himself in the mirror as he is too weak-willed to overcome his baser instincts and tendencies which lead downward towards the lower states of consciousness, animalistic indulgence and self-stimulation. The Jew created the culture of alcoholism to destroy the white race and alcohol is the scourge of white survival. Thus its intended purpose has worked well for the devil race of Jewhovah in destroying the better type on this earth through induction of addiction, the initiation into the Bacchic rites of Alcoholism, simultaneously spinning off profits to enrich the Jew in the continual poisoning of the masses. The criminality which stems from the fount of the bottle enables the Jew to build up his police state thereby justifying the enslavement of the masses in the name of keeping the sheeple safe in their pens.

### Temperance Now! Towards a Neo-Temperance Social Movement

The tool of poisoning the mind through propagandizing the minds of the herd to look favourably upon and seek out/desire a liquid poison called 'alcoholic beverages' as if it were a mere benign and appealing thing has been one of the fundamentals of the black magic bag of tricks the archons have at their disposal. To create the false association between the consumption of a nerve poison and the status of social prestige and togetherness is the trick most conducive in its fluidity and undetectability of destroying the souls of the 'goyim' who are the target of those who brew this poisonous substance.

The current culture(kult-your) designed to be adopted as a socially acceptable form for normal social expression is in reality a crucible of corruption, a spider's web in which the flies are to be trapped and drained of their blood(money energy)-as the currency of their social acceptability).

The nature of alcohol as an addictive substance further perpetuates this downward spiral of health, wellness and concomitant moral integrity. A poisoned brain facilitates the poisoning of the mind, as below so above and this is the deliberate kabbalistic intent of the sorcerers' orchestrating the logic of the social with demiurgic malevolence. To destroy in the physical is to destroy egregorically in the spiritual and thereby to negate materialization of life forms in 3-D reality. Alcohol, by virtue of its ease of manufacture, its correlative cost effectiveness and high addictiveness make it the perfect tool of cultural/racial degeneration targeting those races most susceptible to it(those who have the genetic ability to possess it, aka 'tolerance' and for whom it creates an apparently pleasant inebriation and relaxed state thereby creating a false association between alcohol and relaxation/enjoyment). 'Eliminate the cause eliminate the effect'-this should be the strategy employed in rectification of the polluted culture/race of whites through this medium.

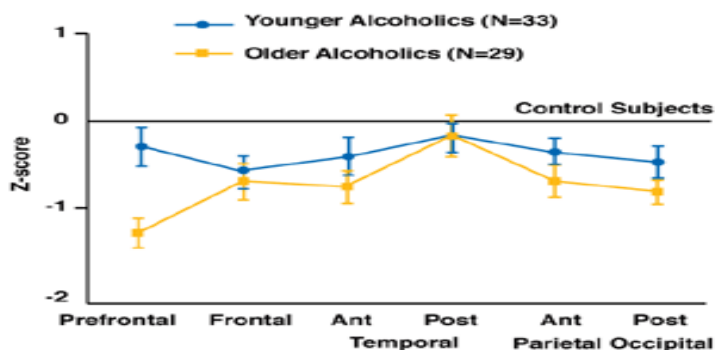
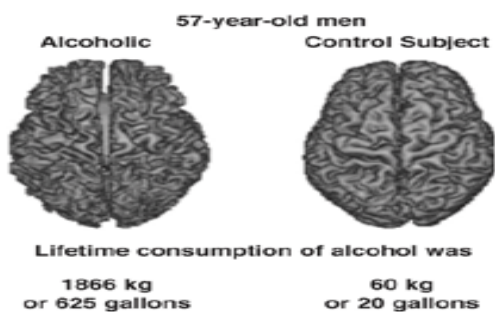
The false association needs to be severed at its root as a gordian knot of social programming and this through shaming and more positive values that creates a new and more nature based association with alcohol and human consumption therefore namely, physico-spiritual degeneration and addiction which perpetuates the addiction and degeneration in a negative feedback loop spinning off endless ill-consequence.

Emphasis on positive values is the cardinal point, the so-called spear point of the temperance agenda, an anti-hedonist, anti-self-indulgent agenda by default with the replacement emphasis being on a stoical contraction within as a revelation of the mind beyond the fray of divisive struggle in the cthonic plane of materiality. Concentration, meditation, contemplation is a three-fold strategy of krist-consciousness development and the existential phenomenological basis of stoical asceticism itself a springboard of concentrated and prudent action upholding the harmonious relation's between man and man and nature(cosmic and cthonic). The inner must be developed for the outer to exist-no rocket to the moon can be sent if it is only a bottle rocket.

Alcohol-ism represents the denouement of higher consciousness as a willfull practical action directed against the temple of the human body as an assault, a raising of the temple with the firebrand of will- lessness, a spineless desire to avoid and escape the harsh realities of life through chemically plucking out the eye and-it is hoped by these types-thus dispensing with the mote dwelling within. The consequence is ignorance of fact and inevitable blindness in the face of the threats inevitably besetting one on all sides. A chemical blinding leads to a blindness of the third eye through destruction of the material structures necessary for the destruction of higher consciousness . An augmentation or amplification of alcohol's influence is its further false association with sexual activity, the necessary drives universally present in man and thus given this ubiquity ripe for exploitation as a vehicle of self-pollution.

To conjoin a fundamental activity based on innate, instinctive behaviour with a self-destructive behaviour totally unnatural and perverse is the ultimate coup d'etat of the archontic rulers for "kill the body and the head will die"- and they understand the causality inherent in things and how to exploit it. Stoicism again is the key to prevention of degeneration: temperance, ie. to curtail excess and negate the negation.

### CORTICAL GRAY MATTER VOLUMES

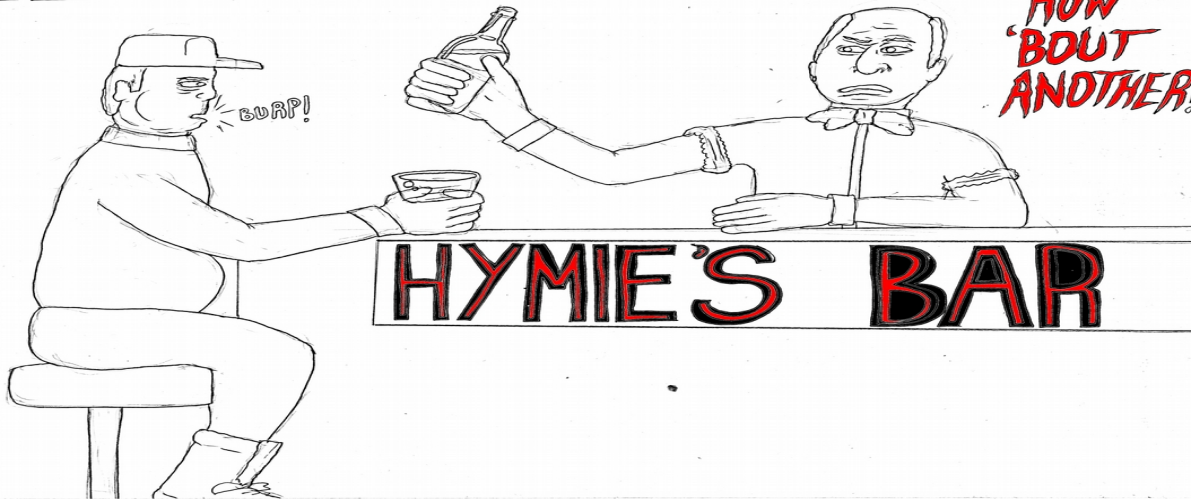


**OUTLAWED OR LEGALIZED**



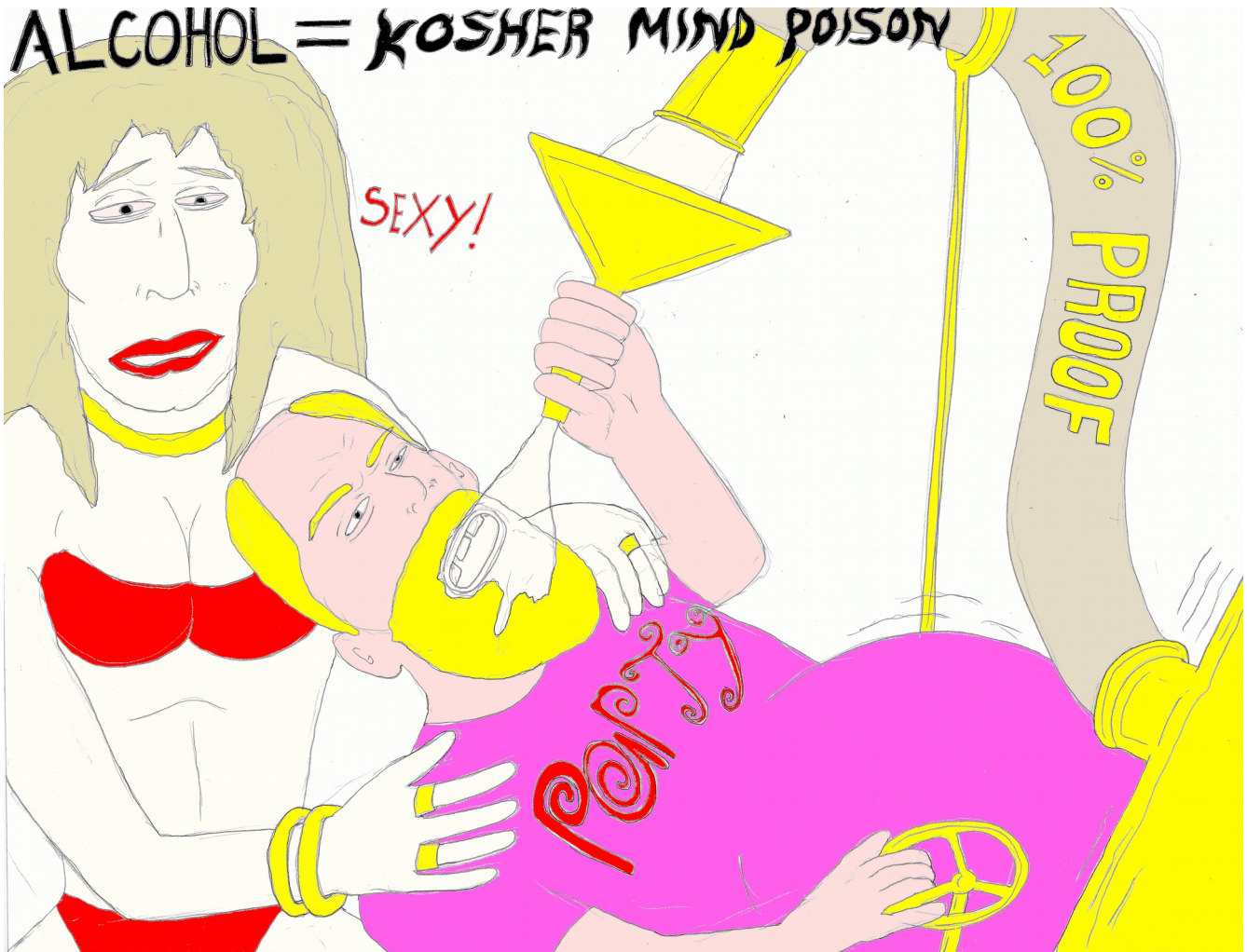
**ALCOHOL IS POISON**

# ALCOHOL-ISA



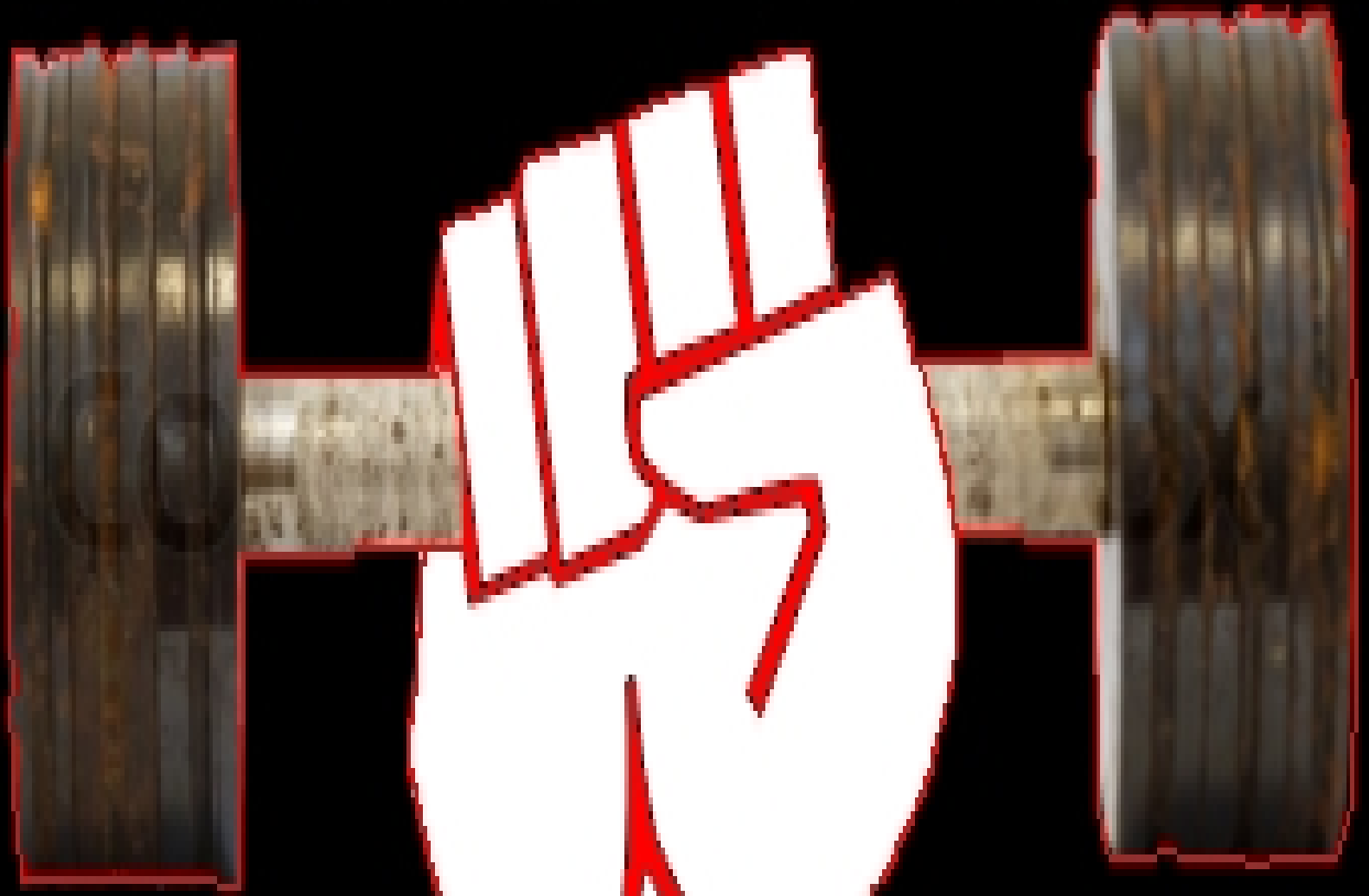
HOW  
'BOUT  
ANOTHER.

ALCOHOL = KOSHER MIND POISON



**ALCOHOL KILLS YOUR BODY; BRAIN; GENETICS AND SOUL  
WHILE PROFITING THE JEW AT THE EXPENSE OF YOUR RACE  
STRONG PEOPLE DON'T NEED TO ESCAPE IN THE BOTTLE  
WEAK PEOPLE DO/ FIGHT THE JEW...DON'T DRINK**

# WHITE POWER



FUNCTIONAL

FITNESS



In the following a prescription of functional training a holistic program of mind, body and spirit conditioning is offered as food for thought. The exercises are performed either solo(**S**) or team-based(**T**) or Both(**B**). These exercises are amplified in the document “*UBERMENSCHHEIT: HEALTH PROTOCOLS*” available for free on the internet. As such this document is an addition to the foregoing

## **EXERCISES:**

urban centered exercises/sports:

Parkour: an urban sport entailing a rapid navigation of infrastructure/built environments which can be adapted in the following formats, using smart phones to coordinate as well as bikes, scooters, skateboards, or other transportation vehicles. The environment could be eg. A shopping mall; parking lot; multi-block areas or districts(eg. Industrial; trendy; campus, etc.). The following are examples of parkour applied to more realistic situations:

- i) ‘capture the flag’: a)normal play: capture the opponents flag and return to base to win(**B/S/T**)
- ii) ‘cops and robbers’/’escape’/’urban chase’: 1 or more ‘robbers’/’fugitives’ seek to escape from others (eg. ‘cops’) and conceal themselves in environment; ‘cops’ pursue and coordinate via phones, etc.; time trials could apply or simply escape from the sight of the ‘cops’; use different shirts to differentiate opponents. Could make use of water guns with dyed water to mark opponent and signify they lose(eg. Red dye on white shirt or black ink on neon shirt)(**B/S/T**);
- iii)time trials race to objective using shortest path using whatever transport of various forms of transport(run; bike,etc.)(**S**)

Orienteering: also in urban environments. Different objectives could be interrelated with propaganda spread(eg. Placing stickers/leaflets, etc. And attempting to observe how many or what by taking photo and comparing quantity as a means of self-critiquing of effective propaganda spread, etc.) distributed around the environment

### American Gladiator:

similar to parkour in incorporating martial arts and battle for territory(eg. Wrestling or judo with boundaries. First to be pushed out is the loser) could take place in any ‘bounded’ environment, eg. Basketball court; city square, etc. Also incorporate other objectives eg. First to put flag or object on monument, etc.

-Use of gladiator gear such as hockey or sports equipment and sponge bats or oversized or regular boxing gloves, etc.

-a means of incorporating martial arts into realistic environments

-mock shieldwall phalanxes with one person mimicking antifa and others serving as shieldwall using shield, etc. Defensive tactics incorporated.(**T**)

### Martial Arts:

‘real combatives’: realistic & practical martial arts prescribed drawing upon throwing and striking styles(eg. Hapkido; aikido; judo; kung fu; karate)

weapons training: ‘shock knife’; batons; [H2H](#)(hand to hand)

-use weighted gear when desirable(**T**)

-wooden or other dummy or punching bag using bag gloves or bare hands or weapons, eg. Staff or bat, etc.

-use of weighted gear

### Attack Dog Training:

-obtain attack do(Doberman or German Shepard) & train it using eg. Sports equipment(umpire pads, etc.)

Zaryadka: see *UBERMENSCHHEIT: HEALTH PROTOCOLS* for specific details

### Weights:

- weightvest(using plate carrier body armour style vests): climbing stairs/hills; pull ups; jungle gym

### Strongman:

-farmer's walk(w/dumbell or other implements)

-carry and drag

-sled pulls

-rope pulls

### Shooting Sports:

-moving target(you move; it moves; both)

-sniping(distance), etc.

-hunting/stalking

### Paintball/nerf gun, etc.:

-parkour ideas with paintball context(eg. capture the flag)

-attack/defensive of compound or property

-assasination/sniper missions(S/B/T)

### Cardio conditioning:

see *UBERMENSCHHEIT: HEALTH PROTOCOLS*

Crossfit-style ideas: wall climb; rope climb(recommend against crossfit-style exercise)

### MENTAL TRAINING:

-Formal Games(eg. Chess variants, etc): see *GAMES OF LOKI* in the book *ABSOLUTE WHITE*

-mock interrogation(mimicking real police tactics)

-mock debate(arguing issues)

-trauma based mind control/deprivation(sleeplessness; fasting; prolonged challenges/quests, eg. Parkour, mimicking guerilla warfare battle conditions)

-subjection to stressors throughout(time trials, etc.)

Study: logic; argumentation; philosophy; quantitative sciences

psi power: develop psychic influence/kinesis(William Walker Atkinson; Tim Rifat, etc.)

neuro-linguistic programming(N.L.P)/hypnotherapy/autosuggestion

Meditation: eg. Thule society style meditations

for more read :

“*UBERMENSCHHEIT: HEALTH PROTOCOLS*” and the book “*ABSOLUTE WHITE*”



**ARYAN**  
**ARYAN**

**AESTHETICS**  
**AESTHETICS**

## ARYAN AESTHETICS

As a prospective entrepreneurial venture the establishment of a clothing line would be of great assistance in generating awareness and attention regarding the white cause. Appealing aesthetics demonstrating the ideas and issues related to white survival would be clothed in the form of...clothes. Symbols and patterns suggestive of strength, order, structure, power and virility would present to the viewer visually and the wearer tactilely these realities. Thus for workers would be created an apparel not only functional but simultaneously aesthetically connotive of their physical job tasks such as various lines and patterns connotive of industry(scaffolds; forges;gears;ladders;bricks;steel,etc. All subtly implied or suggested by the pattern not necessarily explicitly portrayed) whereas for others they would be more subtly implied in the texture or futurist pattern or dynamic images perhaps not linear or with any distinct or discernible pattern but giving off the affect of movement such as a titanium or rainbow holographic effect or an effect that is suggestive of dynamic movement and depth such as a blur radiating around a focused object such as a message or symbol.

The cut and style of the clothing would also connote power and function being appropriately fitting on the body and corresponding to what is anatomically male or female to establish an archetypal form correlated with function positing the naturalistic relation between the two rendering men more male/masculine in appearance and women more female/feminine or corresponding as nearly as possible to their form if not exaggerating it and relying upon traditionally associated colours with each sex and age as well. Various badges/brand labels or minimalistic jewellery could also be crafted which would posit the Aryan Nature and its specific subspecies eg. Nordic; Alpine; Mediterranean; Dinaric each manifesting its particular nature which could be derived from the traditional culture and the general behavioural characteristics of the group. A representation of tradition in modern form which would be both a transgression or heresy against the postmodern condition as well as a challenge thereto, a “White Cultural Hegemony”, act of defiance.

All clothing, to pose this challenge and posit the hegemony of the Aryan aesthetic, would be in the form of natural fibres with no synthetic or artificial chemicals if possible or at least only in the form of inks and dyes. Thus linen; hemp; cotton; wool; silk and other fabrics would comprise the bulk of the garments and would be made in such a way that their quality would make them durable, breathable and resilient as well as comfortable and would enable the wearer to carry out their tasks with the least impediment. Given that traditional garments over the centuries especially those of the peasantry had been developed in the forge of dynamic action those designs should serve as a template for those used for and marketed to those involved in activity such as physically demanding tasks. Those less involved in physical exertion would have the option of more intricate designs perhaps or those incorporating additional features not necessarily related to pure functionality but connotive of ideas of a traditionalist nature.

The garments and jewellery should appear to empower the wearer and appear to be other to themselves and the Other an extension of themselves while being an organic outgrowth of their inner being and True Nature.

As a means of evaluating the appeal of the clothing, a panel of judges of the appropriate demographic could observe a showcase of the clothes in a fashion show or if not brought into being in physical form could observe and evaluate images or graphic design of the clothing which could be modified to suit the tastes of the panel but only to the extent that it posits the Aryan aesthetic. The same panellists could return and reevaluate the clothing in light of the changes and feedback and recommendations from them would be considered the panellists of course would be reliable sources who as closely typify the demographic as possible.

Jewellery that brings back the traditional culture such as celtic knots and Germanic sunwheels etc. Would be designed also to bring out the form of the wearer such as eg. Belt buckles; hair clasps; bracelets; rings; necklaces; shoe buckles; glasses,etc. Even various implements such as daggers; knives; hammers; axes; shovels; vehicle hubcaps and decals or stencils for painting would be an additional idea. Cowboy boots; hats; guns and gun holsters; belts all would carry the impress of the Aryan soul and enable its functional task to be carried out. All of course would serve as a vehicle of presenting the Destiny of the Aryan Race and its higher gnosis, an astrotheological aesthetics that would become a living tradition. For example geometrical figures associated with the planets could be incorporated with their correspondent metal(eg. A moonstone in a silver brooch; a gold brisengamen necklace; a viking armband) in jewellery; a lamp could take the form of the irminsul pillar, a belt a repeating design of the swastika. This would render an otherwise purely functional and possibly aesthetically pleasing artifact magical thereby representing Aryan tradition over and against the dreary utilitarianism of the culture expropriated from the Aryan by the forces of decay but would be a powerful and empowering hegemony brought against it.

As to architecture and various other forms of fine art see Alfred Rosenberg's "The Myth of the 20th Century" which denies the reality of 'art for art's sake' and posits the inherence of the racial soul of the folk in the artifact from buildings to paintings to music.

To Manifest the Destiny of the Aryan the hegemony of Aryan culture must rise from the ashes as the phoenix and sweep away the decadence of the culture of volk chaos brought about by the forces of darkness



# WHITE LAW



A GUIDE TO RIGHT WHITE LIFE



PEACE=DEATH----->LIFE=STRUGGLE

When We must live THEY must die

When they draw first blood  
There is no turning the other cheek  
When they wish to kill you  
There is no co-existence  
When you are cornered  
There is nowhere to run  
When you are the victim  
There is no truth to their  
vilification When they give you no  
peace There is war ever-lasting  
When they make unjust demands  
There is a demand for opposition  
When There is No Morality  
There is no moral imperative  
When morality is anti-nature  
There is nature's imperative  
When the game is zero-sum  
There is no armistice  
When one's life is the Other's death  
There is no compromise  
When there is war  
There is no peace  
When we must live

---

They must die

---

Bellum omnia contra omnes

This is **RAHOWA!**

## **WHITE LAW-a Guide to White/Right**

### **Life:TOPICAL INDEX**

Equations: [White Survival or Jewish Supremacism]

Essential intro to The Luciferian Conspiracy

Jews-Who Are They?

Anti-Racism=Jewish

Propaganda Libtard-o-logy

Strategy 1: Spiritual

Strategy 2: Propaganda/Activist

Pflicht Zur Gesundheit[Obligation to be Healthy]

Expansions Thereof

Strategy 3: Sexual

Traditionalist Philosophy: Doctrinal Synopsis

Strategy 4: Financial

4 Enemy Ideologies

Strategy 5: Social

Racial/ Sexual typology table

Jewish Psychology

Strategy 6: Topological

References

White Lexicon

Stuff ('materials to obtain')

Anti-White Anti-Law

White Law(Lex Albus)

## WHITE LAW:

### the book of white/right life

"All Life is struggle"--Peace is Death

"Nature and nature's laws are the work of the creator. Therefore nature's laws are God's laws and the\*first and highest law of nature is the preservation of one's own kind."

-David Lane

see other

LOKI documents for amplification; ff..to be read chronologically; for symbols see key

"Delenda Est Judaica"[Jewry must be destroyed]-Judaism is a HATE crime--RAHOWA-

'racial holy war' upon the jewish money power & their witless slaves('Shabbos Goyim')

WHITE SURVIVAL EQUATION:**A**[Identify Problem] +**B**[Formulate/Implement Solution]

**A**= no reality denial+past & present cultural awareness(primary source research)+proper understanding of history(historical revisionism)+common sense+pragmatic mentality('by all means necessary')\*(above)

**B**= i) Racial Loyalty(in-group altruism/inclusion)+ii) Target Enemies(out-group hostility/exclusion)

i) =educate/help others+pool resources+exclusive territory+group activities+self- development to fulfill the 14 WORDS:

"We Must Secure the Existence of Our People and a Future for White Children"-David Lane

ii)Prepare for RAHOWA:"Racial Holy War"and overcome the Enemy [JEWS;white race traitors;hostile non-whites].Become AWARE of the

JEWISH SUPREMACIST EQUATION:**A**[**Systemic Jewish White Homicide**]+**B**[**White Racial Suicide**]=**C**[**White Genocide**]=**D**[**Jewish Supremacism**]

**A**=J.O.G('Jewish Occupation Government') handouts to non- whites+discrimination in hiring+non-white immigration+forced assimilation+anti- white hate ~~propaganda/fabrics~~ history

**B**= 1)*universalist/out-group altruism*

(towards non-whites via Judeo-Christianity/Liberalism-both Jewish psy-ops creating internal racism, ie.'white self-hate')+

2) *faggotism/femi-nut-ism* (pysops created by Jews to create internal sex war and

destroy the white nuclear family/decrease the birth-rate)+  
3) *possessive individualism/egotism(solipsism-  
leading to white tribal fragmentation)+*  
4) *internationalist communism/socialism/democracy*(redistribution of  
fruits of ancestral labor to non-whites under the guise of 'equality'-an  
absurdity)

Ist: Education to become aware of the problem(see below and reference sections)....

ESSENTIAL intro.to the JEWISH CONSPIRACY [Jews;Masons;Judeo-Christians;Liberals,etc].

---> wake-up: "88 Precepts"(solutions to the conspiracy); "White Genocide  
Manifesto"(proof), David Lane;"The Protocols of the Elders of Zion"(more proof);  
"The Racial Loyalist manifesto", Matt Hale;"Judaism Discovered", Michael Hoffman;  
"**The New Babylon: Those Who Reign Supreme – Inside the Rothschild Empire**", Michael Collins Piper;"Synagogue  
of Satan", Andrew Carrington Hitchcock (both being historical overviews of the conspiracy  
and proof it derives from the Babylonian Talmud);"What the Talmud Teaches", daat emet;  
"Jewish Ritual Murder - A Historical Investigation", Dr.Hellmut Schramm;"The International Jew –  
The World's Foremost Problem", Henry Ford;all *Creativity Movement* books; "1,001 quotes by  
and about the Jews",Willie Martin;"The Morgenthau Plan:1944-1945", David Irving books;

--->In the Jews' own words:

"The Jewish Utopia", Rabbi Michael Higger('32); Maurice Samuel, "You Gentiles" ('24); Samuel  
Roth, "Jews Must Live"('34); Max Dimont, "The Indestructible Jews"('71); Protocols of the  
Elders of Zion

--->Racial Integration='Diversity'=code word for 'white genocide' via racial  
miscegenation (plans formulated by Jews/Zionists before non-white immigration to all  
white nations):

Israel Zangwill, "The Melting Pot"(play about 'integration'-1910); Richard Coudenhove von  
Kalergi ('Kalergi's plan for white genocide)"Practical Idealism"(1925);Israel Cohen, "A Racial  
Program for the Twentieth Century", 1912., in the Congressional Record, Vol. 103,  
p. 8559, June 7, 1957 ;"Germany Must Perish!"(forced sterilization advocated),Theodore  
N Kaufman; Harold Rosenthal,"The Hidden Tyranny"; Earnest Hooton plan(forced  
integration of Germany with negros)(1943); Henry Morgenthau,jr."Germany is our  
problem: a plan for Germany"(genocide)

Jews' 'Religious' documents:**Kitzur Shulchan Aruch**(condensed **babylonian  
Talmud**)

Documentary/Movie

Revisionist/real history: "Communism by the Backdoor"; "Adolf  
Hitler: The Greatest Story Never Told", (Dennis Wise);  
"Under the Sign of the Scorpion" (Masonic jewish connection) Yuri  
Lina;"Hellstorm" (Dresden fire bombing) , Tom Goodrich;  
holyhoax refutation: "Dr.Death" (Fred Leuchter) , 'holocaust examination',  
Dr.Frederick Toben;Ernst Zundel documentaries ,eg."**genocide by propaganda**"  
WW2 era: "Occult Forces" (jews & Masonry) ;"Jew Suss" (Jewish  
Social Influence) ;"The Eternal Jew" (documentary footage of  
Jews) ;"Triumph of the Will"

audio files: see youtube; blogtalk radio; talkshoe radio; websites(see reference section at  
end) (keywords: talmud; white nationalism; anti-white; white genocide; jewish  
supremacism, cultural marxism, national socialism etc.)



BOOKS: (racialism; historical revisionism; politics; bio-anthropology; esoterica etc.):  
(free pdf doc.s):

[solargeneral.org](http://solargeneral.org)

[jrbooksonline.com](http://jrbooksonline.com)

[colchestercollection](#)

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(printedmaterial):

[patrioticdissent.net](http://patrioticdissent.net)

[hrp.co.uk](http://hrp.co.uk) (historical review press)

[Noontidepress.comInvictusbooks.c](http://Noontidepress.comInvictusbooks.c)

[omnsm88records.org](http://omnsm88records.org)

[delendaestziobot.wordpress.com](http://delendaestziobot.wordpress.com)

[third-reich-books.com](http://third-reich-books.com)(third reich original documents reprinted)

[ostarapublications.com](http://ostarapublications.com)(esoteric; bioanthropology[race];history)

[nspublications.com](http://nspublications.com)

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[holocausthandbooks.com](http://holocausthandbooks.com)

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J̄EWS-----WHO ARE THEY?

JEWS are a RACE(a matrilineal inbred ethnicity) ;JEWS are a RELIGION

(based on RACIAL SUPREMACISM); JEWS FUNCTION as a RACE

(they self-organize around the concept of `chosen people`);JEWS are ALL

of the above.....and below(traits):

ANATOMY:

HEAD:

hair: widow's peak hairline; often dark, curly(could be any color); often receding or bald[ing]; sparse

ears: earlobes attached to jawline; low set ears; often protruding;'rat/rodent-like';larger, especially upper ear

chin: weak; receding; low/slanting

jaw: heavy; broad cheekbones/maxillae

forehead: narrow; receding(acute angle when viewed in profile); abnormally low

skull: brachycephalic(round headed)

eyebrows: arched; bushy

eyes: almond/asiatic/'squinty' shaped

nose: convex; 'hooked'; noticeable 'hump' in top portion; resembles a '6' in profile view; long and narrow; ancient 'Hittite'-style nose not 'semitic'

face: long; thin; 'pinched'(narrow)

eyes: 'lizard-like'; thick/fleshy eyelids; 'sleepy'; laterally drooping; 'pop' eyes(protruding laterally)

eyelids(lower):'puffy'

skull: occiput(back of head): flattened/high

mouth: gaping; frog(slim/wide/pronounced); mouth opening larger than normal

skin tone: 'corpse-like'; pasty; sallow; yellow

BODY:

torso: elongated; 'reptilian'

limbs: short relative to torso length

PSYCHO-SOCIAL BEHAVIORAL TRAITS:

gaze: wary/piercing

voice: high-pitched; often nasal; sometimes husky

gait: shifty/uncertain; flighty

gestures: moves hands when talking

speech/tone: jabbering; nervous; aggressive; whiney

odour: unpleasant; sweetish

vibrations: 'dark'; negative; vampiric

psychology: psychopathy; mendacity; surreptitious; obsessive-compulsive; neurotic

SOURCES:

"How to recognize & Identify a Jew", John Doe Goy (solargeneral.org) "The

Racial Biology of the Jew", Baron Otmar von Verschuer, M.D

'Race', Dr. John R. Baker ('74)

'On the Physical Characteristics of the Jews', John Beddoe

Transactions of the Ethnological Society of London, Vol. 1 (1861), pp. 222-237

"The Biological Jew", Eustace Mullins

"ANTI-RACISM=JEWISH propaganda"

WHY?

JEWIS ARE A RACE

JEWIS' ARE A RACIALLY SUPREMACIST RELIGION

(THEY CLAIM TO BE THE 'CHOSEN' PEOPLE' OF 'G-D'/god/Lucifer) JEWIS

RULE THROUGH USURY

(THEY ARE PARASITES-CENTRAL BANKING SYSTEM, ETC.) JEWIS CONCEAL

THEIR INTENTIONS TO SUCCEED

('BY DECEPTION WE CONQUER'-MOSSAD MOTTO)

JEWIS' HIDE BETTER IN A MIXED RACE SOCIETY (THEY

ARE NOT AS EASILY IDENTIFIED)

JEWIS' RULE BY CENSORING 'RACISM' IE. RECOGNITION

OF RACIAL IDENTITY & DIFFERENCE

IF "ANTI-RACISM" CENSORSHIP DIDN'T EXIST IE. IF

RACISM EXISTED

JEWIS COULDN'T HIDE & THEREBY RULE UNDETECTED ADVOCATE

'ANTI-RACISM'= ADVOCATE 'JEWISH SUPREMACISM'

ADVOCATE RACISM= ADVOCATE FREEDOM(of speech; of survival etc.)

"POWER and JUSTICE are synonyms"

"MIGHT is incarnated RIGHT and RIGHTS are metamorphosed MIGHTs"

-MIGHT is RIGHT



## LIBTARD-O-LOGY / LIBTARD-ISM

(the religion of libtards, aka. 'liberals'...descendants of the christ-tards, a.k.a Judeo-Christians)

### VICES

### VIRTUES

biological kin-group relations \_\_\_\_\_ race-mixing/'race-less'ism'

gender/sex normality(biological basis) \_\_\_\_\_ gender electivity

natural biological differences \_\_\_\_\_ egalitarianism

objectivity \_\_\_\_\_ subjectivity: "perception;

'truth'(lower case)

"fact/actuality established through \_\_\_\_\_ belief; opinion;distorted

reason/intuition/lucid perception \_\_\_\_\_ perception

egotism(will power under self-control) \_\_\_\_\_ egotism(boundless/hedonism/passion)

reason/logic \_\_\_\_\_ emotion

law/order(logos) \_\_\_\_\_ lawlessness/chaos(anti-logos)

masculinity \_\_\_\_\_ femininity

racism \_\_\_\_\_ humanism/universalism

exclusivism/seperation/segregation \_\_\_\_\_ inclusion/integration/race-mixing

superhumanism/ubermenscheit \_\_\_\_\_ subhumanism/untermenscheit

inhibition(even normal sexual expression) \_\_\_\_\_ exhibitionism/hedonism

self-discipline('greater jihad') \_\_\_\_\_ other discipline/punishment('lesser jihad')

healthy expression of instincts \_\_\_\_\_ (abnormal expression

\_\_\_\_\_ eg.polyamory/sodomy/BDSM,etc.)

(eg.breeding/eugenics/nuclear family)

National Socialism/fascism \_\_\_\_\_ communism

Solar/Uranian \_\_\_\_\_ cthonic/tellurian

supermundane \_\_\_\_\_ mundane Allfather \_\_\_\_\_ Gaia

Kaivalya \_\_\_\_\_ Ahimsa

organic Individualism(white racial tribalism) \_\_\_\_\_ Collectivism(raceless globalism)

autonomy \_\_\_\_\_ external authority

tenets:- "the sanctification of miscegenation"(eg. Ethnocide/ethnosuicide)

-pan-sexuality

-sexual liberation/pornographic sexualization

-rejection of 'monochrome' society(eg.ethnostate)

-suspicion of/hostility towards white natality

-barbarisation=adoption of "the behavior, the gestures, and the talk of foreigners"(eg. ebonics; wigger culture)

-devirilization="the loss of qualities proper to virility: "physical courage; individual & collective pride; a sense of protecting women"

“Liberal Religion=secularized Judeo-Christ-Insanity”=Judaism for Gentiles

Holy Trinity: “pleasure principle”= ‘Mother Mary’/‘Holy Ghost’

White Liberal = ‘Jesus’, the savior

‘Mother Gaia=Jehovah/God’

white liberal= true believing Saviors of ‘Humanitas,’ the colored mass from the turd world

borrowings: “turn the other cheek”=non-violence/non-aggression principle

“all men are brothers”/“love thy neighbor as thyself”=“we are all one”

xenophilia=“the immoderate & systematic love of the foreigner or the ‘Other’”

ethnomasochism= “a hatred & shame of [self /own kin group] which gives...some sort of neurotic pleasure”\*

verdict: liberalism=libtard-o-logy=secularized Christianity/Jewdeo-Christ-insanity

Liberalism’s objective/ultima ratio: totalitarian globalism under the jew-controlled U.N; stifling all real individual liberty and creating an *entropic* control system leading to ‘peace’,eg.

Stagnation and death; therefore peace=death

[no life exists in a closed(control) system] as “all life/[vitality] is struggle”[dynamism]

References: Guillaume Faye “Sex and Deviance”\*; O.T Gunnarrson “Hear the Cradle Song”;

Lyle Rossiter, “The Liberal Mind”, M.D; “Universalist Psychopathology”, the author

Libtard-ism/Libtard-o-logy is the JEWISH PSYOP / Mind Control program for the **lemming dumb[m]asses; eg. communist party members and devolved race-mixed proletarians**

ref; “Protocols of the Elders of Zion”; Kalergi plan

Might is Right Syllogism: (A)Life=Struggle (B)No Struggle=Death (C) Struggle= No Peace(D)therefore Peace=Death===solution to judeo-christian/liberal Spiritual Suicide

Libtards=the new Christards: blind obedience to collective/popular opinion; irrational emotionalism/reactivity when social taboos/verbotensprach is confronted/when their dogma is called into question

AWAKE to the reality of this world historical epoch! DELENDA EST JUDAICA!”

Antidote to Judeo-Christ-insanity:

(see references section at end of document): Julius Evola(“Ride the Tiger”; “Revolt against the Modern World”,etc.); Nietzsche(“Beyond Good and Evil”;“The Antichrist”,etc.); Ragnar Redbeard, “Might is Right”; David Lane,“Wotansvolk”;A.Rud.Mills, “Odinism”; Creativity Movement books(“Nature’s Eternal Religion”,etc.);“Cosmotheism”,W.L.Pierce;“Universalist Psychopathology”, in “White Alchemy”; “Hard Truth: White Philosophy”(the-struggle.net)

“faith without fact is folly”-Matt Hale

## SPIRITUAL STRATEGY

in the IRON/WOLF AGE/KALI YUGA/END TIMES

cultivate-->WOTAN/Krishna/Christ CONSCIOUSNESS

no 'LOVE'---> just 'LAW(SURVIVAL/the LIFE PRINCIPLE)

(will to power//karma/dharma-cause and effect)

Ride the Tiger(suffering/endurance) /Theurgy(godhood)/Kaivalya(autonomy)-- not  
**Ahimsa**(absorption in 'God')

"The only escape remaining to the Hero is not to escape from his earthly 'I' but to strengthen it so that he can transmute it in to an Absolute Self through the tantric ecstasy called kaivalya, meaning 'separated', 'apart', the reverse of samadhi which signifies 'fusion with the one[...with the demiurge]" - Miguel Serrano

"self-discipline is a mark of a higher man"(Lane)MOTIVE:

14 WORDS: "We must secure the existence of our people and a future for White children"

creativity: a) credo: the "survival, expansion and advancement of the White Race"

b) golden rule: "what is good for the White Race is the highest virtue; what is bad for the  
WHITE RACE is the ultimate sin"

c) MEANS:

a) "love and hate are two sides of the same coin"(hate enemies=militant activism)

b) a sound mind in a sound body

(mens sana in corpore sano)

in a sound society in a sound environment

[living in accordance with <your White> Nature and the sum total-tribe/earth/cosmos]

sound mind: no T.V [talmud.vision; (m)asses' media]; think/read/write/speak profoundly-  
concentrate->meditate->contemplate->create->repeat the cycle ad infinitum

*"thought without action is sterile"* ('geistes korporlich'/'spiritual corporeal' praxis/action,  
eg. wise thought+prudent action)

sound body: exercise/rest/detox=yes; intox=no; lethargy/drudgery=no(work

smarter)sound society: white nationalist government based on eugenics

(NSDAP 25 points;"The Ethnostate", Wilmot Robertson; "nova Europa",A. Kemp)

sound environment: ancestral living at a higher octave('archaeofuturism',Faye;  
'Radical Traditionalism', Evola, 'Blood and Soil', Darre)

c) "racial loyalty is the greatest of all honors"-->friends: white racists; ariosophists;  
white nationalists; Identity Christians; segregationists

d) "racial treason is the worst of all crimes"--->

enemies: 'universalists' (unreachable lib-tards/christ-tards); jews;  
mudz

e) eugenics("good breeding")<--->malgenics("bad breeding")

f) racial separatism:keep away from racial aliens through avoidance behaviors/  
potent threat of force when necessary

"become who you are"-Nietzsche

self-development/evolution: "make yourself a better person to make the world a better place"

WORKS:

- 1) Esoteric Hitlerism: Miguel Serrano("Manu: for the Man to Come"; "Adolf Hitler the Ultimate Avatar"; "The Golden Cord: Esoteric Hitlerism")
  - 1) Natural Law: "creed of Iron"; "14Words"; "88 Precepts", David Lane;" Creativity books: "Little White Book"; "White Man's Bible"; "Nature's Eternal Religion"
  - 2) Ariosophists: Rudolph Jon Gorsleben, "Zenith of Humanity"; Guido von List, "Ariosophy: Religion of the Ario-Germanic Folk"
- 3) Radical Traditionalism "Revolt Against the Modern World"; "Ride the Tiger", Evola  
"I am nothing without you; but you are nothing without me"-Hitler

Creedo Modernitatis

Scientism is the new Religion

Scientists are the new Priests

Democracy is the new Religion

Politicians are the new Priests

Racism is the new Satanism

Non-Whites are the new Angels

Whites are the new Devil

Jews are the new Gods

**PROPAGANDA /ACTIVIST STRATEGY**

many activists have done the following acts.

The writer does not necessarily condone such activity:

maxims:

-all attention is good attention(P.T.Barnum)

-maximum impact minimal words(slogans)

-K.I.S.S(keep it simple simpleton)

"the elements of successful propaganda are: simplicity, emotion, repetition, and brevity"- a picture says a thousand words

-shock value is premium

-covert ops(do it in the dark/ in disguise)

niche marketing:

("the art of propaganda: from ivory tower to privy wall"-high brow to low brow)

-target the proper demographic(match propaganda to the people group)

Purpose: poke the masonic beehive; pull the earlocks of shylocks: smash Solomon's Temple--Worse is Better,ordo ab chaos;

co-opt the co-optation via national socialist revolution



**Forms:** spray painting slogans or with thick permanent marker; **leaflets/flyers:** (leaflets/posters/stickers/paint) drive through drops/no stops/end of driveways; **email:** propaganda to targets (images; quick memes/phrases; factual data(stats; photos, etc.); specific causes/issues to appropriate target(purpose: raise awareness; shame; incite reactions, etc.); **other:**

-video games(software:rpg/fighter maker, etc.)

--music(software: audacity--upload to internet)

**audience:** quality over quantity[key people receptive to the message: enemies (threaten; induce fear) & friends (warn; encourage to learn, spread and act upon the message)]

**doxing:** make public the corruption of enemies-defame and slander-'post them' before the populace

**place:**(leaflets/posters/stickers/paint)

affluent **white collar neighborhoods**(most influence; housing developments(notoriety)- usually unfriendly(eg.local gang-related or "kill whitey"; "white devil" graffiti);

**blue collar** white worker areas-usually friendly (eg. "Jewish white genocide" leaflets; anti-immigration data, etc.)washrooms; elevators(inside doors) ;bumper of cars;stop/other signs (busiest/high publicity times in concealed areas vice versa unconcealed areas are best-guaranteed privacy; allow security facilities-markers/stickers to website sources/QR codes/memes); newspaper boxes/papers/poster boards; fine permanent marker on low denomination money bills('debt notes')(use letter stamps. See "Bank Heist: Propaganda Protocol" in this handbook)

**time of day/night:** minimize exposure: depends on purpose; night=best if no security/police; /all forms:concealed areas /use nitrile/rubber gloves always assume YOU ARE ON CAMERA(surveillance); grey man strategy: disguise yourself (different times/different places/different appearance);

**Topics**(from most to least significant):-

*Jews*(expose the #1 enemy- bankers/media/government influence→for the potentially receptive“(quasi/anti-liberal) bourgeois white collar” office slaves/blue collars

*Liberals*(#2nd fiddle to the jews-their useful 'shabbos goyim'-femi-nuts; mudz; fagz; manginas; race traitors; white jesus')->blue collar

*White Survival*(immigrants//mud on white crime stats/cases expose threats-muds and the above; statistics; positive propaganda focus)

slogan examples:

**WHITE NATIONALIST LEAFLETS/STICKERS/slogans---feel free to copy/paste/post**

use appropriate website or statistical data to give sources/proof

1) 99% of the 1% is **JEWISH**[target: Jews]

2) **PIONEERS not PARASITES!** [issue: immigration]

3) **who are THEY?**[target: Jews: draw 6-pointed star of david around]

3) **Abolish** Affirmative Action/ Employment equity/Equal opportunities[quote stats]

4) "**The Liberal Mind:** The psychological consequences of political madness"

Lyle H. Rossiter, Jr., M.D.(psychiatry)

- 5) **SHHH!** ....No Free Speech...[issue: hate speech/censorship, etc.]
- 6) **WHITE PEOPLE=The Next Palestinians**[issue: white genocide]
- 7) **Canada's Future: South Africa**
- 8) EMPLOYMENT EQUITY ACT=WHITE *HOMELESSNESS*
- 9) WHITES=ENDANGERED SPECIES<6% world population>--**SAVE THE WHITE RACE**
- 9) **RAPE-FUGEES** or *REFUGEES?*[issue:false refugee crises]
- 10) HOLYHOAX DENIAL is a thought crime[issue: so-called holocaust]
- 11) IMMIGRATION=POPULATION REPLACEMENT[issue: immigration]
- 12)HATE SPEECH=TRUTH THE1%HATES
- 13) **THE BOYS IN BLUE SERVE THE JEW**
- 14) WITH **JEWS** YOU LOSE
- 15) AROUND **BLACKS NEVER RELAX**
- 16)Anti-Semitism=anything the Jews **hate**
- 17) race-mixing=white GENOCIDE
- 18) **Jews** behind race-mixing
- 19) quotations from the talmud, eg."*Even the Best of the Gentiles Must be Killed*"
- 20) *Anti-Semitism= Everything the Jews don't like/antisemites=anyone the Jews don't like*

put them inside newspapers or magazines on colored paper or sticking them on prominent locations(bus shacks; signs; elevator doors; bathroom stalls,etc.) from sticker paper. Copy and paste in multiple strip format using Microsoft word ->print->cut and distribute/place/stick up(wallpaper paste; tape,etc.). Add website references and possibly QRcodes to the leaflets to appropriate contemporary/working sources and issues. Use testor's model paint or black permanent markers in clandestine areas(eg.bathrooms /cubicles, etc.).

Mail Outs: mail physical letters from other location using generic envelopes & print address on sticker paper using gloves

**TOPICAL PROPAGANDA**---copy&paste in comments sections on social media, etc.(see 'White Lexicon' & other sections for similar ideas)  
examples:

liberalism=anti-natural morality. No equality in Nature [lions don't lie down with lambs& don't weep over the tears of Sheep]. 'maximizing pleasure and minimizing pain'=Bestial life of indulgence. Sacrifice monetary gain and social capital for posterity-----save the white race!  
[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

Jewish Supremacism:**"You are called men, but non-Jews are not called men."**[Bava Metzia 114b](#)  
**judaism.is (to learn about Judaism);**

All leading feminists were/are Jews---Feminism=jewish psyop  
<http://www.smashculturalmarxism.com/?s=feminism>

Abrahamic Religion=jewish psyop; judaism=master race ideology for secret society(Jews); Islam= Jewish terrorist vanguard army; Christianity= suicidal lemming/slave morality---



[www.creativityalliance.com](http://www.creativityalliance.com)

**Baby Boomers**-posterity's doomers. Brain washed lemmings agents of Jewish media moguls who disinherited posterity. "who will take care of us?"-baby boomer quote-----"who will take care of posterity" racial loyalists' answer-----[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

**koshercuckservative**- a jewish supremacist slave who 'salute's the [Israeli] flag' to fatten his pocket book;

'White Genocide'? no. 'Jewish White Genocide'+white racialsuicide.

solution: White RacialLoyalty

[www.creativityalliance.com](http://www.creativityalliance.com)(creativity)[www.christogenea.org](http://www.christogenea.org)(christian)

**money worship**=mammonism=jewish psychology----"gold is the god of the jews"-Karl Marx---[www.judaism.is](http://www.judaism.is)

**faggotry**= jewish castration of the opponent(eg. white male);nuclear family nuclear bomb [www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

**race-mixing**=anti-natural perversion. genetic incompatibilities lead to imbecility if notsterility. Degeneration of Humanity  
[www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)-----

-'entartete kunst'('degenerate art', eng.)- -cultural degeneration as jewish witch's brew recipe for supremacy. Solution: [www.solargeneral.org](http://www.solargeneral.org); "The Merchants of Sin", Benjamin Garland

modern **environmentalists**=watermelon greens: green on the outside, red[communist] on the inside; Jewish co-optation of the environmental movement; real environmentalists: Tolkein, Pentti Linkola, Richard Walther Darre; Ted Kacynski  
false environmentalists: crypto-jews David Suzuki; Maurice Strong; Al Gore

Agenda 21=global program for Jewish tyranny

<http://www.chemtrailplanet.com/A21Intro.html><http://911nwo.com/?p=4099>

**united nations**='jew-knighted Nathans'(ie.Nathan de Rothschild); Global government under U.N=global tyranny of Jew Men<http://www.renegadetribune.com/jewnited-nations-mural/>

**Anti-White Hypocrisy**:Leftists (Bolsheviks) condemn whites for hate but are the only haters. "Anti-Racism is a code word for Anti-white" ./ Multi-ethnic societies descend into chaos. Jews thrive on chaos. Multiculturalism is their formula for supremacy-'ordo ab chao' means Jews rule you through tyrannical statism- call it fascism or communism-a two tiered society led by Jews-Genocide for threats to the leadership(ie. Racially conscious whites who wish to preserve their Identity/Race) & Slavery for those who remain(non- whites and white females, etc.).-----

Have fun biting the hand that feeds you/killing the golden goose--either we Whites will win and throw you out or Jews will win and take you out. Go to your proper destiny.

14 words: "We must secure the existence for our people and a future for White children". [www.davidlane1488.net](http://www.davidlane1488.net) [www.creativityalliance.com](http://www.creativityalliance.com)

White People=New Palestinians: Animosity/Hate towards Whites by non-whites&self-hating white liberals instigated by Jewish supremacist leadership. They defend the 'Palestinians' but perpetrate the same behavior against Whites in their own society. South Africa is the template for the future for white people but when the whites wake up and rebel against their replacement there will be hell to pay for all the harassment and abuse. Listen to/read the Turner Diaries for a revelation of the method and what destiny the libtards and muds are carving out for themselves. Good luck with your future-----irrational savages!!

[www.davidlane1488.net](http://www.davidlane1488.net)

[www.creativityalliance.com](http://www.creativityalliance.com)

SJWs= 'Socialite Injustice Whiners'-spoiled infantile sheeple funded by trillionaire jewish banksters (such as Soros, Rothschild, etc.)to create anti-white hate in a white created civilization. They claim they are against fascism(def.merger of state and corporate powers) but are the fascists themselves- state-worshipping consumer parasites sponging off productive heterosexual white males who pay their student loans and government job wages. Most have never been out of a city except on one of their innumerable vacations to pollute the countryside indulging themselves in vulgar past-times(alcohol and mixedrace orgies and drug-induced violence and disruption of an otherwise crime free society). Once they start enough chaos the productive hand of the white male will cease to pacify their whining with carrots & give them the stick they deserve. Caveat!!!! The White Man is waking up and fighting back! Spread round the net! [www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

#### **SLAVERY=**

Jews behind the slave trade! =Louis Farakhan, "The Secret Relationship Between Blacks and Jews, vol1&2"; More White Slaves than Black: Micahel A Hoffman, "They were White and They were slaves", [www.revisionisthistory.org](http://www.revisionisthistory.org)

Whites are economic slaves at this time paying tax money to 'victims' through being guilt- tripped by Jewish Media propaganda through television, netflix/Hollywood, Judeo-false christian mainstream churches; and the aka-dumb-ick marxist indoctrination centres(skool system). No whites= no foreign aid, no welfare; no 'victim' money for brown and black parasites!; no money for Israel. Whites are in bondage in their own countries they created---they are the slaves [www.smashculturalmarxism.com](http://www.smashculturalmarxism.com)

Who are the Real 'Indigenous'/'Native' peoples: Solutrean People (<https://johndenugent.com/the-solutreans/>); Kennewick man (<http://www.louisbeam.com/kennewick.htm>)- Whites were the First Nation in North and South America. Tiahuanaco was a white civilization (<http://www.renegadetribune.com/ancient-origins-aryan-race/>); white 'natives' assimilated into George Washington's contingent when he came from Europe-most were slaughtered by the Mongoloid asiatics prior to this time (<http://www.dailymail.co.uk/sciencetech/article-2092258/Native-Americans-actually-came-tiny-mountain-region-Russia-DNA-research-reveals.html>) who are falsely called 'Native Americans'/'Abos'/'Indigenous', etc./ 'victims, etc. Tom Goodrich's book 'Scalp Dance'(<https://www.youtube.com/watch?v=bgsNXjRgo3s>red ice radio interview) proves with primary source evidence that Whites were tortured and raped en masse by these savages-the only name they deserve!

see: Billy Roper, "Paleo- American Ethnic Diversity"; Redskin Karma=Indian Burial Ground

Kalergi Plan for White genocide

(<http://andrewcarringtonhitchcock.com/jewish-genocide-of-the-white-race-case-closed/>)

Jews behind mass non-white immigration to exterminate the White Race through race mixing, gives them undue advantages at the expense of whites(free 'skool'; free jobs; free



money; free housing; and an ego trip through their media propaganda machine). Quote: Richard Nikolaus von Coudenhove-Kalergi, was a Mason and President of the Pan-European Union (founded in 1923 and subsequently financed by the Jew, Max Warburg\*), who wrote the following passages in his book, "Praktischer Idealismus, (Practical Idealism)" "The man of the future will be a **mongrel**. Today's races and classes will disappear owing to the disappearing of space, time, and prejudice. The **Eurasian-Negroid race** of the future, similar in its outward appearance to the Ancient Egyptians[- actually white-], will replace the diversity of peoples with a diversity of individuals[possessive individualism/solipsism]."

"What mainly separates the Jews from the average city dwellers is the fact that they are **inbred people**. Strength of character paired with sharpness of the mind predestinates the Jews in their most excellent specimen to become the leaders of urbane humanity, from the false to the genuine spiritual aristocrats to the protagonists of capitalism as well as of the revolution[jewish supremacism]."

"The main representatives of the corrupt as well as the upright brain aristocracy: of capitalism, journalism and the literate are Jews. The **superiority** of their spirit predestines them to become a main factor of the **future nobility**." [inbred aristocracy of money over an aristocracy of pure blood]

Israel Cohen's "A Racial Program for the 20th Century" plan for Jewish white genocide:

**"We must realize that our party's most powerful weapon is RACIAL TENSION. By propounding into the consciousness of the DARK races, that for centuries they have been oppressed by Whites, we can mold them to the program of the Communist Party. In America we will aim for subtle victory. While inflaming the Negro minority against the Whites, we will endeavor to instill in the Whites, a **guilt complex** for their exploitation of the Negroes. We will aid the Negroes to rise in prominence in every walk of life, in the **PROFESSIONS**, and in the world of SPORTS and ENTERTAINMENT. With this *prestige*, the Negro will be able to INTER-MARRY with the Whites and begin a process which will deliver America to our cause."** AUTHOR— *Israel Cohen* (Zionist— Communist — Internationalist) "*A Racial Program for the Twentieth Century*" >Published in 1912 .On June 17, 1957, the above passage was read into the **United States Congressional Record** by Rep. *Thomas G. Abernathy*.

...source:

<https://justice4poland.com/2016/01/18/a-racial-program-for-the-20th-century/>

SOURCES FOR NATIONAL SOCIALIST REVOLUTIONARY ACTIVISM:

"White Resistance Manual"; saul alinsky, "rules for radicals" (commie-jew's propaganda strategy); "Combat 18: The National Socialist Political Soldiers' Handbook"; (skrewdriver.net); "Beware of the Agent Provocateur"; "National Socialism: Vanguard of the Future", Colin Jordan; National Action, "Attack"  
--hide/multiply external hard-drives/USB of WN info (containing nothing that can be traced to self); never make/sign statements

FORUMS: vnnforum.com; [www.creativityalliance.com](http://www.creativityalliance.com);  
creativitymovement.net; ironvolk.com;

DON'T BE A--->

## **'JOGBOT'**

'(Jew World Order/Jewish Occupation Government ROBOT):

A Rootless Cosmopolitan of  
Mixed Race&Gender  
Fluidity, who is a  
LHP (left hand path) practitioner; who does  
drugs and alcohol; who  
worships Gaia& wants to be a  
((Lucifer)); who has a  
Lower I.Q through being a  
Mongrel with an  
Emotionally Based Education; who worships the  
J.O.G and identifies itself with the  
Herd/Collective---a perfect  
Goy also known as--->

## **'JOGBOT'**

*CHRIST-INSANITY* IS MENTAL ILLNESS & WHITE GENOCIDE

**Read the Book: "CHRIST{INSANITY} IDENTITY:**

**KOSHER OR PRO-WHITE PSYOP...OR REALITY?"**

a refutation of the psyop of 'Christian Identity'

pdf: <http://the-struggle.net/CHRIST-INSANITY.pdf>

**"christianity Exposed", Wayne Macleod**

<https://www.solargeneral.org/>

**"Paul of Tarsus, or Christianity and Jewry", Savitri Devi**

(convincingly proves christianity was created by saul/paul of tarsus and the kehilla)

<https://www.savitridevi.org/article-fowler-paul.html>

"christian identity Crisis and the Jewish People", High Priest Jake Carlson ([joyofsatan.org](http://joyofsatan.org))

[https://www.satanslibrary.org/Pdf\\_Library.html](https://www.satanslibrary.org/Pdf_Library.html)

**"The christ Conspiracy", Acharya S**

(apparent afrocentric bias and affirms that Whites are in collusion with jews not as dupes in a conspiracy that is somehow favorable to Whites as a collective)

<http://www.truthbeknown.com/christ.htm>

**"Exposing christianity", (joyofsatan.com)**

(focuses more on catholicism than protestantism and doesn't treat of Identity. Convincingly proves christianity was/is a synthesis of pre-christian Aryan traditions similarly to "The christ Conspiracy" but less detail and no afrocentric bias)

[https://www.satanslibrary.org/ExposingChristianity/EXPOSING\\_CHRISTIANITY\\_MAIN.html](https://www.satanslibrary.org/ExposingChristianity/EXPOSING_CHRISTIANITY_MAIN.html)

**"Hunter", William L Pierce**

(discusses in fictional form how identity is/was created to get people out of christ-insanity)

<https://www.resist.com/Onlinebooks/Hunter.pdf>

**"The Origin of christianity", Revilo P Oliver**

(more of the same as the above but discusses it also from a pragmatic standpoint and its use and deleterious influence on Whites historically)

[http://www.revilo-oliver.com/rpo/RPO\\_NewChrist/toc\\_ol.htm](http://www.revilo-oliver.com/rpo/RPO_NewChrist/toc_ol.htm)

**"An Open Letter to All christians", David Lane**

(claims christian identity is a psyop created by pro-whites and that it is largely ineffective and that Whites should turn to naturalism/Wotanism/'original' masonry aka. Hermeticism)

<https://www.davidlane1488.com/ltc.html>

**"Jesus Never Existed", Kenneth Humphreys**

(convincingly proves its title based on historical evidence archaeological and textual)

**<http://www.jesusneverexisted.com/>**

**Antidote to [false] Christianity:**(see references section at end of document): Julius Evola("Ride the Tiger"; "Revolt against the modern world", etc.); Nietzsche("Beyond Good and Evil"; "The Antichrist", etc.); Ragnar Redbeard, "Might is Right"; David Lane, "Wotansvolk"; A.Rud.Mills, "Odinism"; Creativity Movement books("Nature's Eternal Religion", etc.); "Cosmotheism", W.L.Pierce; "Atlantis, Edda and Bible", Hermann Weiland; Temple of Wotan, Ron Mcvan

CHRIST-INSANITY IDENTITY and its' Kosher variant the (((alt-right))) are ideological traps to assimilate Whites into the anti-white ideology of worshiping fictional absolute savior figures which leads to passivity and inertia. South Africa is the perfect example of the deleterious influence of this (((ideology)))

## 'PFLICT ZUR GENSUNDHEIT'(translation 'OBLIGATION TO BE HEALTHY'.)

Health Routine:(see "expansions..." for amplification & below for symbolism)

\*symbols/acronyms[KEY]: ♦=possibility(/'possibly');->:sequence:one-direction;

'&'=conjunction/'and';~≈approximation V negation('negative';'not');□= necessity; <->

(temporal/circumstantial)sequence:alternation;!=imperative/desired;iff:'if-and-only-

if';O3='ozone';V=disjunction; pemf=pulsed electromagnetic field; subscript=reference to 'expansions' doc;

ECS=electro-cranial stimulation(devices);rf sweep=radio frequency sweep; PWO=post work-out; AVI=audio-

visual entrainment; bwr=bodyweight- resistance(below);BWR: bodyweight resistance\*=emphasize;M/T/W/

Th/F/Sat./Sun.=days of week; &=conjunction;M=meal/food; min.=minimum; O.E.D=Oxford English

Dictionary; '7LS'(7 layers of security);

MORNING V Evening(depending on convenience or

schedule):~3hrs.wake:04/0500pray:"We must secure the existence of our people and a

future for WHITE children"-->tongue scrape->H2O drink:a) 'u'(250 ml.); b)ozonated

H2O(distilled/carbon filtered well V dew water(300+ml)environs:(open windows

iff.~toxic);fan(s);~ion/O3(30min.plasma/15min.O3)+light

meditation:7 min.meditation(near infrared light/nude/face-

sun+yoga: corpse<-->zen-pose+specific mantra/mudra)->

sanitas/kriya:cold water:submerge face/head/arms/hands;+tongue/eye kriya#1-

charge toothbrush;preps:A)food(on alternate days);H2O#1: i)neti pot(4x250ml./1

side)-> ii)rub in eyes->eye kriya->

Workout#1:(see workout routine for details)zaryadka(~24min.)-> ♦ trampoline(~5

1/2min.)->brisk walk(25-35min.)+star/sun/moon ray exposure+earthing-->

'e'+meditation

break-fast-M-0700-0900(conditions):

audio(lectures/radio//politics:T/Th;phil V health+

♦ epsom/seasalt footbath(non bathdays)+near infrared light

♦ brain entrainment(sound/ECS):Alpha/Theta-hz.+ (eg.5.0, 7.8, etc.)

magnet chair+face sun(indirect eye exposure)->eat w/L-hand/sterling silver

cutlery prayer:."We must secure the existence of our people and a future for

WHITE children."----->

read-passage(Φ, etc.)->eucharist: (eg."matter into spirit") oral sanitas:a) 'u'

rinse;b)baking soda+ brushV/& tooth sticks+rinse(1+min.)+c) oil pull(1+min)->

rinse w/H2O

MID-DAY:~8-9hrs.:~0800-1600[alter movement/anti-emf) M2-1200-1400 (see

schedule) work/study+brain entrainment(Alpha)+kneel(from bookstand eye level/face

Sun):stand[barefoot on spike sandals+pinhole glasses+yoga poses(see yoga routine)]-

>drink(2.5hrs. Post M1):H3O+'u'(250ml.ea.)

EVENING:~1.5-2.5hrs.1700-1930

sanitas:1)'u'#2:body massage;2)exfoliate/wash:epsom-salt-bath(M/W/F)V(other)loofa:(periphery-

>heart+scalp-brush+massager)+3)massage(oil/abangya:1xhand: post

bath,2x+vibration machine.1x/week+coronal discharge violet-ray)->4)(M/W/F):gum-

stimulator;5)reflexology6)near- infrared heat lamp

<>last-M3-17/1800 NIGHT:~1.5-2hrs.1930-

21/2200"options"(random order): daily: meditation:

specific+entrainment(theta)+indigo/violet/+AVI

write(30 min.):writings draw:diagrams, propaganda, etc;music: bongo/panpipe

(workings) sleep:21/2200head magnetic North+magnetic mat+crystals+emf



shielding+~ion+<>vaporizer WEEKEND:

kaya-kulpa/quietism/reflexion/experiment/detox(nano colloidal silver/radio freq. sweep/other);review notes

\*WORKOUT ROUTINE: zaryadka(a Ukranian term derived from Nicolai Amasov): 30 reps per ea. joint in natural plane of motion from head to feet:

neck->spine->scapula/shoulders->elbows->hands/hip-

>knee->feet; rapid pace continuous throughout all joints: 7x/week: walk: 2x30min V 1x45min.- 1hr./day; 4x/week:cardio(see below): 5x/week:BWR

(iff no weights otherwise omit) 2-3on1off3on1off V 5-6on1-2off pattern; brisk

handsqueezers->trampoline(5+min.)->BWR:(med./wide)pull-ups<->pushups:

3x20;15;10-> (med./wide)pull-ups<->pushups: 3x20;15;10->broomstick twists/side

rotations->2x20-30->pushups<->pull-ups(alt.)->hang/side-to-side(for time)->spinal

twist->neck:supine/flexion->prone/extension:1x100->side/rotations(2x20;10),>neckbrid

ges->,->neckbridges-><>weightless static squats at 90° or other angle for as long as

necessary; walking up stairs/hills(long strides); load-bearing(iif[]): farmer's walk w/

weights+<> overhead; marches w/ pack/weight vest

YOGA routine(+read V meditate):*stand*: arms behind back(◇ on spike sandals)<->hands

over head(diamond pose)+mudras;*sit/kneel*: zen;folded;*lying*: supine: lotus(legs crossed);

corpse(legs straight);*prone*: cat stretch(back arch)/superman

Martial Arts: ad libitum

Weightlifting: purpose: strength, metabolic conditioning

means:highest intensity/shortest amount of time/fewest number of sets/volume; 1 exercise per muscle group(see below)x6 sets of 8-12 reps full ROM(range of motion)

+superset(alternate sets of exercises) antagonist muscles(eg. Chest+Back):

Schedule:2daysoff--on--off--on--off--on 1 week off every 9weeks

st

1 day: Lower Body(Legs: Quads+Hams; Calves);-->1 off day-->2nd day: Chest+Back+Hams-->1 off day-->3rd

day: Shoulders+Arms: (bis+tris)+Quads+accessories

Exercises:

chest:decline dumbbell press; decline dumbbell flies; cable crossovers; pec deck;

back:pull-up(weighted using dipbelt); dbell row; cable pull in

biceps: alt dbell curls; alt.dbell hammer curls;

triceps: pressdown; skull crushers;

shoulders: bent over flies; (alt.)cable raises

quads: sissy squats; hack squats; dbell squat; hip belt squat; roman chair squats;

hams: Romanian- -stiff- legged deadlifts;

calves: dbell; calf machine;

forearms: wrist curls(flexion—extension); wrist rolls

Cardio:a)Steady-statecardio:20-30minutesatbriskpaceor

b)HIIT (Highintensity intervaltraining): 5minwarm-up+5min cool down egs.

a) 30secon:30sec recovery(x6sets)

b) 1 min on:1 min recovery(x3sets)

c) 5 min steady(hard)--->5 min recovery- ->5x20

sec intervals References:“The Physics of Fitness”, Doug Brignole;

## PFLICT ZUR GESUNDHEIT ---Expansions...

(of previous routine-corresponds with sequence of actions; Section by section)

'wake:04/0500' optimal time according to natural biorythms-'living in accordance with nature' 'pray': select suitable prayer for time/place/situation/purpose, etc.; 'drink': H2O[structured/shungite/magnetized/distilled](500ml.)=way in which water should be prepared; structured via/magnetized(cf 'walter last') opposite polarity in opposition around circumference of vessel held via copper/metal wire; vessel placed on top in center of magnetized ferrous metal surface(eg. Frying pan/plate etc.) amidst geometrical array of N35- N52 neodymium magnets(oct/hexagonal, etc.)/shungite stones: ~ion generating stone(s) placed in vessel preferably polished pyramidal structures with giza pyramid proportions /silver: silver bullion(.999 purity) placed in water to lend nanoparticles of silver for purification(pathogen/bacteria destruction)/carbon filtered well V dew= purest form of water;tolerable quantity post waking given subsequent quantity throughout morning routine 'environs': 'open all windows'-max.O2[detox/cellular function/vitality]; 'iff~toxic'='iff not toxic', eg. no chemicals, chemical spraying/chemtrails, insect 'foggin', etc.; lung cleansing/dilation time(traditional chinese medicine); 'fans'-circulate air';~ion/O3-negative ion/plasma gas/ozone generator; run all simultaneously to destroy internal/external pathogens;negative ions neutralize positive; kills dust mites/pathogens/viruses;coronal discharge plasma gas destroys pathogens; timings for both ensure adequate effect; 'colored light'-induces certain mood states/vibrational frequencies in accordance with chromotherapy principles; green=balancing; red=stimulating

'meditation'-'7min[utes]=#of completion;'face-sun'(East)-boosts energy/harmonic resonance' corpse<->zen'-alternate corpse&zen yoga poses; corpse pose increases magnetism via folding in on oneself; 'specific mantra/mudra'-self-explanatory(season/purpose/day/time);w/tongue pressed to roof of mouth +nostril breathing as always=pineal activation; close and cross eyes focusing on point between/just above eyes(pineal);draws out toxins/facilitates liver detox/calms&relaxes;air bath/sweat/detox/minimizes external sensation(clothing);sympathetic correspondence w/Sol(sun) 'Sanitas'-'cold-water-hands/arms/face=wakeup/activate right hemisphere of brain/cold thermogenesis;'tongue scrape-eliminate mucous discharge & facilitate digestion through exposure of tastebuds to food for proper enzyme secretion;'tongue/eye kriya'-protrude tongue maximally while staring into colored light; kriya#1-eyes wide stare in light; kriya#2-balls of hands in eye sockets: push in<->suction(circulates lymph & blood) ; /'charge toothbrush'(if solartooth brush)-activate titanium oxide rod in tooth brush=increase ions;

'Food'-prep all foods to finish by end of morning period(incl. cooking);;morning-best for lighter/cardiovascular exercise; iff convenient;'zaryadka'/joint mobilization;trampoline='lymphasizing 'exercise: moves lymph fluid around vessels for detox+blood circulation/muscle electrical activation via gravitational 'g' forces of bouncing; star/sun/moon gaze/ray exposure=expose eyes/skull/skin of body to stellar/lunar/solar radiation to maximum extent(eg.nude); ; expose eyes/skin/fontanelles/temples/body to rays of celestial bodies to increase vitality/harmonize self w/ surrounding environment;'dress'-all jewellery/clothing/accoutrements/paraphrenalia to correspond w/sum total/purpose[dates/times/alignments-cf.(esoteric astrology; chromotherapy; gems; stones; metals; magic correspondence table(s), etc.);'0700-0900'-break-fast optimal time; ;'conditions'-conditions under which to break-fast[M1] undergone(constant); no drinking w/meals; 'audio(lectures/radio//politics:T/Th.;phil./health:other)-audio to accompany

M1=information/learning:'politics'-minimal b/c stressor; 'philosophy./health'-other days as greater utility; 'epsom footherbath'-'non-bath days' as epsom salt bath on these days; also keep feet clean/detoxed daily(nail beds/soles,etc.);'green-light'-creates balance/harmony; improve mood;

induces relaxation/inner sight;far infrared light;'brain entrainment'-use of desired device in Beta hz.frequency;'magnet chair'-;'face sun(indirect eye exposure)'-solar gaze=increased prana/vitality;'prayer'-appropriate to conditions/preferences;'-read passage'of spiritual/philosophical work; 'eucharist'-'matter into spirit'=spiritualization of the material; SANITAS-brush immediately after fruit; baking powder alkalizes mouth;;swish for 1 min. Post swish oil->; post M: (30min.ideal min.) relax; keep torso upright; stomach cleansing time(TCM- at this time of day)

### MID-DAY

approximately 8-9 hrs.('work' period by O.E.D definition);alter postures/move randomly according to purpose&general health(circulation of blood, etc.);anti-emf:minimize electromagnetic field exposure via special clothing/air exposure etc.  
read(technical/practical works at this time)+brain entrainment(as during M1 adjusted to proper frequency/protocols, eg.7-8hz., for periods of 15 min. on, 10 min. off;35min., etc - depending on purpose.);'+kneel'(zen pose): book stand elevated such that proper spinal alignment maintained(neutral spine);see previous  
standing increases metabolic rate&bone mineral density via gravitational force&resistance thereto;self-discipline/control entrainment; hands/arms extended over head enable blood to flow/lymph to drain;don't drink until min.  
2 hrs. post completion of meal; amaroli(STC);EVENING

exfoliation period; alternating loofa/scalp brush/massage w/ bath+exfoliating cloth days;oil massage(abangya)=i)periphery->center w/hands->ii)vib.machine highest->iii)lowest setting->wipe off(1-2x/week);stimulate gums inside and out; toe twisting; guasha stone/ruby implement(reflexology); near infrared sauna dilates blood vessels & enables off-gasing of wastes via heat and activation of parasympathetic nervous system which relaxes the body

### NIGHT

time dependent on hemispheric lateralization(90 min.max. activity)(left<->right brain)) as in morning conditions; theta w/ violet/indigo light V near infrared heat lamp on viscera

sleep: head directed to magnetic North(use compass to arrange bed); use magnetic mat/tress; crystals[shungite; black tourmaline==ions; others=metaphysical properties

### WEEKEND

voluntary reclusion/;self-analysis(cheiromancy; astropsychology, etc.)/expansion/ modification; detox; rf sweep; colloidal silver+other procedures

Martial Arts: striking(eg.ninjutsu/hung gar,etc.)+ throwing(eg.hapkido/aikido,etc.)  
+weapons: (eg.knife/baton/stick fighting)<-most appropriate for real life situations

Do not let the JEW KNOW that YOU KNOW-or even SUSPECT that YOU SUSPECT-WHO THEY ARE (ie.racial supremacist globalists [zionists] who wish to enslave all non- jews they PERMIT to live):

**BABYLONIAN TALMUD: "When the Messiah comes every Jew will have 2800 slaves. Babylonian Talmud, section: Simeon Haddarsen, fol. 56-D**

FOOD Rules: ; "What to eat and When",Stanley Clark, M.D.; ;"Salubrious Living",Arnold Devries

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macronutrient ratio: Carbohydrates(~40-55%+);Protein(~15-20%); Fat(~25-40%) of kcal.; most nutritional density per kcal./volume; some raw(minimal cellulose/starch) some cooked(other);in season; non- GMO; vary items to prevent allergies/cover nutritional requirements; energy expenditure/caloric requirements: carbohydrates=preferred energy source; beyond comfortable volume/digestibility+=meal frequency& +fats; no hot food(damages internal tissues); no cold food/drink(causes poor digestion)

Source: (survival):1)hunt/fish/forage;2)garden;3)conventional(eg. local farmers; grocery stores);List:

Animal Products:2-3 servings/day(20-35 gr. per time): 1)eggs(free range poultry (soft boil V poach; fish eggs/roe;2)Meat(sear in pan/place in boiling water to destroy potentially harmful bacteria->grind raw in meat grinder; ie. Cook as little as possible); a)fish(small cold water fatty: sardines; sprats; mackerel; herring);b)offal(organ meat)liver(watch vitamin A toxicity); thymus; kidneys;heart c)ruminant:lamb/mutton; cow; game, etc.);); 3)raw cheese(aged high milk fat(MF); preferably pasture/grass fed, no hormones, etc.);

Vegetables(cook until soft to break up cellulose/dextrinize starch/facilitates digestion): 1)greens:\*beet tops; \*dandelions; \*spinach;kale;flowers; 2)cruciferous:\*broccoli;\*cabbage;brussels sprouts, etc.; 4)roots: carrots;beets; squash;turnips; radishes; sweet potatoes 5)fatty:(non-essential)olive(minimize); 6)spice:ginger; 7)herbs:\*oregano; parsley;\*rosemary

Supplements: chelators/methylators(especially for emergencies such as radiation poisoning):

\*chlorella(10 gr./x powdered); edible clay(calcium montmorillonite-'terramin'; \*zeolite-(1tsp./week

max.); \*activated charcoal(1tbsp./x); borax(1/8<sup>th</sup> tsp.)-1x/week max.;testosterone boosting herbs: (guggul;tribulus;shilajit);MSM(sulphur crystals)(1 tsp./day max.); B12;zinc;beet powder; rosehip powder(vit.C); magnesium oxide; kelp

Fruit: [boiled/soaked]dried(dates; apricots; figs); raw+fresh(mangos; bananas, etc.); citrus(lemon/lime in water;drink via glass straw/silicon tube)

--Starch: (hydrolyzed/caramelized/dextrinized=converted to sugar);~75-90 minutes@ 350 degrees@100 grams:1 cup ratio(dry grain:H2O depending on grain density);a)grass[\*millet(+H2O);\*buckwheat; wild rice]; b)roots:sweet potato;turnips c)grains[wheat(any variety);barley; rye;oats;rice(brown; black;red yeast); d)legume[red/yellow/brown split lentils/peas- smaller legumes=easier to digest;larger:turtle; navy;garbanzo=+more oligosaccharides as harder to digest]

--Nuts/nut butter:(in shell;freezeto prevent rancidity)walnuts;almonds; peanuts

Seeds:(store\_as\_above->grind)flax;hemp;chia; sesame;pumpkin

foodgrowing:hydroponic gardening; potatoes in sacks etc.;chicken coup(eggs->meat); ruminant animals(if access to grassland=milk&meat); dandelion gardens; ; sprouting seeds;conventional gardening (greenhouse preferred as minimal chemtrails/insecticides, etc.)

principle of selection: most nutrients/calorie

energy(calories):protein(e/p) ratio(as low as possible): (total calories by % protein of total)

max volume(optimal):as little as possible while meeting all nutritional requirements

Meal Plan examples:3+M/day every 4-6-within 6-10hr.Window /24 hrs;.max.variety / 4

meal plan example:

M1: stewed dried fruit(200 gr.)+A.P[fish/meat(3-4 oz.)]+greens

M2: starch(50 gr dry weight)+eggs(x3)+nut(1 oz.)

M2: repeat M1(w/variations); A.P(substitute 2x eggs for meat)

M3-4: starch or legumes(50 gr.)+ nuts(1 oz.)+<>cod liver oil(1 tsp.)v+veg(x1-2) more calories: dried fruit; nuts ,nut butter etc.)

3 meal plan example:

M1: repeat M1(previous)

M2: legumes(50 gr.) +eggs(x2-3)+nut(1+ oz.)+veg(x1-2)

M3: PWO: starch(50 gr.)+eggs(x3)+nut(1 oz.)+ veg(x1-2)+ fruit(200 gr.)

more calories:

M1)/M3)=fruit; M2)/M4)=nuts/seed/fat

preparation techniques:

starch(soak): 50gr./100gr. dry weight:1/2x250ml. H2O: @ 350°x 80-90 minutes;

in tightly sealed glass bakeware or enamel cookware V lead-glaze free clay crockpot



dried fruit: submerge in H2O--->bring to boil--->drain H2O(save all water for plants, cooking, etc.)  
 long-term storage: 1)pickling(submerge cooked food in salt+water; store in airtight buckets in cool area) lasts 6 months minimum  
 a)eggs: boil->place in vinegar/water(peel)- b) vegetables: grate/chop finely->add 1 tbsp salt:  
 5lbs. →kneadw/hands squeezingjuiceout→pack tightly/seal in airtight glass lidded/rubber sealed mason jars  
 for minimum 3 weeks in cool area before consumption; lasts 1/2year minimum ;store in cool/cold area(eg.cellar)  
 2)waxing cheese: dip hard cheeses completely in wax V brush; let harden->store in cool area;  
 3)solar/sun drying/salting meat  
 4)grain preservation: air tight, mylar bags stored in plastic buckets(prevents mold aggregation/growth)

## SEXUAL STRATEGY: how to get a decent woman...

target: receptive women(those who display receptive behavioral traits/body language)  
avoid: the '4C's': complain; criticize; control; compete-avoid femininity  
function: companion(soulmate); serve you/your goals(helpmate); children(mother) and home(housewife)  
 'kinder, kirchen, kochen'(children, the church, and the kitchen) -Hitler  
your function: guide/protector/provider  
good female traits: trust/modesty/grace/innocence[?]/serenity/tenderness/patience/love  
 'matronly virtues'

poem: woman is a battle voluntarily waged/a beast who shares one's bed/a curse and a blessing/a necessary evil/a survival machine-an incubator of posterity/a black widow who ensnares the hearts of men/a praying mantis who castrates her accomplice/ a lover-fighter a fighter-lover/ a cruel millstone around one's neck-she weighs upon the mind/ the motivation of heros/ A mystery whose unconcealment often begets-disappointment/A fools' quest/ the folly of youth/ a vanity mirror/ the mother of war/"a bridge to the superman"

How to attract women/"become a babe magnet"= develop personal magnetism & astute psychological judgment(behavioral subtlety); have: money; power=respect--->how?:  
 build concrete real-life skills: physical:(trades, practical know-how); social(acting skills);  
 be approachable(friendly; confident; dignified); cultivate manly virtues: reticence; an aura of power/presence(body language); magnanimous; where: rural environments=least corrupted women

celibacy over profligacy; sex magick over bestial coupling; no ejaculation outside of conception:"inseminate the cerebrum, cerebrate the semen"-->midgard to Asgard;

'NoFAP'[no porn because causes excessive dopamine spikes as a supranormal stimulus which later lowers dopamine levels causing addiction to return levels to normal to avoid depression(decreased dopamine) in a negative feedback loop; this leads to arousal addiction which leads to dysfunctional brain stress circuits which leads to reduction in normal arousal & erectile dysfunction; impulse control; lowered prefrontal cortical activity & grey matter in this regions (hypofrontality); increases social anxiety(loss of normal contact);suicidal ideation via depression]; minimal masturbation for above reasons as well as a decrease in drive and testosterone levels

references: Mantak Chia books; "Eros and the Mysteries of Love"; "The Yoga of Power", Julius Evola; Dr.Raymond Bernard; "your brain on porn: internet pornography and the emerging science of addiction", Gary Wilson; "Porned Out: Erectile Dysfunction, Depression & 7 More (Selfish) Reasons to Quit Porn", Brian Mcdougal

M.G.T.O.W ('men going their own way')---Men's version of Feminism  
 critique: a jewish psyop to create division between men and women. However many sound arguments as a survival strategy to reduce time/effort/money waste on women via divorce proceedings/child custody cases etc. as well as an expose on female psychology on a biological/feral level. In spite of this designed as an adversarial psyop to reduce White births and to induce psychological problems in men(similar to what the Jews did to women with feminism). Recommend investigation but continual advocacy of an archaeo-futurist sexual

praxis: understand women for who they are & strategize accordingly. ref.: "the art of seduction", Robert Greene (a jew)

"SS Race Theory and Mate Selection Guidelines" (third-reich-books.com): a good practical source for understanding how to select a mate;

1)SEX	2)AGE	3)POSITIVE ASPECT--HIGHER OCTAVE	4)NEGATIVE ASPECT--LOWER OCTAVE
1)FEMALE	i):MAIDEN	DEVOTED LOVER; COMPANION	FORNICATOR; HARLOT
	ii):MOTHER	CARE-GIVER; SELF-SACRIFICE	ABORTICIDIST; DEADBEAT
	iii):CRONE	WISE WOMAN	TROUBLE-MAKER
2) MALE	i):BOY	REBEL WITH A CAUSE	JUVENILE DELINQUENT
	ii): MAN	BENEVOLENT; JUST LEADER---- HITLER;MUSSOLINI	LASCIVIOUS DESPOT----- ATTILA; CYRUS
	lii): OLD MAN	PHILOSOPHER; WISEMAN	GREEDY MISER; MANIPULATOR

ideal female mate: virgin of optimal genetic quality as woman's DNA/genes are modified by sex partners via 'telegeny' and 'microchemerism' which transmits sex partners DNA to child thereby ruining their genetic optimality

<b>GYNOTYPE</b>	KINDER	KIRCHEN	KOCHEN
TRAD[ITIONAL]	White	Odinism, etc.	Home
MOD[ERN]	Brown(rapefugees)	Libtardism	Office



## TRADITIONALIST PHILOSOPHY

## DOCTRINAL SYNOPSIS/EQUATIONS:

*“Serving a higher purpose as a link in the chain of ancestry”---*

*> “Without heritage no posterity”*

*n o posterity=no progress/evolution; no evolution=no*

*dynamism/vitality; no dynamism/vitality=stasis/peace=death/entropy*

*no borders=no identity; no identity=no liberty/no self-determination; no identity/self-determination=slavery; no borders=universalist imperialism=global prison*

*borders=Identitarian Dominionism=global liberation*

*artificial MULTI-CULT('integration')=MONO-CULT via transmutation of the Real into the Ideal/fake organic MULTI-CULT('separation'/segregation)=MULTI-CULT via preservation of the Real in the Ideal—as above so below*

*dynamism/struggle=life; MULTI-CULT=life; MONO-CULT (rainbow reality)=death*

*false MULTI-CULT=MONO-CULT=raceless-ism=no diversity/dynamism but unity/static*

*state= entropy=death= closed system tomb=LIBTARD-O-OGY/*

*false idealism/'MODERNITY'*

*coward/false consciousness/hypocrisy=ignorance of reality/causality=karma*

*RADICAL TRADITIONALISM/ ARCHAEO-FUTURISM/*

*NATIONAL ANARCHO-PRIMITIVISM=Truth/honest consciousness=cognition/facing reality=Dharma*

*INEQUALITY DOCTRINE: “The **might** of the lion supercedes the **right** of the lamb”“shear the sheep with the lion's paw-slaughter with the maw”*

*EQUALITY= to lie in a clover patch with only lambs-leads to mass starvation through over-population*

*if everyone has a crumb of the loaf then everyone starves*

*“the pig philosophy of libtard-democracy”*

*“living in a sheep's pen leaves one rather penned-in-a fetid pit of shit-such is the mass man”(dumb-o-cracy)*

*“the happy sheep love to bleat-democracy, equality, community”“the happy wolf loves to bolt-mutton, blood and bone”*

*“Rousseau's dream: a clover patch of mattoids wrapped in the lily-white linen of a mental institution-call it society's prole uniform-the garb of the contented pasture animal”*

*“If everyone is one then everyone is dumb- no discourse exists in an echo chamber; the clamber falls on deaf ears”*

*merchant class pig philosophy/formula of bourgeois*

*contentment/egotism=“Ido/be/have/this/that”-possession and position; status; money and pleasures of the flesh valueless values: all that glitters is gold[mammon-ism]; turning the genetic gold of ancestry into the lead of liberal democracy*

*formula of Aristocrats of the Soul=Self-sacrifice/Heroism('ego-transcending ego by ego'/imminent transcendence)= Aristocratic Idealism*

*Evola, "Revolt against the Modern World"; Serrano, “Manu: For The Man To Come”*

## **FINANCIAL STRATEGY:**

### **dwelling/realty**

Always rent never pay off principal of mortgages as amortization reduces value of property over time and this wastes liquid assets(ie. 'money') that could be used to generate more of the same via sounder investments. Only buy property without mortgages when all necessities in multiple are obtained(bears/bullets/bandaids/bullion)

-Pay minimal down payment/interest.

-No 'citizen' owns realty[ie.land/buildings attached to the land('fixtures')] only the J.O.G government does. Property tax nullifies ownership. Therefore you always rent never own real estate.

dwelling/financial strategy(see also topological strategy etc.): leasehold/lifehold estate or part ownership in friend or relative's property-the former could be a many year lease with consideration being 'providing security/maintenance on the property,etc. thereby also preventing the sale of property except a 'subject to' clause of your dwelling thereon as 'rights run with the land' in commonwealth property law(UK, Canada, Australia, etc.)

### **Investment Principles:**

-*Chattels*(tangible/negotiable/material goods/assets) trump intangible assets always *barter* over bonds *stockpiles* over stock markets  
fish don't swim with sharks and survive

-pool resources('The Amish Principle', Principle of Collectives', etc.)

--*necessity*(ie. food;water;shelter;chattels-tools,etc.) over vanity(shiny things)

(**wealth** is always that which builds the soul eg. status=ego boost=self-reflexive empowerment=positing of oneself as a self; material goods=means for expression of the self and binding oneself to others for self-recognition and further ego-boost,etc)

'Drain the System Strategy': when sufficiently secure or when no other options/nothing to lose----> 1)go on welfare; 2) don't work(only under the table if possible); 3) take student loans; food stamps; take out loans(and don't repay if possible), etc.

buy arable farmland for permaculture to share with likeminded people [clandestine (white)national(ist) socialist community]

*Race is everything. In order to survive and prosper, the **White Race** must overcome its*

**main enemies:**

*1)Judeo-Christianity, 2)Communism, 3)Liberalism and 4)[civic]Nationalism:*

\_\_\_\_\_ *WHY?: answer: all of the above are **jewish psyops** to mind control the goyim (non-jews), encouraging them to uphold interests **counter** to non-jewish survival:*

**TALMUD:"On the house of the non-Jew one looks as on the fold of cattle."**-

Tosefta,Erebin,1

...and eventually to exterminate the gentiles. . .:**TALMUD:Minor Tractates. Soferim 15, Rule 10. (Rabbi Simeon ben Yohai): *Tob shebe goyim harog***("Even the best of the gentiles should all be killed").

The above 4 religious ideologies purport to be inclusive("we the people") but they are exclusive("we the [jewish] people"- as the jew's religion teaches them they are the only humans on earth and all others are 'GOYIM', ie.'animals').

All of these psyops (judeo-Christ-Insanity; Common-ism; Libtard-ism; civic[raceless]nationalism) constitute "universalist imperialism", hegemonic discourses, dominionist globalist religious creeds.:

**1)Christ-Insanity**=suicide religion('turn the other cheek'; 'judge thee not', etc.)

+universalism; 'judeos'(Jewdeo-Christians) think they are in power but->JEWS rule them via mind control; judeos worship the JEWS as the master race(Jesus the JEW; the chosen people of god, etc.); JEWS are 'victims'-'enslaved' in Egypt and 'captive; in babylon, Rome, etc. by the 'evil' white people...they are 'saviors' of 'humanity'...

**2)Libtard-ism**=ibid.(see Libtard-o-logy document for proof that liberalism=neo-Christ- Insanity & leads to the same result); libtards think they rule but->JEWS rule them via mind control; libtards worship the JEWS as the intellectual/moral elite(Einstein;Freud;Marx; Freidan); JEWS are 'victims' persecuted in Europe and burnt up in the 'holohoax' by the 'evil' White people...they are 'saviours' of 'humanity'...

**3)Common-ism**=another universalist lowest common denominator ideology; 'proletarianism'; proles worship the JEWS as the intellectual/moral elite(Marx;Lenin;Trotsky;Luxembourg,etc.); JEWS are 'victims' of 'evil' White Capitalists...they are 'saviours' of 'humanity'

**4) [civic/raceless] Nationalism**"=the state is everything and everything in the state"=statism; all within the state('citizens') are 'equal' by virtue of their citizenship. 'citizens' worship the JEWS as intellectual leaders/statesmen(NEOcons/Libtards(chomsky/klein/alinsky)/green party activists/cuckservatives, etc.). JEWS are victims as above in whatever way suits the situation(pragmatically). The White people are of course 'evil' and the 'enemy as in the above cases. "Left[wing]-Right[wing]-Left-Right"two legs of the hidden tyranny marching under the mantle of parliamentarianism/sectarian nationalism. Another Jewish illusion disseminated in their Masses' Media/ack-a-dumb-ik/indoctrination system.

**SOLUTION:** Ethno-Nationalism(BLOOD and SOIL; a given race in a given place exclusively!)ultimately under **WHITE** dominion

**MEANS:** the threat of potent force which implies a willingness and ability to carry it out.

Rights are metamorphosed Might--->therefore Might is Right



## SOCIAL STRATEGY

*part 1:* form networks with fellow whites based upon traditional practices/useful activity (camping; martial arts; debate/social organizations/prepping/survivalism)

Do NOT disclose racial views except when certain Others support them-fellow White Nationalists 'Friendlies'(white nationalists; reachable fence-sitters who are sub-aware of the JQ/Conspiracy(-jewish question aka. problem) from either 'left' or 'right' sides of the spectrum

Be as PRUDENT as possible in concealing them in company of uncertain parties=potential enemies

### debate strategy

answer a question with a question; best defense=attack; watch for traps/bait(eg. Buzz words/race baiting)

reference: "Anti-White to Reality Translation Guide"

Disclaiming Slanderous Claims by Anti-Whites:

(see: [resistingdefamation.org](http://resistingdefamation.org)---for prowhite techniques against anti-whites)

Slavery: -whites ended slavery; whites were slaves (Arab barbary pirates; in America: "They Were White and They Were Slaves", Michael Hoffman; Moorish Spain; etc.); Blacks enslaved their own People and sold them to Jewish Slavers ("The Secret Relationship Between Blacks and Jews", Nation of Islam)

'1st Nations/Aboriginals/'Native' Americans: neither 1st (Solutrean people--the real first nations; Kennewick Man; Mayan's were a White nation); nor 'Indigenous' (origin=Asia/Siberia) ref. Billy Roper, "Paleo-American Ethnic Diversity"

Female Oppression by White Men: Jews created feminism (Edward L Bernays, "Merchants of Sin", Benjamin Garland); women have more benefits than men in modern society

Holyhoax: "prove it happened" (see ref. section to refute in detail; [holocausthandbooks.com](http://holocausthandbooks.com))

Egyptians were Black/Out of Africa theory: Egyptians were White ([ancientaryans.com](http://ancientaryans.com), "Children of Ra", Arthur Kemp);

White Privilege/Supremacy Myth: Others have more opportunities (E.E.A; Affirmative Action, etc.); one would expect power in one's society --but too little as it is.

### **How to obtain like-minded friends:**

- 1) Convert existing friends/acquaintances through drip-feeding them relevant WN(white nationalist) info & distantly related topics (eg. immigration; specific political issues; fake news, etc.)
- 2) find people through groups/clubs that white people congregate in or start your own advertising in papers or with flyers & on the net (sports; outdoors; chess; survivalist)

3) upon developing trustworthy contacts establish L.U.D.Us (legal under ground defense units) to coordinate and spread the message: rent or buy common property or live off others' property clandestinely; informally organize-no memberships or names on lists, etc. Make into a religion ala the Creativity Movement(eg.,World Church of the Creator)

"You are nothing your **FOLK** is everything"-Hitler

No illegal discourse to anyone all actions carried out as lone wolf unless thoroughly vetted & even then...? Never engage in conspiracy as under pressure partners may snitch. When dealing with J.O.G agents---> 5 words: " I have Nothing to Say

## BI-PEDAL BIOLOGICAL---RACIAL---TYPOLOGY TABLE

KIND	TYPE OF ENERGY
ARYAN	MENTOID
MONGOL	ELECTRONIC, KENIC
NEGRO	ELECTRONIC

1)KIND	2)TYPE	3)MIND	4)MODE	5)MENTALTY	6)ACTION	7)RELATION	8)DESTINY
1)ARYAN	2)SUPERMAN	3) REASON	4) CREATIVE	5)GENIUS	6)JUST	7)HEROIC	8)RULE
1)MONGOL	2) SLAVISH	3) CUNNING	4) IMITATIVE	5) PLODDER	6)CRUEL	7)DESPOT	8)?
1)NEGRO	2) BEAST	3) FOOL	4) INFANTILE	5)DULL	6) BEAST	7)USURY	8) EXTINCT

## JEWISH PSYCHO-LOGY, aka. mind control sorcery techniques:

- 1) **scape-goating/set-up-man/framing/frame-up/transference/shifting blame/reverse projection/table-turning/:**

setting up another as the villain to avoid culpability for one's own deeds; attributing to the attributor what he attributes to yourself

- 2) **strawman: Constructing** a false identity of another to have others destroy them thinking it is their real identity; often comes in the form of smearing/ slandering the victim

- 3) **victim pose/ possum play/passive aggression/:**

portraying yourself as a victim or weak/inferior to disarm opposition by deceiving them into thinking you are not a threat to their power; also used to incur sympathy from others and turn them against threats to oneself (eg. one's own enemies); portraying oneself as a victim/injured party to weaken opposition through feigning weakness often while subtly/guilefully injuring them

**4) ad hominem/vilification/mudslinging/labeling/defamation(slander=spoken/libel=written):**  
portrayal of an opponent in a negative light for the purpose of i)destroying or ii) exploiting them

**5) divide and conquer/ playing both ends against the middle/triangulation:**  
get enemies to fight against each other to 'fall on their own swords'/mutually destroy each other thereby subjugating opposition/ingratiate oneself with one party and turn them against the other, etc.

**6) parasitism:**  
exploitation of others without contribution in the manner of a parasite

**7) passing off/expropriation:**  
representing another's work as one's own for personal gain

**8) chameleon/shape-shifting/actor:**  
adopting fluid behavior/character that changes with circumstances for the purpose of ingratiating oneself with the dupe

**9) shaming/demoralization:**  
getting the opponent to turn inward and believe there is something wrong with them/their (past) actions as a means of getting them to make concessions to you (eg. the sins of the fathers)

**10) mockery:**  
discrediting opposition through derision

**11) pied piper/mountebankery/rabbleroxing:**  
representation of self as benevolent leader of 'victims'(workers/non-whites/women/freaks, etc.); to use 'victims' to strike against opposition(see 'cats paw')

**12) middle man:**  
role played between parties allegedly for their (mutual) benefit to derive personal advantage

**13) poison the well:**  
creating problems in an environment(society, workplace, etc.) for personal advantage typically through slyness/deceit

**14) false front/false humility:**  
the creation of a false identity character for purposes of ingratiation with intended victims/lowering the opponents' defense or subjugating offense

**15) bold-faced lying:**  
"its' not a lie if you believe it"-George Castanza/talmud

**16) Semantic twisting:**  
parasiacal interpretation of words or deliberate misuse/wrenching from context to distort the meaning of words



**17) interrogation:** use of cross-questioning/(socratic) dialectical techniques to establish the position of the Other/ascertain their opinion/belief/establish liability(all government agents are taught this)

**18) gradualism/leaven of the pharisees:**

introducing(near) imperceptible change that creates desired circumstances the opponent would not allow given an awareness of the end result.(surreptitious slippery slope)

**19) preemption/preemptive strike:**

anticipation of the opponents' move and countering it through making the first move or 'strike'

**20) gaslighting:**

distortion of the perception of the opponent through convincing them to believe that their perceived reality is incorrect and they must change to the desired state thereby -which is itself forever changing/portrayed as inadequate-leading to their subjugation( a form of demoralization)

**21) blinds/catspaws/dupes/patsies:**

these are gullible/unwitting 'useful idiots' who perform a role in your agenda and who have blame transferred to them if necessary(often plays a scapegoat function)

**22) provoke/instigate/antagonize:**

to deliberately rile up opponent to elicit a reaction that portrays them in a negative light/yourself in a favorable one

**23) emotionalize:**

introducing emotive content into relations with others(eg.discussion/debate) to create certain emotional reactions in the audience or interlocutors. To make an emotional issue arise where none existed before. Done through tone of voice; use of trigger/buzz words; actions/gestures,etc.

**24) Nudge:i)control the options ii)shotgun clause iii)restrictive choice**

i)engineering circumstances to enable one self to control the outcome;

ii)orchestrate/represent circumstances such that the opponent has choices only in your favor (eg. lesser of two evils); iii)restrict their choices

**25) blame the victim:**

similar to reverse projection but differs in harming an opponent while blaming them for your actions/implicating them as the cause of their own suffering.

**26) dynamic silence:**

refusal to acknowledge the position/statements of the Other as means of subjugating Other

**27) Normative Inversion:**

positing the inversion of an Others' norms as the good to subjugate the Other

**28) Double Talk/speak/Newspeak/Ambiguity:**

use of irrelevant, meaningless or ambiguous language to create confusion in the Other

**29) Argumentative fallacies:** see D.N Walton, "A Pragmatic Theory of Fallacy"

## **TOPOLOGICAL STRATEGY (useful public and private Spaces):**

(see "How to Hide things in public places", in references):

safety deposit box(if no adequate hiding place)-recommend no reliance on banks

mass transit storage facility

apartment(cheapest/cash only/minimal paper trail)-in least violent/most white areas gym(w/ BWR apparatus/cardio equip.

+shower/washroom/potential social services-poor discount available from YMCAs) public internet

source(library-public; school; cafes; 'hotspots'; job search centers)

underground parking(sleep in van)

"To be RIGHT is to be NATURAL to be NATURAL is to be RIGHT" -MIGHT is RIGHT

### **Transport:**

**Transport/mobile living space:** (Bug Out Vehicle-B.O.V)

**B.O.V#1:** 'Shopping cart carry-all'-(largest=best; walmart/ikea) in case of homelessness

(see diagram following): pull on chain via bike using part of rear of other bike frame(cut

with metal blade hack saw & mount ball-hitch or chain to cart attached via padlocks &/

V carabiners; or use hacksawed rear portion of other bike)-expandable mesh pieces to

seal goods inside wired/welded onto body(have cut/ordered to spec by metal shop);

cover with tarp to minimize notoriety; -lock bike to cart & fixture when not in use-keep

in sight if possible

**B.O.V#2:** (dark/black color mountain/hybrid/folding) bike: carrier/pull trailer;

front/rear baskets; panniers(removable; solid composite tires; spokeless magnesium

rims; bike(mountain V hybrid);

+high security chain(thick boron steel);+high security padlock(thick shrouded boron

shackle) **B.O.V#3:**vehicle:propane/biodiesel cargo V conversion Van V pickup truck w/

truck camper+ ◊ small pull/utility/livestock/travel trailer+roof storage

compartment(least necessary goods-necessary goods priority:1st: inside vehicle;

2<sup>nd</sup> :inside pull trailer; 3<sup>rd</sup> :exterior eg.roof or under carriage); type: most generic(eg.

Dark/black color w/ blocked windows&/V tinted)+disguised travel trailer:

blocked/covered windows+painting over accessories:tire boots on tires; club(s) on

wheel; metal mesh/security film on windows;+tarp;+motion sensor lights; car alarm;

dogs chained to vehicle undercarriage if not in 'stealth mode' ; padlocks+hasps screwed

into doors

**#4-shipping container/seacan house**(see diagram attached): (semi-mobile)/movable on

transport truck with winch,etc.):location: near potable water

source(fish/drinking/washing); farms owned by neighbors(fellow Whites); within forest/

mountains(wild game; kindling; plants); 1 hr. Minimum drive from any city over 100k

population; put on vacant land away from notoriety if possible; consult with local

municipalities re. Bylaws; put on others' land as 'accessory building'/'detached garage',

if not permitted on own land(preferably); \*700ft above sea level(avoid flood);

preferably buried underground as bunker w/proper ventilation/sewer w/

wood/concrete frame around it—6' underground



cost to manufacture/move: under 30k (use local contractors for welding/cutting doors/windows; carpentry, etc.to reduce costs); buy container from shipping/construction company & have shipped to land; features:doors: reinforced steel door/frame(fitted with tightly packed small gravel)+heavy duty hinges & high security deadbolts-elevated from ground in case of flood\*;windows: polycarbonate plates/kevlar film-put over thermal windows in exterior mounted/welded frame(with removable padlocks);features: roof/rain water collection system(H2O source); compost toilet(sanitation); woodstove/solar panels/wind turbine/solar V biodiesel generators+ barrels of restaurant grease(fuel); 'minihouse on wheels' alternative option if climate & legalities permit

**[sub]urban survival hunting:** (in event of extreme hardship)

squirrels; rabbits; pigeons; large birds;  
dogs; cats time: early morning or night:  
2300-0500 hrs.)

method/equipment: (urban populous region) rat traps w/bait; snares; other traps;projectiles: dart/blowgun;high powered BB guns(rifle/handgun)+lead shot(heavier, more accurate); burlap sack; skinning knife/bone saw) place: parks; greenspaces; alcoves where birds live, etc.

**Sourceof food:** walmart/box stores(see internet: "how to steal food from walmart, eg.)-watch for undercover security aka 'loss prevention'("loss prevention techniques"to circumvent-internet)

**[sub]urban stealth camper living:**

parking/sleeping

places(alternate on an even-day cycle(# of places: eg.6;8; 4;10)on an odd-day week(7) to avoid detection-alternate/vary cycle of places to decrease probability of detection:

mall/box store parking lots;industrial districts; highway rest areas; dirt roads; apt. Complexes; auto repair shop; hospital; motel; truck stop; parks; 24 hr. Gym; church

heat: (insulated interior&windows w/styrofoam &/V electric space heaters(iff. Electricity); generator; solar; also closed cell spray foam 2"+ around interior)

sanitation: compost toilet;port-a-potty; alcohol wipes(hands) &/V water(bedey-preferable)cooking: (inside): coleman stove&pot; (outside) fire

barrel+tinder+grills+dutch oven)

Whatever is NECESSARY is GOOD

Whats GOOD for the **WHITE** race is the highest VIRTUE What is BAD for the **WHITE** race is the ultimate SIN

**RAHOWA (Racial HolyWar)** is a cosmic war between the children of light(Aryans) against the children of darkness(Jews/Mudz) for the "survival, expansion and advancement of the WHITE race and the WHITE race alone" because"We must secure the existence of our people and a future for white children".-14 words, David Lane

"It is necessary that I should die for my people; but my spirit shall rise form the grave and the world will know that I was right"-Hitler

## JEWISH WHITE GENOCIDE                      TABLE OF FACTS

WHAT	HOW	WHY	SOURCE
Non-white immigration to white countries	Representing them as : - 'victims' and/or benefits(cultural enrichment/cheap corporate labor) -refugees(aka. 'rapefugees') -(not so) temporary foreign workers	Destroying white society via economic drain(most on welfare) -easily manipulable/rootless class of 'individuals' who can be propagandized with globalism/'secular humanism'	Immigrantwatch.org  solution: revolution; worse if better; helter skelter
	-replacements for war dead	- forced integration=miscegenation = white genocide -targeting white women especially as most susceptible to emotional	
		propaganda & endowed with maternal instincts('nurse the brown babies', etc.) -revolutionary army to physically attack the white population	
Employment discrimination	Anti-white bias in public and private organizations' hiring policies	Targetting heterosexual white males who can 1)defend and 2)continue the white population to facilitate 'integration' through pairing white women with nonwhites through making white men look like lesser beings/members of a lower caste which women at higher levels spurn as 'inadequate' thereby decreasing the birth rate. -bringing into the workforce for the same reason(less children) & to repel men who avoid career women as too 'masculine' and thereby not viewed as attractive mates	See above for solution

feminism	Using their organs of information(masses media& aka-dumb-ick system) to mind control women to destroy their own people through egotism	-masculinization of women to repel men creating tension/war between the sexes to 'divide and conquer' the [white] nation through destroying the nuclear family which is the basis of a stable society -used as a psyop to mind control women to devote themselves to themselves & have no regard for their race or posterity	"merchants of sin", Neil Gabler  "MGTOW for now"(see sexual strategy) unless opportunities present themselves
faggotry/effeminization	Creation of psyops to transform men(roosters) into manginas(capons) via: -bodybuilding(creating narcissistic personalities & quasi homosexual obsession with the male physique) -creation of 'fag rites' movement to portray fags as 'victims' who need recognition, etc. thereby	Destroy men qua men and transform them into manginas to weaken society and enable it to be taken over by the foreign invading armies that are brought in by the jews & to render the foreigners more masculine in the eyes of women to facilitate miscegenation on the part of white women, & to discourage	Solution: follow contrary lifestyle(see sexual strategy)
<p>enabling them to continue their perversity thereby 'normalizing' it -using chemicals like BPA in money bills&amp;plastic products as well as others in 'cologne'(male perfume) &amp; soy products to effeminize men</p> <p>white men from involvement with white women as too effeminate the latter being to masculine and so the former having recourse to asiatic(more effeminate) women</p>			
allopathic[bad]medicine	vaccinations	Create sterility/infertility/lower I.Q.(mercury) via adjuvants; 'curse the gentiles' though uploading dead fetal tissue into recipient(cannibalism)	"Vaccine-Nation", Andreas Moritz  avoid; claim against your religion(don't specify)
	Pharmaceuticals: fluoride containing pills; birth control pills, etc.	Disrupt physiology & create more problems; contaminate body with residues(flouride, heavy metals, etc.); reduce birth rate/create infertility	Bayer=jewish company, eg.  avoid

Radiation treatments

Profitable soft-killing

avoid

	Surgeries: vasectomies; abortions; sex change ops; root canals; IUDs; wisdom tooth removal; lasik eye surgery; organ(kidney, tonsil, appendix) removal	Reduce birth rates of whites; ritual murder sacrifice; create cancer states via bacterial residue; disrupt meridians; causes blindness; disrupt normal physiology	avoid
	chiropractic	Spinal damage needing continual adjustment	avoid
	eyeglasses	Weakens eye sight; coating	"Salubrious Living"(book)

		filters UVB but allows UVA=scleral damage	
	Blood donations	vampirism(most blood is used in rituals); cannibalism(injecting foreign DNA into body)	avoid
[POISON] Food	Propagandizing people re: crazy diets	paleo/keto=cancer diet bodybuilding=excess volume/quantity+ improper food combos/excess animal products(acidity /congestion) vegan=death diet	"Salubrious Living"(book)
	GMOs[gene splicing]	Creating cancer states, etc.	"Seeds of Destruction", Jeffery M Smith; Monsanto=Jewish
	chemicals(herbicides/pesticides, etc.)	Cancer states/organ damage	
[POISON] air	chemtrails(not contrails): spraying heavy metal nano-particulate & bacterial(dessicated blood	Weather warfare(creation of different forms of weather) to: -destroy crops via flood;	Monitor skies and avoid being outdoors when sprayed; clean body and house (HEPA filters); grow
	cells, etc., pathogens)over population centers via jet aircraft	freezing or scorching(superheating) -destruction of bees through disruption of their navigational systems	food in greenhouses
		through bouncing EMF radio waves off the chemtrail clouds; also used to mind control the population through modification of brain wave activity via radio waves creating a 'hive mind' wherein all 'feel' alike	
	EMF: HAARP arrays; cell towers; smart meters, etc. to generate electromagnetic fields(EMF)	See above for reasons why used	"Angels Don't Play This HAARP", Nick Begitch live in metal structure/use lead filled paint
Taxation	Income; property; enviro; kosher(food); vehicle/pet insurance, etc.	Create a population of dependent slaves who were previously sovereigns on the land	Free man on the land
[POISON] water	Chlorine; fluoride, etc.	Bram damage, cancer states, etc	Distilled water
Mind Control	aka-dumb-ickz	Create a collectivized mass man or homo sovieticus who worship Gaia & the U.N & who hates white people and nationalism-a globalist slave JOGbot(see profile) -control of/restriction of	Frankfort school=jewish; tavistock institute=jewish (kurt lewin; Edward Bernays) solution: study logic and revisionist history/science "Mind Control World Control", Jim Keith



		access to information	
	Masses' media	See above+...control of information enables the controller of said information to impose whatever thoughts they wish upon others and shut down original thought which through social pressure created by propagandizing their slaves with dogma(secular humanist/egalitarian/universalist/transhumanist) coerces the exception to bow to the rule and eventually be done away with as a 'hate criminal'	Major newsmedia=jewish (cnn, bbc, cbc, al jazeera; RT)
Legal system bias	Non-white privilege/favoritism/ revolving door jew-dicial system(non-whites get away 'scot-free')	-to encourage them in their vices knowing that punishment is minimal -cause hardship to whites	Noahide laws;
	anti-white bias wherein white people are vilified and given unduly harsh sentences relative to non-whites -hate speech	-censor whites from protesting own genocide	

Environmental pollution	nuclear(depleted uranium; power plants, etc.); chemicals(factories; agriculture; oil(hydro-fracking; oil spills); gas(gas guzzling vehicles)	(destruction of the kingdom of god/nature) to blame white 'capitalists' for what the JOG does; thereby facilitate communist reaction/control	above
alcohol	Encouragement of alcohol consumption through creating a false association between alcohol and sociability additionally creating the false dichotomy of 'either go to the jewdeo-christ- insanity church & worship the Chosen or go drink yourself to death in the gin joint or...the newest option:be a commie jogbo stretching out on a yoga mat with your mixed-race multitude and following your jew-age gurus dictates	-destruction of the body(liver damage; cellular damage); brain(brain cell death) & spirit(etheric/subtle body destruction) -build up the police state under the guise of protecting the victims of alcohol induced crime	Solution: become a teetotaler
drugs(non-pharma)	Using media to encourage use as a 'rebellion' against 'fascists' or 'christians' and/or to cultivate sensationalistic experiences under the guise of 'spirituality' through use of 'entheogens' such as ayahuasca, marijuana; magic mushrooms; lsd, etc.	-to create addictions in the populace & to destroy their minds/bodies/spirits -to build up a police state under the guise of fighting a 'war on drugs' -creating a black market for profits	Solution: abstain from all drugs
hyper-sexuality	Create a lower mind/reduced prefrontal cortical activity -wear out the brain stress circuits	Porn: to create addiction to supra-normal sexual content/stimuli via dopamine, etc.	"your Brain on Porn", Gary Wilson see 'sexual strategy' live a chaste or traditional life
Body modification	Sex change operations	Create gender/identity confusion; increase the suicide rate amongst trannies/gender blenders	avoid
	piercings	Disrupt meridians; create disease states through enabling bacterial/disease spread	avoid

	tattoos	-create cancer through carbon based ink soy based ink causes chronic feminization -destroys nerve endings/blood vessels -disrupts meridians	Avoid
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END JEWISH GENOCIDE OF THE WHITE RACE --SPREAD THE WORD:

## REFERENCES (italics=*essential*;! = 2nd best; \* = very significant)

Best source = solargeneral.org; jrbooksonline.com; colchestercollection.com; baldrexlbrs; jrsbooksonline; archive.org (free pdfs)

### **SURVIVAL**

"White Resistance Manual"; "Methods of Long term Underground Storage", William Nelson; "Secrets of Lock-picking", Steven Hampton; "The Construction of Secret Hiding Places", Charles Robinson; "" *The Poor Man's James Bond*, v.1-5"; , Kurt Saxon; "Improvised Munitions Handbook", TM 31-710(dept. Of Army US); "be your own bodyguard", peaceful paths; "crossbows", Hoffman; "Hitman: a manual for independant contractors"; \* "Dim Mak Death Point Striking", erle montague; "Ask me no questions I'll tell you no lies", Jack Luger(interrogation endurance); "Techniques of the professional pick pocket", William Yeager; "Magician's Arsenal", paladin press; \* "The modern identity changer", Sheldon charrett; "edible and poisonous mushrooms of the world"; \* "Injurious plants"; "Food and nutritional toxicology"; "Codes, ciphers and secret writing", Martin Gardner; "Knots and splices handbook", Charles Gibson; ! \* "LDS preparedness manual"(survivalist manual); "Map reading and land navigation"; "Electronics for dummies"; "Home canning in 12 short lessons"; "How to freeze-foods"; "Where there is no doctor"; "Handbook for volunteers of the IRA; ! "The Poisoner's Handbook", Delta Press; "Civil War 2", Thomas Chittum; Firearms books(silencers/full auto-conversions et.c.--desert publications) ; "If an agent knocks: federal investigators & your rights"

### **MIND** *"The Judeo-Christian[/liberal] "other world" is as unreal as an LSD trip."*{LWB}

"The Brain Washing Manual", L.Ron.Hubbard; "The power of persuasion: how we're bought and sold", Robert Levine, Ph.d; \* "The 48 Laws of power"; "The 33 Strategies of War"; "Mastery", Robert Green(an example of jewish psychology); "Mind Control 101: how to influence the thoughts and emotions of other without their knowing or caring"; "Perfected Mind Control" Dantalion Jones; \* "How the illuminati create a total, undetectable, mind controlled slave"; "Deeper insights into the Illuminati formula", Fritz Springmeier; "In the Palaces of memory", George Johnson; "The Forbidden Keys to Persuasion", Warren; "We know what you want: how they change your mind", Howard; -"Age-of-Persuasion:-the-use-and-abuse-of propaganda", Aronson/Pratkanis; "Nudge", Thaler; D.N. Walton, ! "Informal Fallacies"; writings on argumentation/informal logic

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### **HEALTH:** *"Think of yourself as a golden link in the endless chain of your Race"*{LWB}

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**PHILOSOPHY** *"Don't be a Passive Spectator: Become a MILITANT ACTIVIST in the WHITE RACIAL REVOLUTION-Ideology without ACTION is sterile"*

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## JEWS

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**WEBSITES** (<http://www>."[below text...]"

use: URLs only instead of search engine to gain better access to sites (possible censorship)

**FORUMS:** see activism section above

GENERAL:

[the-struggle.net](http://the-struggle.net)

(philosophical writings; cartoon memes; many practical documents)

[solargeneral.org](http://solargeneral.org)! \* \* (documents))

[revisionists.com](http://revisionists.com) (historical revisionism)

\*[whitereference.blogspot.ca](http://whitereference.blogspot.ca)!

[arktos.com](http://arktos.com) (radicalist/metapolitical books)

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[colchester collection](#)

## WHITE LEXICON:

a list of terms, labels and phrases for the WN movement

"oppressed victim or oppressive villain?"

Holocaustianity=trauma based mind control

"diversity is our weakness"

"democracy is death"

"freedom-from what?,forwhat?"

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credo liberalism vulgaris: maximize pleasure/minimize pain "blacks need  
whites-whites need no blacks" "tolerant/accepting...of your death"

"hypocrisy of democracy"

liberal logic=logic that is inherently fallacious

liberal political praxis=the consistency of inconsistency "whites don't breed  
in captivity"

democracy= the new christianity

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christian communism=communist christianity

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allopathic genocide=genocide via the medical system

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white genocide and jewish supremacism=2 sides of the same coin

baby doomer= 1945- 1965generationofhedonisticdestroyersofposteritymenohra-  
ty=privilegedjewish1%

feminut= a mentally ill woman who espouses feminism as her programming

beast/monkeyman=the lower races "biology over ideology"

best b l a c k =worst white

beasts of the field=the lower races "boycott jews"

champagne socialist-an affluent person claiming to harbor the interests of the poor & while politically  
espousing socialism living apart from them/above them socioeconomically

cheerleaders of white genocide=those who espouse values conducive of white genocide "commisar or  
capitalist--2 sides of the same coin"



consumer sovereign- someone who believes buying status objects accrues value to themselves  
DIiversity- genocide via multiracism/'integration''dieversity of criminals''  
entitlementality-the mentality of 'victims'  
equally worthless-the inevitable result of egalitarian values "everything for nothing"  
     "faith without fact is folly"  
feed n' breed= the strategy of the lower races to exploit whites for benefits "let it fall"  
carnal mind= the mind of those who operate in the lower chakras/lower brain regions(pons/medulla/brainstem)  
 "aka-dumb-ick/public fool system"racism=the new satanism  
 "feeling good or being good"  
feman=anatomically female person who behaves as a man  
 "forced friendliness"  
gender blender=a person who changes their sense of self on the basis of gender change "can't hate evil--can't love good"  
humble hypocrite=the false humility of christards/libtards "illegal to be white"  
 "integrate israel"forced integration=genocide  
     izzyraelites=false claimants to being the chosen people(aka 'jews')  
jewdar= jewish hypersensitivity around non-jews to detect potential threats to their power  
jewdicial court= jewish kangaroo court  
     jewhovah= the G-D of jewry  
jews'us: fictional anthropomorphic god psy-op called 'jesus'(his alleged real name) "jewish genocide of the white race"  
jewdeochristard= a proponent of mainstream christianity; a retarded jew worshipper "keep private things private"  
     king coon=negro alpha monkey  
kosher cuckservative= a jew-approved political conservative  
kosher lapdog= police/military/security forces  
kosher nostra=the Real mafia "lemmings are there programming"  
liberal programming= mind control pavlovian conditioning emotional non-jews are subjected to  
lumpen prole=the dregs of the social  
mammonist/mammonism= worshipper of material things/greed "missiles for modernity"  
white people=new palestinians  
equal opportunity= white homelessness "no political solution"  
non-whites=crime "normalization of perversity"  
normative inversion=process by which jews subvert non-jewish society through denigration of its culture  
nth class citizen=the modern heterosexual white male-having last place in the societal pecking order  
nth wave feminutism= the endless anti-male ideological praxis of feminuts  
patriotard=kosher approved government/military worshipper  
hate speech=jewish censorship; free speech; everything the jews' hate  
anti- semitism=everything the jews don't like  
 "99% of the 1% is jewish" "judaism is a hate crime"

"you can't coexist with those who want to kill you"

spiritual jew= someone devoted to money/status & pleasures of the flesh without racial loyalty; one who adopts jewish behavior and psychology

liberal/white dodo(bird)= the suicidally altruistic white liberal

marxism= economic expression of jewish talmudism

peace=death/life=struggle

political hot potato= the shell game called parliamentary democracy

politically incorrect facts= what jews don't like

"popularity is not truth/truth is rarely popular"

"pro-white or anti-white"

"prune the genetic tree"

"repatria o' muerte" "ride the tiger"

alcohol= the scourge of the white race

socialism=money communism\_

socialite injustice whiners= the professional victim

"spiritual suicide"=the spirituality of universalism

stewbum on the earth= 'aboriginal persons'; claimants to being 'stewards of the earth'

survival=the only morality

"the masses are asses"

parliamentarianism=the old shell game

true jew love= modern love expressed by gold- diggers

villainous victims=SJWs et.al who claim victim status as a political tool to gain power/benefit over white males

"white flight or white fight"

white over green=race

over money "non-white privilege"

white santa claus= the white bestower of benefits to non-whites(usually virtue-signalling libtards/christards)

"with jews you lose"

libtardism/christinsanity=two sides of the same wooden nickel "wizard(s) of zion"

"worse is better"

"jew world order(JWO-also referred to as /J.O.G/Z.O.G-Jewish/zionist occupation government)" biopolitics over party politics

victory or valhalla-your choice

diversity for the goyim/[im]purity for the jews

vaginalvalues=effeminate values of universalism

macroaggression=necessary response to J.O.G in all respects

electrictalmud=(t.v)

kosher meat=jewish woman

giving in order to take its OK to be white

freud=fraud

ethos=ethnos systemic anti-white male bias

(multicult)socialism= worst of both worlds(commie & capitalism)

national socialism= best of both worlds(race and social order)

social science=scientific socialism

vice=virtue

"minority or monkey?"



## **S T U F F** to have (The 16 Commandments of CREATIVITY/creativity movement)

precept#73(David Lane's '88 precepts'):

*Materialism leads men to seek artificial status through wealth or property. True social status comes from service to family, Race and Nation.*

sources: online; thrift stores; auctions; garage sales; commercial businesses(wholesale; warehouses; factories,etc.)

**#1.**It is the avowed duty and holy responsibility of each generation to assure and secure for all time the existence of the **White Race** upon the face of this planet(personal/community through potent force, eg. firearms/munitions/communications)

## **MAGIK STUFF**

prayer/meditation-mat::i)wool(magnetic resonance/piezoelectric effect)

ii) orgonite blanket(above)layering of organic/inorganic materials (eg.carbon steel wool & wool)

iii)yoga mat(bamboo reeds/wicker/natural material);

**#2.**Be fruitful and multiply. Do your part in helping to populate the world with your own kind. It is our sacred goal to populate the lands of this earth with White people exclusively(women&men=conceive and raise children; 3 each minimum starting in the early late teens to early 20s)

~ION generator: purifies air, reduces inflammation/DOR(deadly orgone energy);Plasma

gas/Ozonegenerator: purifies air, kills pathogens, increases oxygen/ozone in liquid/water, internal body purification. Oxygen singlet in O3 breaks off and binds to pathogens, etc. destroying them via redox reactions;

**#3.** Remember that the inferior colored races are our deadly enemies, and that the most dangerous of all is the Jewish race. It is our immediate objective to relentlessly expand the **White Race**, and keep shrinking our enemies.("cut off all dealings with mudz and jews"-avoid/undermine; shut out/shun)

Chromotherapy color light: swathes or bulbs: activates correspondent chakras via sympathetic vibration-see 'color' section;

**#4.** The guiding principle of all your actions shall be:What is best for the **White Race**?---

Dress: right/appropriate clothes/adornments for purpose/season/astro alignment/days of week/occasion in accordance with sympathetic magik(see.'colors';'gems';other sections) --

**#5.** You shall keep your race pure. Pollution of the White Race is a heinous crime against Nature and against your own race. (no race mixing-violation of Nature(Gaia)/God(?)and His/Its Creation

Brain entrainment: Use: induce states of consciousness/certain brain waves for neural remodeling of axonal connections/synapses, mood states,blood electrification,induce development of synapses/modifies brain architecture/pre-frontal cortical conditioning/activation; induces trance states, enables remote viewing/psi abilities) etc. via electrical, sonic &V visual means:

**A)** electro-cranial device(small handheld-least expensive;typically direct transcranial or direct body connection via electrodes));

**B)** RF(radio-frequency generator-typically most expensive)

**C)** Cymatics:[sound generator-polyrhythmic music, eg.

baroque(harpsichord/other),sitar,dulcimer,complex drumming /drum machines(synthesizers)

**#6.** Your first loyalty belongs to the White Race.(others before self not vice versa)

Magnets: increase voltage/boost energy field; anti-inflammatory if ~polarity of magnet used; A)Magnet chair: folding metal chair with magnets underneath seat, preferably with wool blanket on top(piezoelectric effect). B)Magnetic bed; C)magnetized food/drink plates/containers

#7. Show preferential treatment in business dealings with members of your own race. Phase out all dealings with Jews as soon as possible. Do not employ niggers or other coloreds. Have social contacts only with members of your own racial family. (exclusivism-no inclusion)

Red heat lamp/near-infrared sauna[red bulb/colored light swathe]:draws toxins out of body; induces sweating; initiates liver detox via sympathetic resonance of vibrational frequency(red); use during daytime from waking taper off as night approaches

#8. Destroy and banish all Jewish thought and influence from society. Work hard to bring about a White world as soon as possible.(no talmud-vision;no anti-white media/literature)

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Amber/orange low blue lights: reduces hormonal/mood altering blue light; use wrap around glasses(uvex); bulbs; computer screens(color film)

Violet ray machine/hand-held high frequency eletrotherapy instrument: calms nerves; analgesic; localized sterilization; exfoliation; destroys cancerous moles/tumors; accelerates blood circulation; increases tissue cellular metabolism; anti-wrinkle; stimulates lymphatic drainage; breaks up calcification; use on: joints; muscles;blood vessels;blemishes;

#9. Work and Creativity are our genius. We regard work as a noble pursuit and our willingness to work as a blessing to our race.(self-pride through good works)

Crystals:A)jewels: around neck(pendant); wrists(bracelets); on body(brooches, etc.).

B) environment(under/over/around):bed/bath/electronic equipment etc.)C)food/water Use: activates chakras; brings in energy; amplifies morphogenic field/energy body; improves resonance/integrity of self,structures water; facilitates growth,etc.

#10. Decide in early youth that during your lifetime you will make at least one major lasting contribution to the **White Race**.

Musical instruments: A)bongo: induces trance states/altered states of consciousness; activates/depresses metabolism,etc.; improves mind/body integrity through sound wave generation through mechanical exertion;

B)pan-pipe: as above+ trains breathing techniques/lung capacity

#11.Uphold the honor of your race at all time.(be exemplary)

Anti-EMF: use: buffer/shield electromagnetic fields to prevent mind control via cell towers/electrical grid/HAARP,etc.; Forms:A) clothing/fabric(typically silver fibre interwoven with nylon V bamboo V cotton material. hats;trenchcoats;gloves;socks;facemasks;etc; B)shielding paint

for dwellings/other structures. Also Shungite stones&black tourmaline are useful for this purpose as well as having ~ionic properties for anti-inflammatory function.

--Vaporizer: increases H2O in atmosphere; clears sinuses;amplifies O2 facilitates respiration

--Handheld Vibration machine:use:post application of oil to facilitate purpose: increases blood/lymph flow/muscle electrical activity; breaks up calcification/adipose tissue;

We must make this part of our religious conviction: it is better to die fighting for our race, for our **White Race**, than to surrender to the enemies of our race; it is much better to die a hero, than live a coward and a slave.(.No concessions to enemies.)

## DETOX STUFF :

#12. It is our duty and our privilege to further Nature's plan by striving towards the advancement and improvement of our future generations.(eugenics over malgenics & parental abandonment/negligence)

Drinking vessel:i)glass(preferably dark-pyrex for energy absorption/ minimizing breakage/heating in oven) ii)crystal (iff~lead content)iii)sterling silver pitcher/cup(antimicrobial,sterilization,etc.);

additional items in vessel:i)shungite [giza pyramid dimensions] (~ions/piezoelectric/black absorbs surrounding energy b/c absence of light-;ii)silver bullion .999(above);iii)magnet[ization]: place vessel on magnetized ferrous metal plate/pan,etc.(eg.cast- iron), magnetized by a)high gauss N43-N52 neodymium magnets in b)sacred geometrical array(eg.hex/oct-agonal circle, etc.)depending on purpose c)placing opposite polarity in opposition on plate &V around vessel via elastics/string(eg.silk, cotton depending on purpose) of certain color,  
<>electrified via battery extending from copper wire or placed in flowing water;

#13. You shall honor, protect and venerate the sanctity of the family unit, and hold it sacred. It is the present link in the long golden chain of our **White Race**.

(nuclear family is patristic; ultimate prudent decision-making with the Father in consultation with His Wife)

purification methods(priority sequence): 1)distilled(make own distiller-STC); 2) R.O.S(reverse osmosis);avoid all alkaline/structured water;smaller dinking vessels: ~250ml.+pyrex glass containers w/ larger to fit over and serve as dust cover/fridge storage/minimize breakage;

#14. Throughout your life you shall faithfully uphold our pivotal creed of Blood, Soil and Honor. Practice it diligently, for it is the heart of our faith. [Blut(Blood) & Boden(Soil)- Richard Walther Darre]

Tongue scraper: purpose: clean residue from tongue; enables optimal secretion of digestive enzymes through exposure of tastebuds to chemicals in food; preferably sterling silver cutlery/wire or silicon implement

#15. As a proud member of the **White Race**, think and act positively, be courageous, confident and aggressive. Utilize constructively your creative ability.

Toothbrush: Soladey titanium dioxide rod w/solar panel (generates ~ions that break up bacteria when activated by light via solar panel & via ionic rod coming into contact w/ saliva); hemp sticks an alternative to brushing with above

#16. We, the Racial Comrades of the **White Race**, are determined to regain complete and unconditional control of our own destiny.(global dominion)



Neti pot: eliminates mucous in sinuses; earwax in ears especially uric acid  
in 'u' 'e' jar: collect 'u' for 'e'; 1.5L size w/ larger basin to cover

Footbath: generates vibration/heat; use w/ magnesium sulfate(epsom salts) to  
extricate internal toxins via soles/increase magnesium for  
anti-inflammatory/nutritional status

Spiky reflexology sandals('spikes'): preferably wood or iron sandal  
soles w/ cross patterns cut in to create 'spikes'; enables soles of feet to  
breathe/sweat for detox; activates reflexology points; improves mind/body integrity

Gravity-fed enema bag: 1.5L minimum; colon cleansing/administration  
of liquid for retention enemas

Sterling silver[flatware/cutlery/plates/pitchers, etc.]: see above  
+ barter item in emergency

colloidal silver: anti pathogenic/microbial/bactericidal nano  
particles of .999 silver generated via electrical current into .  
999 silver bullion V wire via alligator clips

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Exfoliation: purpose: removal of skin cells to allow pores to  
respire/sweat for detoxification of body/moving lymph fluid around  
lymph vessels via mechanical pressure: A) cloth(bodyshop-fine nylon/sissel  
fibre cloth); B) loofa(marine plant segment used as brush); C) Scalpbrush (stiff boar  
bristle brush; D) scalp massage brush( wooden round tipped bristles for stimulating  
scalp/blood lymph flow

Gumstimulator: builds gum tissue through irritation of gums; initiation of  
growth response; anchors teeth in mouth; reduces gingivitis;

Pyrex glass straw(pipette/silicon tubing): purpose: avoid enamel damage from fruit  
juice/acids

*Hate is as constructive an emotion as love, and hate and love go together 2 sides of the same coin*

EXERCISE STUFF:

**“The further one gets away from nature the further he departs from  
right”**

Pinhole glasses: strengthens eye muscles; reduces brightness enabling inner sight

Trampoline: moves lymph around body/lymphatic vessels/exercises internal organs via g-  
forces generated through impact; builds immunity thereby; also detoxification;  
proprioception(body position awareness)/balance; preferably square shaped as less foot  
eversion/potential damage;

--Broomstick: ~5-10lbs. (preferably 10lbs. for average person)/4-6' long/1" dia. wide;  
purpose: spinal exercise(spinal muscles; intervertebral discs-go at a controlled  
smooth pace not too vigorous and always keeping trunk muscles tight; twist spine  
back and forth<-> side to side 20-30 reps each

--Hand squeezers: A) multi-spring old school spring squeezer; purpose: strengthens  
'closed fist grip'; milks veins of arms; moves lymph/blood around body; increase  
electrical activity in hands; B) spring-squeezer(v-shaped/single spring) purpose: trains  
hand in different, awkward way-not recommended;

**Pull/chin-up bar/playground equipment:** straight/telescoping rod; can be installed in door frame(for back and arms);

**Cardiovascular equipment:** purpose: repetitive large muscle group movement inducing increase of cardiovascular systemic metabolism; lung capacity; sweating/detox; muscular electrical activity A) Stationary/recumbant cycle: recommend magnetic resistance whereby one magnet can be moved closer/further from other to increase/decrease resistance; B) elliptical: same principle as A); C) bike trainer: fluid or magnetic stationary 'trainer' to use w/ conventional bicycle. caveat: most generate excessive noise; D) bicycle; E) snow shoes; F) walking shoes

*The survival of the **White Race** is our most important concern*

### **CULINARY STUFF:**

food juicer(for making juice)

hot plates: electrical powered; good portable cooking device

pyrex glasses/mugs: stove compatible; durable

material(multiples)**grain grinder:** manual;

cast iron cookware: dutch oven/large frying pan(w/lid)

grill: for roasting over fire pit;

heavy rolling pin(marble or metal)

strainer; knives:(ceramic+steel);a) butcher;b) smaller/sharpener

sealable steel buckets with airtight lids: coconut oil; pickled eggs

sealable steel bottles(with rubber gasket):drinking ;kerosene cookstove+fuel ;crockpot: no glazed inserts as lead content; only pure clay;measuring

cups/spoons;foodscale(lrg.&sml.)**Kitchen Equipment:**

crockpot(100% clay insert only; no lead glaze)

iron pot/dutch oven(w/lid)

steel bottles(w/rubber seal lids)x3-full at all times w/silver bullion inside for sterilization; strainer-x2(for more refined straining of coffee grounds/pulp etc.)

coffee grinder(electric)&V peppermill(manual)

metal bowl(shaving/mason jar cover/food

dish) foodscale(x2-large; x1 small)

pyrex drinking glass w/cover

pyrex glass pot(x2-1large;1medium)

glass mason jars(w/ glass insert lids;x4-x2 large; x1 medium; x1 small)

pyrex cups(x7-2 large; 2 medium; 3 small)

stainless steel insulated food containers(x2-large w/rubber silicon seals)

utensils(sterling silver x2): fork(x2); spoon(x2)

measuring spoons(stainless steel)

metal knife+ sharpener

ceramic knife(fruit)

funnel(medium-large diameter hole)

bottle scrub brush;sponge; scouring pad



*Global White Racial Loyalty and Solidarity must be our constant goal*

Personal Survival(B.O.B- 'bug out bag'; frame backpack military style)

source: military surplus; thrift stores; garage sales

sources: thrift stores; wholesalers; garage sales; family inheritance; internet,etc.

**Personal affects**(on body):

polar sleeping bag(duck/goose down)

down-filled parka

wool garments('bush'jackets/pants)fur

dad leather gauntletgloves

polarboots ('mickeymouse'style)V mukluks+extralaces facial

covering(balaclava)/down-filled or felt face mask wool

socks(outer); nylon inner

frame backpack fur hat (ushanka style) mocassins

**MORE MATERIAL THINGS:**

**Exerpts of "88 precepts" of David Lane interspersed throughout**

**backpackcontents:**

**fire**: lighters(zippo;bic);cotton balls soaked in vaseline; spark lighter/fire starter(magnesium, etc.); waterproof matches; liquor flask full of kerosene/lighter fluid; tinder(dried sticks,etc.)

**#14**: In accord with Nature's Laws, nothing is more right than the preservation of one's own race

**water**: ozone generator(miniature, battery powered); colloidal silver generator(miniature): 9volt batteries+jumper cable+alligator clips+.999 silver wire;silver bullion; portable filtration unit: lifestraw, katadyne filter; stainless steel cup on thermos(store all items inside)

**#18**: There exists no such thing as rights or privileges under the Laws of Nature

**sanitation**: wash basin; soap(100% olive oil); coconut oil; toothbrush+sanitizer; scissors; safety razor+blades; hydrogen peroxide; baking powder; wash cloth; eye dropper; gum stimulator; scalp brush; loofa; exfoliation cloth; pumice stone; nail clippers; q-tips; stainless steel mirror; ear plugs; shooting ear muffs

**clothes**: long underwear(wool); boxers; socks(extras); extra shoes+laces; money belt(animal leather); sweaters; gloves(security)

**#19**:A people, who are not convinced of their uniqueness and value will perish

**1st aid kit:** razor knife; sting/venom kit(wasps;ticks;snakes, etc.); sewing needle+thread; cayenne; stretch bandage+splints; bandanas(cottonV linen); food grade activated charcoal powder; zeolite/terramin clay

**communication:** compass; map; cell;<>I.D(iff~public authority probs., eg.for employment, etc.); edible plants; 1st aid pamphlet

**Sleep:** sleeping bag+roll/mat; wool blanket

#20:"Natural Law...denies inter-species compassion."

**hunting/PDWs:** slingshot+shot; BB pistol+BBs; hunting knife; folder knives; collapsible baton

#25: "A people without a culture exclusively their own will perish"

**Food:** rosehip powder; turmeric; salt(himalayan/celtic);waxed hard cheese; dried fruit; nuts/seeds(in vacuum packs)

**\$:**gold/silver bullion/jewellery(barter); physical currency(bills, etc.); gemstones(ruby/emerald/sapphire)

milspec kinetic/water resistant watch alarm clock

stopwatch/kitchen-style timers

phone+charger+earbuds+case glasses(x2)+case

tactical gloves pants(corduroy/jeans/BDUs) Uvex

goggles(orange)

#28: The concept of a multi-racial society violates every Natural Law for species preservation

**Truck Camper/RV/Motorhome/Travel Trailer contents:**

scrub board+wash basin; spare tire(for truck/vehicle); jack; fire extinguisher; sand(in bucket); gasoline; propane; water jugs; biodiesel fuel

sleep: n35-52x1000 pcs. magnets->6'x3' piece of metal=magnetic sheet under mattress

#29: The concept of 'equality' is declared a lie by every evidence of nature

**atmosphere:** 03generator; ~ion generator; fans

**sanitation:** towels; olive oil soap; hair shavers; massagers

**info./data preservation:** multiple computers; External hard drives; USB; external disc drives; power cords; Cd/DVD-RWs(burnt info in hard copy); battery powered walkman/discman(+batteries; CDs; cassette tapes); magnetic tape data storage; condense printed text(print back to front; small font)-> laminate infographics/important documents to be scanned and reused/made public

#33: Nature does not recognize the concepts of Good and Evil in inter-species relationships

**heat:** ceramic heaters

**power:** solar; generator; electrical(extension cords. Etc.)

#37: "racism" merely means to promote and protect the life of one's own race.

**pdws**(personal defense weapons): guns[minimum: 1xpump action 12 gauge shotgun+ lead "00" buckshot+sabot slug shot; 1x.22lr. semi-automatic(collapsible survival rifle); 1xrifle(270 win. V 30-06 V SKS+scope w/ accessories to make + make full auto);  
+cleaning kits+ammo+extra magazines(always loaded); BB (hand)gun+rifle]  
+aluminum V wood baseball bats;machete/dagger knives;spring- loaded folder knife;  
large machete; axe; guard dog(German Shepard;Rottweiler;Doberman, etc.)

#50: A democracy is always followed by a strongman...some call him a dictator. It is the only way to restore order out of the chaos caused by democracy

**lights:** low blue lights(amber/yellow mosquito bulbs); indigo roof lights

**clothes:** rubber boots+rain gear+B.O.B stuff

**culinary:** (see below)

everything in B.O.B+multiples(razors, etc.)

#52: Tyrannies cannot be ended without the use of force

**food stocks:** dried fruit; nuts/seeds(almond/peanut butter); turmeric; ;starch: (oats; rice, etc.); herbs; spices; chlorella tabs; dried seaweed

**tools:** multi-tools; hammers(claw;sledge); saws(hack;wood); wrenches(adjustible); screwdrivers(multi-bit); pry bars; wire cutters/strippers; nails/screws(large; small;med.); electrical drill; generator; plastic sealable gas jugs; hex wrench; axe; lock picks; glass cutters;

**Food:** minimum 2 months supply at all times

**Water:** large jugs full (100 L at all times) (R.O.S V Distilled preferable)

**Sanitation:**

UV light toothbrushbox

small airtight vacuum seal container gum

stimulator+refills

toothbrush(soladey+replacement

heads)safety razors+blades+small brush

electric head shaver

nail trimmer

mechanical nostril trimmer

loofa(exfoliate)

scalp brush(boar bristle)

scalp stimulator

~ion/03 generator pot(bedey)V

bedey attachment enema bag



extra virgin coconut oil  
Grecian olive oil soap  
towels(x2 large; x1 small)  
baking powder (laundry; tooth brushing)  
vinegar (dish washing)  
activated charcoal powder  
edible clay (ca+ montmorillonite; zeolite) epsom salt (magnesium source-calm/relax)  
water distillation machine  
diatomaceous earth (bedbugs-put around bed posts)  
hydrogen peroxide+dropper (wound irrigation; ear wax elimination)  
exfoliating cloth(x2)  
carmex; vaseline

*Our greatest task is to bring the White Man back to his senses*

**Health:**

hand held devices:  
parasite zapper  
cranial electric stimulation machine  
pulsed electromagnetic device(pemf)  
coronal discharge/violet ray wand  
vibration machine+attachments hand  
squeezers(spring&ball) pull up bar  
shoes(athletic)  
wooden reflexology sandals  
colloidal silver generator  
infrared bulbs+electrical cords+broomstick+heavy duty hanger  
(=infrared sauna)bedframe+magnets+door+wool blankets+linen/cotton sheets/pillow  
cases homemade water distiller

**Other:**

ear plugs  
\$:gold/silver chains/coins/gemstones(ruby/emerald/sapphire)

*We must realize that Nature never intended for any individual to live forever, and since die we must, the greatest honor and the highest dedication we can bestow upon our people, our race, is to fight to preserve it at all costs, or die in the attempt*

**Clothes:**

socks(wool+nylon; cotton x multiple; silver fibre milsurp socks) warm  
winter leather gauntlet gloves  
boxers long johns  
sweaters(wool) athletic  
shirts  
silk shirts  
shoes(gym/runners)x2 boots(high top leather-preferably insulated) linen/cotton sheets/pillow cases  
blankets(wool) mat(sleeping)  
Uvex goggles(orange-minimizes low blue light) money belt

## Daily

**backpack**(innocuous w/ many internal pockets): biners keyrings pill boxes  
small+medium padlocks keys  
change pouch fanny pack  
multitool+bits

### PDWs(personal defence weapons):

“alles leben ist kampf”(‘all life is struggle’-Hitler)  
precept #67:An armed or non-militant people will be enslaved

steel shot gloves ;bat(aluminum); collapsible baton(w/paracord wrapped around handle-remove foam)  
large machete;springloaded folder knives(x2);

**guns:** (store properly in ground---oiled/disassembled to escape expropriation by government agents/ research ' weapons caching')

12 gauge pump action semi-auto shotgun;

semi auto rifle+magazines ; .22LR(survival/collapsible style); rifle+hand (BBgun+BBs) (lead+copper)  
gun locks+keys;gun cleaning kit(oil; rags; brushes); Homemade wooden 'knucks'(mahogany/cherrywood;teak)  
[homemade]body armor(kevlar helmet+ballistic face shield/face mask/kevlar vest; ballistic shield) homemade  
weapons: (look up on internet for instructions): peeper spray; microwave maser/herf gun; stun gun; pipe guns;  
IEDs; poisons etc.(see references for books)

### **Mind:**

bookstand+flat board+spring clips (to read while standing or in alt. positions); pens+paper books (see references); external ssd drives; sd cards/USB sticks(large capacity); headphones;  
MP3; laptops; solar calculator; laminate essential documents and store in lockbox paper;  
documents; computer ;



## White Morality

The following is an attempt to prove the syllogism:

All whites = moral

No non-whites = moral

Therefore 'morality =white'

## White Law

P1) Whites = moral

P2) Non-whites = non-moral

P3)/C(onclusion): Morality = white

Premise 1) The universal affirmative makes the claim that all whites are moral if only in a latent form at a rudimentary level within the particular which still holds generally / universally for the class. Many would debate this major premise and contend that not only are all whites not moral but that some if not all whites are immoral, that is to say moral transgressors. Still this doesn't refute that they have a moral conscious and are aware at some fundamental level – the level of their 'whiteness' and thus inherently in their nature/ substance/ ousia – that the laws of nature/god exist and that therefore in accordance therewith the transgression or adherence thereof/to constitutes immorality or morality respectively. It is herein affirmed that whites universally by virtue of the premise/principle that 'as within so without, race is the image of soul' have an innate awareness and understanding of the moral law and that though some may live the life of the devil they nevertheless know the Good and understand right conduct from wrong and suffer to a greater extent than any non-white could, given the latter's lack of that same consciousness. This leads to:

Premise 2) Non-whites are non-moral or lack the moral sense. It is herein affirmed that these creatures act from impulse alone and don't have the developed consciousness to understand the moral law which necessitates the superlative faculties possessed by whites alone. The behavior and actions of the non-whites can quite simply be seen by the whites endowed as they are with a moral sense for what they point to namely a complete disregard for 'the law' be it divinely inspired or the structure of reality physically, metaphysically, etc. (cosmic law). Given that their consciousness cannot encapsulate or be receptive to the law they are thus non-moral as though they may not necessarily intend harm so too they do not intend help but merely the fulfillment of impulse and self-interest which caters to their materialistic desire for prestige and tangible status objects, both of which cater to their lower egoic whims which they have no capacity to transcend and thus, moral or immoral, their tendency is towards self-satisfaction.

Premise 3) (Conclusion) From the two above premises it is deduced that morality is entirely a province of whites and those non-whites are incapable of acknowledging it and thus

having no moral sense. The moral law is the exclusive property of whites and therefore morality as a consciousness thereof is white consciousness.

## **Anti-White Anti-Law or “The Lawlessness of Beastman”**

Motivated purely by self-interest the non-white is both an inadvertent transgressor and adherent to the moral law. In certain cases, he following the path least resistance, is an adherent to the law, in others he continuing to follow the path of least resistance deviating in complete opposition from the straight and narrow path. Thus the path he pursues is always and invariably that of the self, even his own tribal group is merely a tool to use for self-service which explains why the non-whites struggle against each other in desperate competition even when they have a surfeit of resources available such as in the case of tribal war and vying for power in intertribal strife. In all cases the only thing that matters is the moment and the most benefit for the self. This explains why they are always cowards in war as they have no selfless altruism and have no willingness to sacrifice themselves for their extended tribal group given that would be the extinction of the self and thus would be the terminus of their ‘pleasure maximization and pain minimization’. Accordingly the non-white is thoroughly liberal in their values which implies thoroughly totalitarian towards Others with maximal liberty for the self being their ultimate purpose, namely selfish self-service, ‘self before Others’. Thus the non-white can be spoken of as lawless as they are simply not governed by law and have no regulation of their impulsive tendencies by reason and the higher mind simply because they don’t have a higher mind with which to reason. In the following each form of behavior is discussed and illustrated as to its derivation from the lawlessness of the non-whites. In no particular order of precedent (as with the non-whites’ psychology it is a chaotic upsurge of dissipated forces narrowly concentrated towards the feral inclination of fighting, fleeing, fornicating, and feasting, the 4F’s)– these are the marks of the beastman.

**Gluttony**: The ravenous greed of the non-white is legion and his lust for belly pleasure is notorious (‘belly mad’ as Seneca says). The choicest viands and the most wretched fare equally sate his gluttony. The coarser pleasures are all that beguile him and all more refined delights of the mind are a non-existent in his mind given that it is incapable of such refinement lacking the nervous structure of that of the white man for whom and for whom alone the higher exists beyond mere wooden intellect machine-thought to the heights of creative aspiration and genius. Thus recourse is had to whatever is available namely the gustatory lusts of the animal though limits as in the case of the latter are lifted and gluttony enters in through the gates of the teeth. As to quantity the more the merrier for the non-white – feed ‘n’ breed being the strategy, the more they are given or permitted to eat by the Aryan the more children they have. Thus their lawlessness generates chaos through famine and disease spread.

**Theft**: The lawlessness of the consciousness of the non-white leaves theft available as a perpetual option for the notion of property exists in his mind only as ‘mine’ and no recognition of ‘thine’ exists given that he has no regard for the other only the self and his mind cannot transcend lower egotism and the lower chakras, thus he has no comprehension of the meaning of theft – everything is a possible possession in his mind the only thing (again) which restrains him is the threat of force, the rod



of iron brandished by 'man at arms' (as in the cartoon He-man). 'Whatever he can get away with' is the principle of action for beastman who knows no law and has no inner restraint. Accordingly beastman can have no property rights as has no property duties in his inability to respect that of others he cannot be respected in turn save at a rudimentary level of personal physical possession (chattels) but even then only conditionally that of the coercive nature of reciprocity that failing to respect others property his own becomes forfeit (proportionally) thus inculcating at a rudimentary level, an understanding of the consequence of theft (punishment, deprivation). Thus his natural lawless tendency is restrained.

It is inherent in the non-white to steal because the non-white has no regard for truth as they are blinded by egotistical self-striving and without a conception of truth there is no capacity to affirm that another's property is his own defacto (the truth of ownership must be acknowledged and to take that of another's is dishonesty, the lie of claiming by way of gesture, what is not one's own). Whether as a blue-collar street thug or a white-collar administrator the non-white is inherently disposed towards theft, the more sophisticated he is the more potentially sophisticated the crime. Thus the non-whites' mores, from the blue-collar theft of chattels to the white-collar theft of embezzlement and clever investment schemes. In either case the non-white performs a theft and has no pangs of conscience or inner need of justification as in the case of a white man who has been led to theft by e.g. hardship or revolutionary zeal and a sense of righteous vengeance against a traitorous upper class, etc. No external justification in the mind of a non-white is necessary as no external authority exists save the lash and then only when caught would any excuse be made, internally no pangs of conscience exist as the non-white has no sense of otherness and thus no sense of injury towards anything but self

Lie: Given that theft is inherently mendacious (a violation of the possession of another through unjust expropriation) and is inherent to the non-white it follows that at least in this respect lying/mendacity is also an inherent component of the non-white psyche. It is here contended that lying is inherent in non-whites as a fundamental tendency as their regard for truth is non-existent being driven by base considerations of the lower ego and having an insufficiently developed mind with which to grasp higher principles which require a selfless attitude as truth is that which exists independently of crude self-interest maximization. Hence the frequency of mendacity amongst the non-whites whose understanding of truth is restricted to self-interest alone and where self-interest ceases so too does their regard for truth. Often the beastman is seen mocking the Aryan over the latter's concern for truth while he uses the latter's technology to enrich his self-interest which technology necessitated a comprehension of truth in order for it exist. This fact also is beyond the comprehension of truth in order for it to exist. This fact also is beyond the comprehension of beastman. The non-white is a pragmatist for whom language and behavioral conduct (e.g. displays of friendliness) are mere instruments of self-enrichment, and thus the meaning of words is relevant only to the extent they are instrumental in self-interest maximization. Given that truth is what is and a recognition thereof by the sentient/conscious being in question (a finite and fallible representation of an infinite presentation) amounts to an 'owning the truth' the non-white is habitually mendacious as he recognizes only self-interest and thus ignores the reality which impinges on his dull faculties and which has no existence within his consciousness if it is not merely shunted aside as one would a gnat, the pesky nuisance of truth. Guileful in his manipulation of the more gullible Aryan – whose thoughts



usually don't descend to the depths of underhanded manipulation – the non-white has developed the art (craft?) of lying to a very advanced degree. The facial gestures and vocal tones are very plastic and cultivated as a theater actor, knowing when to smile and when to display contrition, etc. as a means to exploit the Aryan for power and material advantage.

When witnessing the Aryan's pursuit of knowledge and truth they are puzzled – for knowledge does not confer the sensual pleasure they prefer but may instead confer the pain that comes with cogitation of the brain – and thus they are set off guard by the Aryan in projecting their own base drives upon him. Thus the distinction between the true and the false exists only in their mind by proxy, though the light of the Aryan cast upon their dark minds and thus they to the extent they are able only acknowledge and speak the truth when the rod of iron is brandished above their heads else truth is merely superfluous concern like a gentle breeze or a bump in the road, acknowledges only when it gets in the way or confers a pleasant sensation.

#### Coveting thy neighbor's wife: Committing adultery of bloodlines

The propensity towards the base drives that constitutes the beastman's *modus vivendi* and praxeology, his behavior and intent which becomes realizable once all obstacles are eliminated manifests itself in the sins of Christianity mentioned in the title. 'Spare the rod and spoil the child' is an apt phrase characterizing the dynamics of crime and punishment for the beastman only in this case it is inverted: 'Give an inch and they will take a mile' – as long as the reward is worthy of the risk in their consciousness dull as it may be as lacking in self-control, driven by the greedy consciousness of an underactive reason and overactive libido (fight, fornicate, feed, etc.). Thus the 'neighbor' in the sense of Christian identity). The wife of the neighbor is always sought by the non-white given his/her lusting nature and the obviously superior genetic constitution of the Aryan who represents a higher value that the greedy savage wishes to appropriate for themselves through the sympathetic magic of a bestial coupling (to imbibe the seed of the white man in the case of the female – and to inject their own seed into the females of the Aryan). The 'coveting' of the neighbor 'Other' leads to the commission of adultery given the path of least resistance being paved through the appropriate conditions (absence of the threat of punishment, opportunity to gain/impose sexual (dis)favor on the proximal 'other'). Given that beastman has nowhere to go but up in the genetic hierarchy he has no regard for the commission of adultery, the adulteration of racial types into a perverted amalgam of nature resulting in a degenerate product of dysfunctional chaos. Posterity at most exists in the mind of beastman as an afterthought to his base borne lust, a 'trophy' so to speak of his 'conquest' (be it through rape or consensual means). Motivated by desire his intent is merely animal, satiety and the partaking of degenerate carnality heedless at best of the consequences of his actions at worst deliberate malignancy through polluting the genetics of the higher type with that of his own.

The curse of He-man is visited upon his physical Aryan neighbors, those who have had the misfortune to be forced into or willingly involve themselves in relations with the non-whites – their progeny are cursed with an inner restlessness and divergent tendencies which manifest physically in the brute mongrels of e.g. South America and the Middle East.



Rape: Analogous to the above sin is that of its non-consensual consummation enabled the rough proximity with the Aryan who is subjected to the overpowering force of the non-white (if such is –as so often is – the case, e.g. negroes, mestizos, Arabs – all who have been inculcated with the simian genes of the darkest bipedal beings). Thus rape is an inevitable occurrence in the case of the ‘integration’ of non-whites with whites as without severe and extreme brain pollution in the Jews’ mass indoctrination machine (media / ack-a-dumb-icks) no white females (the more fallible of the sexes) would consent to interspecies sexual relations and thus – even in spite of the mind control – the usual case is rape given the lustful nature of the beastman and the strength of impulse directing him towards the act of consummation. Even in the face of the legal impositions of a white society beastman has little restraint and thus risks the reward of partaking of the white genetics in spite of the dim understanding of punishment accruing to himself in the event of apprehension which is usually a minimal deterrent under the current legal system given its extreme leniency towards the non-whites who have a virtual license to rape and even to murder.

Murder: The lower races display the lower emotions as a general tendency: anger, fear, lust, hate – all being their mainsprings of action which when worked up elicit stereotyped behavior, a result of their undifferentiable natures (partaking as they do and deriving themselves from the group oversoul of their tribal kind). One of these stereotypical behaviors can be readily perceived in this tribalism from crips and bloods to Zulus and hottentots they have always been and will always be of a bloodlustful nature. Hence murder, the illegal (in terms of natural and positive law) killing of another against the harmony of existence has always been their tendency as their lack of restraint does not serve- given its inadequate strength – to check their immediate impulses towards attacking that which displaced or angered them for whatever reason, generally working against their immediate interests and being deemed sufficiently meritorious of a violent response intended or not to result in murder. It is not always (or even usually) directed against whites this violence but is merely an innate tendency that manifests itself indiscriminately towards all Others who trigger its behavior simply through being present in its environment while it is in that state of consciousness, whatever triggered it in the first place (bad mood, Jewish propaganda re: ‘slavery and colonialism’, etc.).

Murder being an end state of violence which is inherent to beastman it necessarily follows to a certain degree of probability that beastman is a murderer and thus must have his presence curtailed and restricted by those prudent enough to foresee the inevitable consequence of combining a violent personality in any environment which gives him the liberty to ‘act up’. Thus to enable and not disable beastman from entering into the physical territory of whites is to precipitate murder by proxy through the violent constitution of the negro and other dark races / species whose lack of self-control as aforesaid is a result of an incapacity to mediate (through reason) the immediate (state of mind and concomitant action).

Graven images: The non-white, in his lawlessness, lack of comprehension of higher purpose and of the natural/divine law which he is subject to and yet continues in his willful striving to attempt to buck the system in his endless quest for self-satisfaction if need be at the expense of others. Hence the non-white makes ‘graven images’ as gods in his own image before which to prostrate himself in false humility as before a vanity mirror gazing into his simian visage with bloated arrogance.



This extrapolation of egotism towards higher levels of consciousness, testify to the depths from which simply falls back upon himself and blinds him. His 'gods' which are in reality lower astral entities, are the only beings in the metaphysical realm with whom he can make contact and whom he has a sympathetic resonance, propitiating and invoking them as means of acquiring 'spiritual' power through sinister black magic rituals usually entailing the sacrifice of the innocent on the altar of their own bestial and bloodlustful temperament. That they are not naturally inclined towards monotheism but rather towards the polytheistic demonology of the so-called 'pagan' ideologies, (pagan in the sense of primitive, superstitiousness, not henotheistic Hermeticism or non-Christian/Kristian monotheism). Their religiosity manifests itself in the form of crude ritualism as above discussed and 'vain repetition', etc. These practices stimulate the lower chakras and states of consciousness and attract the lower astral entities with whom their diabolical pacts are formed. The totem pole and the iron furnace of Moloch are all images of their vice and crude animistic understanding of life.

The thesis that beastman is a lawless creature who has no inner divine spark enabling him to comprehend the natural law which governs his actions and thus has no understanding of himself either has been sufficiently proven in the foregoing to require no external proof through statistics or scientific opinion. That the non-white is without moral compass and can be said to be 'morally insane' (as insanity would imply a capacity for sanity in place of a complete absence of understanding as in the case of the beastman) is provable apodictically through personal experience whereby the beastman is seen from myriad angles in myriad circumstances to be one and the same throughout though variations on the theme depending on the particular case (environment, relations, etc.). As a liar, thief, murderer, rapist, and black magician to the extent of his feeble powers, beastman takes the crown of thorns and ascends the podium for the laurel wreath of victory of the physical over the spiritual thereby losing by winning in the realm of the transient.

# WHITE LAW [*LEX ALBUS*]

## RIGHT AND WRONG FOR RIGHT WHITE LIFE

WHITE LAW encompasses the Right/White way and its flipside the anti-white/wrong way to conduct oneself as a white person in relation to 1) Oneself; 2) Others(sentient beings) and 3) the environment. In the following table each form of Right/White conduct is matched to a corresponding form of anti-white/wrong conduct which purports to serve as a pedagogical guide to fulfill the 14 words through the creation of a sound mind in a sound body(1-Oneself) in a sound society(2-Others) in a sound environment(3). Each of the 3 categories is further subdivided into 7 parts comprising a holistic program for living in a Whiter, Brighter World.

### **1) SELF**

1) <u>MIND</u> -----WRONG	RIGHT
LACK OF	CONCENTRATION
UNBALANCED FACULTIES EG.OVER- ANALYTICAL/UNEMOTIONAL(‘MALE IMBALANCE’); UNDER ANALYTICAL/OVEREMOTIONAL(‘FEMALE IMBALANCE’)	BALANCED FACULTIES
LACK OF	CREATIVITY
UN SOUND JUDGMENT(UNREASON)	SOUND JUDGMENT(REASON)
MENTAL WEAKNESS/ATROPHY	CULTIVATE MENTAL POWER
NEGATIVE	POSITIVE SELF TALK/SELF-LOVE
2) <u>EXERCISE</u> -----WRONG	RIGHT
LACK OF	BRIEF/INTENSE+
EXCESS(MARATHON; CROSSFIT)/ INADEQUATE, REST, ETC.	INTERMITTENT/LIGHTER ACTIVE RELAXATION
3) <u>SANITATION</u> -----WRONG	RIGHT
(INTOX) DRUG USE(ALCOHOL; CAFFEINE; PHARMA; PILLS)	DETOX: NATURAL HYGIENE; SEE “SALUBRIOUS LIVING”
4) <u>EAT</u>	

UN SOUND DIET(KETO; VEGAN); GLUTTONY	PRUDENCE(WHAT IS NECESSARY); SOUND DIET(MIXED DIET)
5) <u>WORK</u> -----WRONG	RIGHT
LETHARGY/SLOTH/DRUDGERY	INDUSTRIOUSNESS
PARASITISM	CONTRIBUTORY
6) <u>ETHICS</u> -----WRONG	RIGHT
“UNTERMENSCHHEIT”(SUBMAN-ISM) EXTINCTION(AHIMSA); PEACE; SELF-DENIAL	“UBERMENSCHHEIT”(SUPERMAN-ISM) SURVIVAL/THRIVING=TRUE LOVE(PRESERVING/ESTABLISHING HARMONY OF EXISTENCE OF WHICH ONE IS A PART)
7) <u>APPEARANCE</u> -----WRONG	RIGHT
TATTOOS;PIERCINGS;SCARIFICATION;DIRTY;OS TENTATIOUS/INHARMONIOUS CLOTHING(COLOR /STYLE NOT APPROPRIATE)FOR PURPOSE; UNNATURAL/SYNTHETIC MATERIAL(RAYON,LATEX)	FUNCTIONAL(SUIT PURPOSE, EG. BLACK AT FUNEREAL, WHITE AT WEDDING)REFERENCES:‘REFERENCE SECTION SUBSECTION ‘MIND’(); ‘PFLICT ZUR GESUNDHEIT’+‘EXPANSIONS THEREOF’

## 2)OTHER

1) <u>RACIAL</u> -----WRONG	RIGHT
INCLUSIVE OF FOREIGNERS	EXCLUSION OF RACIAL FOREIGNERS
OUT-GROUP	IN-GROUP ALTRUISM
RACIAL TREASON	RACIAL LOYALTY
2) <u>FAMILY</u> -----WRONG	RIGHT
	(REF.:”SS FAMILY CREED & MATE SELECTION GUIDELINES”;“APPLIED EUGENICS”, POPONOE AND JOHNSON;ALSO ‘SEXUAL STRATEGY’ IN WHITE LAW
‘SPOUSE’: UNNATURAL PARTNERSHIP/UNION	NATURAL UNION/CONSENSUAL POLYGAMY(ONE MAN MULTIPLE WOMEN)



PARTNER SWAPPING/ADULTERY	MONOGAMY
PREMARITAL SEX	VIRGINITY BEFORE MARRIAGE
ABUSE	MUTUALITY(AID AND RESPECT)
MODERN ROLES	TRADITIONAL ROLES
RACE-MIXING	RACIAL PURITY/SUITABILITY
CHILDREN/PARENTAL ABANDONMENT	PARENTAL DEVOTION
HYBRIDS	PURE
UNHEALTHY(EG.DIET: KETO OR VEGAN)	HEALTHY
ABORTION ON DEMAND	PRUDENT DECISION-MAKING
PEDOPHILIA	PEDAGOGY
LICENSE	DISCIPLINE
EXTENDED FAMILY(SEE 'RACIAL' CATEGORY)	
3) <u>SEXUAL</u> -----WRONG	RIGHT
FAGGOTRY; BDSM; PEDOPHILIA; BESTIALITY	NATURAL RELATIONS
GENDER BLENDING/ELECTIVITY	SEX-GENDER CORRESPONDENCE
FAPPING	NO FAP
BLACK MAGIC	WHITE MAGIC
PROFLIGACY/CARNALITY	PROCREATION/ABSTINENCE
PROPERTY-----WRONG	RIGHT
STATE MONOPOLY ON FIREARMS	FIREARMS(INDIVIDUAL OWNERSHIP)
THEFT(EXPLOITATION/EXPROPRIATION/USURY)	RESPECT FOR OTHERS' PROPERTY
5) <u>CITIZENSHIP</u> -----WRONG	RIGHT
DUTY TO SELF AT THE EXPENSE OF OTHERS	DUTIES TO SELF AND OTHERS

LYING	TRUTH TELLING/HONESTY
CLASSISM	HOLISM
6) <u>STATE</u> -----WRONG	RIGHT
DEPENDENCE(WELFARE, POLICE STATE, ETC.)	INTERDEPENDENCE+INDEPENDENCE
INDEPENDENCE(DRIFTER/DROPOUT/ INTERNATIONAL MERCHANT)	
RIGHTS	RIGHTS+DUTIES(AND AS CONDITION THEREOF)
7) <u>ANIMALS</u> -----WRONG	RIGHT
ANIMAL CRUELTY	HUSBANDRY/CARE
3) ENVIRONMENT	
1) <u>ENVIRONMENTALISM</u> -----WRONG	RIGHT
AGENDA 21; AL GORE; GREEN PARTY; GREEN PEACE; WORLD WILDLIFE FUND; DAVID SUZUKI(CRYPTO JEW)	JORION JENKS; RICHARD WALTHER DARRE; PENTTI LINKOLA
2) <u>POPULATION</u> -----WRONG	RIGHT
MAXIMUM POPULATION	MINIMUM POPULATION
RACIALLY INCLUSIVE/HETEROGENEITY/' DIVERSITY'	RACIALLY EXCLUSIVE/HOMOGENEOUS/
CROWDING	SPACE TO BREATHE
SUB/URBAN SPRAWL	SMALL TOWNS/HOMESTEADS
VOLK CHAOS	RASSEN HYGIENE
3) <u>PLACE</u> -----WRONG	RIGHT
CITY(SLUMMING; "FLESHPOTS OF EGYPT")	RURAL(HOMESTEADING/SURVIVALISM)



<b>4) <u>AGRICULTURE/LAND</u>-----WRONG</b>	RIGHT
<b>GMO SEED</b>	<b>NON-GMO(NATURAL SEED)</b>
<b>JEW BIOTECH(EG.MONSANTO)EARTH RAPE</b>	<b>PERMACULTURE</b>
<b>OVERFARMING/DESERTIFICATION</b>	<b>LETTING LAND REST ONE YEAR OUT OF SEVEN</b>
<b>NON-WHITE FALLOWNESS</b>	<b>“SUSTAINABLE DEVELOPMENT”</b>
<b>6) <u>FOOD</u>-----WRONG</b>	RIGHT
<b>C.A.F.O FOOD</b>	<b>FREE RANGE POULTRY;GRASSFED/FINISHED QUADRUPEDAL ANIMALS HUMANELY SLAUGHTERED</b>
<b>CHEMICAL(FERTILIZER/PEST/HERB-I-CIDES)</b>	<b>NO CIDES</b>
<b>7) <u>SANITATION</u>-----WRONG</b>	RIGHT
<b>LITTERING;EXPLOITATION(CLEARCUTTING; MINING; HYDROFRACKING, ETC.)</b>	<b>CITIZEN CLEANUPS/ENVIRO BYLAW/POLLUTION LIMITS; REFORESTATION; COMMUNITY MANAGEMENT</b>
<b>REFERENCES: “SALUBRIOUS LIVING”, ARNOLD DEVRIES</b>	

## White Law

“Make yourself a better person; make the world a whiter place.”

**A sound mind is a precondition of life. To possess a sound mind one must develop it. The seven pairs of rights in the above table are amplified below in terms of their meaning and function in the conduct of a right, white life:**

1a) Concentration—‘concentrate your forces’ —Sun Tzu; without concentration energies are scattered and if energies are scattered no necessary force can be mustered to achieve an objective. This applies in the physical as well as the mental realm, and all deliberate action is a result of deliberation which requires concentration, mental focus. Lack of concentration in life is a vice, its possession the cardinal virtue, as without no effective action can be undergone to fulfill the 14 words. The consequence of a failure to concentrate one’s forces is insanity, the padded cell, or assassination by the kosher lapdogs of J.O.G.

b) Balanced faculties— related to the above is the ethical imperative to create or maintain a holistic consciousness, for ‘thought without action is sterile’ and without healthy instincts and sound intuition (which comprise the ‘common sense’) no amount of intellectualism is adequate to bring into reality a plan of action conceived in the ivory tower removed from an involvement with the nitty gritty of practical life. In order to function in practical life the common sense must be developed to a sufficient degree and not left to stagnate through living a dreamer’s life of intellectual pipedreams. The propensity to be over-analytical/unemotional (left-brained) is ‘male imbalance’, that of being under-analytical/over-emotional is ‘female imbalance’. If the head is to remain in the clouds, the feet must remain on the ground and the eyes directed at the ~~target~~

c) Creativity—for all activism one must have a sufficiently plastic mind to adapt themselves to circumstances. This requires creativity. However, one’s creativity must not become overly dogmatic outside of a basic understanding of Natural Law and the ethical imperatives of a White Law, e.g. 88 precepts, 14 words (of David Lane), creativity credo, etc. Adaptation is a creative enterprise and creativity enables effective action as well as providing fulfillment in life especially when directed towards ‘the survival, expansion, and advancement of the white race and the white race alone.

d) Judgment— This is the province of reason, the faculty of discrimination – what J.O.G. wishes to stifle and hamstring through its imposition of egalitarian dogma through the classical conditioning process of the Jews’ media/indoctrination system (public school). To have sound judgment enables one to judge of the consequences of one’s actions. Indeed the faculty of reason (in Immanuel Kant’s ‘Critique of Pure Reason’) is called ‘The Causal Judgment’, the faculty which is the reflective capacity to determine that certain prior states (causes) lead to certain other states (effects), e.g. the crime and poverty in black areas being causally related to their biology and the converse in white areas. Failure to discriminate is to partake of the disease of



irrationalism which embodies itself in the political form of liberalism (see 'Universalist Psychopathology' by the author): 'judge thee not' is the vice of White Law and its converse judiciousness is its virtue.

e) Mentality– the above presuppose a certain degree of mental strength and weakness. Mental weakness occurs through the following means: i) failure to cultivate/maintain mental strength (lack of training and employment); ii) genetic defects brought about through a) degenerate lifestyle (alcoholism, drug-ism, poor diet or being of a sub-race, etc.). The cards fate has dealt one must be played to the best of one's ability which is destiny. This mental cultivation should serve the 14 words and not lead to an imbalance of the faculties. This is Mosley's ideal of the 'thought-deed man'. The application of knowledge to a case is wisdom which is virtue. Living life in intellectual cloud cuckoo-land is folly which is vice. To train the mind see the reference section in 'WHITE LAW' under 'Mind'.

f) Mood mode– given the fever pitch of political strife which inevitably entangles the activist and which galvanizes the inactive, how one views himself and the world greatly influences his ability to function within this whistling tea kettle of controversy. All the slanders, vilification, and scapegoating he must endure creates an atmosphere in which depression, anger, and apathy can occur. Negative self-talk or self-understanding is a nail in the coffin of the white race. One cannot love one's own race without loving himself and this is a precondition of effective action (going beyond oneself) as one must be in a state of inner harmony to uphold the truth and defend the right. Self-sacrifice is paramount but self-annihilation ill-conceived is of minimal use to the white race. Value yourself for what you could be and do, not for what you are or have been (see 'Life story of a Heterosexual White Male', by the author).

g) Truth– to uphold the truth one must first know the truth. Honesty is virtue except when dealing with enemies and truth is the substance of honesty. Intellectual honesty and being of true heart (making the truth your own) work hand in glove to smash the enemy whose power is based on a foundation of lies and hypocrisy (self-misunderstanding, a failure to practice what one preaches), etc.

In sum the mental qualities which are essential possessions of a healthy member of the white race are: concentration; balanced faculties; creativity; sound judgment; strong mentality; positive mood; honesty amongst allies and to himself.

2) A sound mind does not exist in a vacuum but rather is metaphysically entangled with a sound body– 'kill the body and the head will die'. Thus a sound body must also be developed in tandem with a sound mind. The subsection 'Pflicht Zur Gesundheit (obligation to be healthy)' in the 'WHITE LAW' explains in detail a general program for dynamic health above and beyond that of either burning out the body or undertraining. It purports to be not a mean between two equally false extremes but the capstone in the pyramid of 'Salubrious Living'.

The virtue of a sound body thus lies in neither deficiency (undertraining) of exercise nor of excess (overtraining). It lies in sufficiency and efficiency (most amount of work in the least amount of time) and thus is what is necessary to overcome a condition of untermenschheit (sub-man-ism) and attain the condition of ubermenschheit (superman-ism). General parameters further detailed in 'Pflicht Zur Gesundheit' follow:

C) rest: adequate (proper time, place, way)

D) work: i) right: briefer, intense, hard within training session, and lighter active relaxation outside.

ii) wrong: prolonged, unstressful within session and none outside.

E) diet: food is fuel furnishing one with micro/macro nutrients and energy not a decadent indulgence (food porn):

wrong: gluttony; starvation; omitting any macronutrient below 15 percent of total calories (e.g. very high (80,10,10) or very low (keto) carb diets), excessive protein above 20 percent of calories. (See the author's 'Hell-th' for examples of extremism).

3) To maintain a sound mind and body (the person), sanitation is key. The subsection of 'WHITE LAW' 'Plicht Zur Gesundheit' ('obligation to be healthy', a creed of the 3rd Reich) amplifies the following general parameters of 'Salubrious Living':

wrong – intoxication (intox): e.g. drug-ism, alcoholism, caffeine, pharmaceuticals, etc.; any external substance not conducive to long-term health or more immediate emergencies (e.g. amphetamines, caffeine in combat, epi-pen for stings, etc.)

right – detoxification (detox): e.g. fasting (water, fruit, etc.), sweating, heliotherapy, etc. (also see the book 'Salubrious Living', Arnold Devries).

Without proper sanitation, i.e. minimal intoxication and optimal detoxification (neither too intense nor too prolonged) the body accumulates toxins within and generates dis-ease states which, without the necessary detoxification methods leads to chronic ill-health and dysfunctionality of the mind, body, and its organ systems resulting in inevitable accelerated aging and premature death.

5) As a useful member of the white race living within the bounds of White Law, adequate and appropriate employment also known as 'work' is the life blood which courses through his veins, the absence of which renders one a corpse whose inevitable fate is a rigor mortis of inactivity and as Mussolini said, 'Inactivity is death'. Thus one either employs one's faculties or they atrophy which results in death.

a) quantity – the proper quantity of proper work amounts to industriousness, its converse to lethargy or sloth and to the above state of a premature death through stagnation. Overwork amounts to drudgery which leads to an inharmonious life and inevitable burnout where work exceeds rest preventing recovery.

b) quality – the quality (proper form) of work is necessary to avoid the above fate also as 'all work and no play makes Jack a dull boy' – improper work being neither fulfilling nor meaningful and thus leading to an inharmonious condition within one's life, a failure to fulfill one's destiny his proper life path. The work one does in fulfillment of the 14 words must be contributory to not be parasitical upon one's own race. Jewish parasitism practiced by many bourgeois white-collar workers (real estate agents, business owners, insurance people, etc.) is anathema to the proper functioning of a healthy society and is a type of work which must be proscribed and condemned through the appropriate means (in many cases the ultimate penalty).



Contributory work improves both oneself and one's own kind and creates minimal harm/loss and maximal help/benefit for both the worker and the larger community.

6) Appearance: In conducting oneself in the world and even remaining apart, out of the public eye, one's appearance has a significant influence on his mind, body, and conduct modifying how he is treated by others and how he treats himself (self-esteem, creating one's own reality, etc.). The appearance one has could be dichotomized into the extremes of modern (vice) and traditional (virtue). The former (modern) encompasses such signs and symbols of degeneracy as tattoos, piercings, scarification, superfluous body modifying surgeries, ostentatious, and inharmonious clothing (pink shirts for men, navy blue for women, Day-Glo, etc.); foreign to their purpose, comprised of artificial/synthetic material (nylon, polyester, etc.). The latter (traditional) form of appearance comprises an athletic build without any external adornment or hairstyle which has no functional simplicity; appropriate dress e.g. black at a funeral, white at a wedding, etc. made of natural/organic fibres. However the costume or uniform of the enemy should be adopted when necessary doing any undercover work or when necessary to shift attention from oneself and facilitate one's actions or as a coping mechanism in a work environment, etc. This measure should only be adopted when necessary and not serve as an excuse to fall into a degenerate lifestyle. Self-respect and appearances are inextricably bound together; whatever clothes one wears he should to some extent distance himself from his external appearance and not entirely identify himself therewith.

7) Ethics— without purpose or compass for one's health of mind and body he is merely a healthy marionette on a string held by external—and usually malignant—forces (the mind control of J.O.G., the mass mind of the brain-polluted, etc.). One must 'become a real live boy' and 'choose his destiny' through embodying a sound ethic in mind and body. Only thus can he become an authentic man within the White Law which is the particularization of natural law for a white man just as the particularization of natural law for a wolf is Wolf Law, those conditions under which a wolf thrives (virtue) and in absence of which ceases (vice). Virtue is thus intertwined and bound up with survival and existence which itself necessitates not the corpse life of a pacifistic yogi awaiting death (ahimsa) but the struggle that perpetuates the continuance of oneself and one's own kind in an ever-evolving upward climb. This is thriving in contradiction to mere subsistence which latter leads to entropy inevitably resulting in decay and death. 'All life is struggle', 'peace is death', increase and thriving is moral, extinction (pacifism) is immoral.

Self-denial is virtue only when it conduces to the thriving of the collective and to the Higher Self. This is True Love as opposed to the False Love of universalism which proclaims transient emotionalism (good feelings) as a moral absolute — 'maximize pleasure, minimize pain'. The syllogism (deductive argument) 'all life is struggle', 'peace is the absence of struggle'; therefore 'peace is death' is the formula for virtue.



## Section 2: Others:

One's conduct in dealing with Others, those beyond the Self, the 'not-Self' being either one's own kin (fellow whites) or those not of one's kind (non-whites). Here in kin relations will be discussed with greater emphasis. It is sufficient to say of non-whites that they are tools at best (and typically dysfunctional ones at that) and implements of war against oneself at worst and more usually. Minimizing all contact and relations with non-whites is an essential element in Right White Life and is the cornerstone of White Law, namely racial loyalty in contradistinction to racial treason, the source of all strife within the White Race and which enables the fostering of greater problems and harbors the threat of extinction. The perfidy of the Jew would be of no force and effect if the White Race traitor did not exist, selling out their own people to the Jewish money power for personal profit and egotistical virtue-signaling through supporting non-white invasion ('immigration') and freebies ('foreign aid').

- 4) Racial Relations: Inclusion of racial foreigners is thus racial treason and both are an egregious wrong. Out-group altruism is a perversion of natural law and thus the subversion of White Law when whites benefit non-whites without greater benefit accruing to themselves as a collective. The exclusion of racial foreigners is virtue as this maintains the purity of the blood through maintaining a homogeneous population within a defined territory thereby preventing race-mixing, the death knell of racial preservation from which no return is possible. This fundamental law of blood and soil is the bedrock of a sound society for nothing stable can be built on the shifting sands of folk chaos.
- 5) Family Relations: Within the greater family (race) there is the smaller family, that of one's own immediate blood kin (mother/wife, father/husband, and children). Without the family unit the greater family cannot exist and without this the smaller family ceases to exist. Indeed as the Jew knows and practices to destroy the family is to destroy society, which is the motive he has to impose his cultural subversion – to strike at the root of society, of the White Racial Tree.

Spouse: Without sound breeding (eugenics) based on sound mate selection no family unit can last given an incompatibility of character between husband and wife. Hence the 'SS family creed and mate selection guidelines' should be followed as well as the subsection of 'WHITE LAW', 'Sexual Strategy'. What is wrong in sexual relationships can be seen in the Jews' subversive influence via feminism where in the woman is established as an untouchable goddess before whom the male must prostrate himself before in order to be 'tolerated' with thinly veiled contempt. Modern/anti-natural sexual roles usurp those of traditional/natural roles and the nuclear family unit is fragmented in a nuclear explosion of normative inversion in the following ways:

- 5) unnatural partnerships: aside from feminism/cuckoldry, partnership swapping/adultery is another source of cleavage which splits apart an otherwise natural and loyal union.
- 6) Where there is no loyalty there can be no stable bond. Whatever children may be born they could be contaminated through telegony (genetic transference) from the mother who has become infected with the DNA of foreign men. Thus the children may be genetically altered to become non-whites themselves and

all at the expense of a harlot! This behavior of course being tolerated by a weak male (cuckold) renders him contributarily liable to his punishment of ostracism from the larger society(See the author's 'Postmodern Love').

Needless to say ,another form of unnatural partnership is that of interspecial/racial mixing which is simply taking the guesswork out of the former profligacy and attempting to create bonds of adamant out of baling wire and string as no genetically incompatible types can create anything other than an amalgam of degeneration.

Typically it is the morally weak of the whites who cultivate the noxious weed of race- mixing, however many of the overly intellectual elements seek rebellion through this means as a way of virtue-signaling to prop up their anti-natural creed of egalitarianism. The unnatural acts of sodomy and lesbianism are quite obvious forms of impossible union and children raised within this crucible of vice invariably become perpetuators of these anti-family family values and/or are mentally debilitated becoming dysfunctional members of society creating more strife through their behavior, an outer form of their inner corruption(eg. gender blending).

The right form of white family life is that of racial purity spiraling to 'be as white as you can be' and evolve one's self through oneself in union with another kindred soul for the creation of a being who supercedes both of his forbears as a synthesis of their union.

Both monogamy and polygamy fall within the province of natural law and its extension, White Law, natural law applied to and embodied by the white race. Polygamy as the best deserve to produce the most in accordance with eugenic upbreeding and the betterment of the collective.

As with the vice of adultery above so too in the case of pre-marital sex among women as they are the carrier of posterity and thus can be genetically contaminated by the seed of foreign (or any other) mate. For this reason more sophisticated traditional cultures proscribed premarital sexual relations especially for women as a means of maintaining the genetic purity of their kind. This 'stigma of Cain' visited upon offspring by profligate mothers curses their offspring with incompatible DNA which leads to the consequences spoken of in 'Middle Eastern Madness', a treatise on the psychopathology of race-mixed being (Jews and Arabs). See also 'White Shrapnel' for further discussion(both by the author).

The evil fruits of these unions are the hybrid type who serves as the antithesis of those of the pure. A marriage license is not a free pass to license but must be granted through self-discipline else a marriage is not a marriage but merely an economic contract or an evil union. To ensure the proper functioning of a sound union of an ideally racially pure nature, a mutuality of aid and respect must be fostered in accordance with traditional roles neither the inversion of femdom nor the heavy handedness of patriarchal abuse but each unto each according to their natural capacities.

Children: Aborticide or 'abortion on demand' outside of the exceptional cases of rape and genetic defect constitutes the vice of 'murder' or killing unjustified by Natural Law. Thus prudent decision making is a necessity in deciding whether a child should be borne well in advance of the process of insemination/gestation/conception. Ideally the union between man and woman should be undergone under pristine natural conditions with the couple both being in optimal health (detoxed and well- nourished) for at least one year and the process undergone under ideal astrological conditions (time of year,



alignments, etc.) corresponding to that couple whose compatibility should be well tested in advance. So too the children must be raised in optimal health and natural conditions (see 'Pflicht Zur Gesundheit' subsection of 'WHITE LAW'), parental abandonment often occurs through incompatibilities untested in advance of commitment, leading to psychological/circumstantial problems in the offspring such as poverty and dysfunctionality.

Throughout the development of the child proper pedagogy is necessary not the modern influence of 'pedophilia', the aborted brainchild of liberalism (and the Jewish influence). Pedophilia here means not only the sexual perversion of adult-child sex but the unwarranted emotional outpourings (falsely called 'love') of the modern parent who 'spares the rod and spoils the child' lacking the requisite discipline to ensure the proper development and offspring to 'come out from mother's petticoats' and dependency, ultimately becoming independent and a functional member of white society. Both extremes of parental abandonment and parental coddling are to be eschewed in favour of the tough love of rationally planned parenting. Teaching children the practical wisdom necessary to function in life as well as developing their faculties through learning languages formal (math, sciences) and informal (dead Latin, living; whichever is of practical value). Mental training should be combined with physical to balance the faculties creating the next generation of sound minds in sound bodies, the complete authentic person whose (white) existence corresponds with his (white) essence.

**6) Sexual Relations:** following from the above family relations of procreation is the role of sex outside of conception and meaning of sexuality for the partners both jointly and separately. Natural relations are virtuous relations and these consist of the white magic of tantra which serves as a means of alchemical transmutation of the lower self into the higher self and proscribes the black magic practice of sodomy, BDSM, and various harmful forms of ritualism (autoerotic asphyxiation, bestiality, injury, etc.). The anti-natural practice of gender electivity/fluidity is also proscribed in White Law. This is fine for other species/races as it undermines their survival which latter is a threat to the white race in its own territory, deviant forms of self-identification always serving to harm oneself. Walking the 'straight and narrow path' of sex/gender correlation is the surest recipe for the fulfillment of the 14 words wherein (physical) men are (psychological) men and (physical) women are (psychological) women. In terms of autoeroticism chronic masturbation is especially harmful in terms of neurology as well as depletion of vital minerals and even the components of nerve tissue (see 'Sexual Strategy' for more details).

**7) Property:** Hegel's 'property philosophy or right' provides the template for a sound understanding of property ownership and its necessity as a mechanism of self-determination through which the ego (self) can go beyond itself into the external environment (things as 'chattels' or tangible, movable property and land and buildings attached to the land, 'real estate'). Thus the ego (self) attaches to itself that which is extraneous to itself which yet becomes incorporated into itself reflexively. Thus to violate the property of Others is to violate themselves (an attack upon the king's men is an attack upon the king himself), and to respect the property of another is to accord them respect.

According to John Locke to mix one's labour with the soil is the necessary condition of ownership de natura. Thus usury –



the accumulation of property through interest, creating something from nothing – is a vicious practice as it is not based upon effortful action by an agent who would thereby legitimately acquire or create this title of ownership but is merely theft, the taking of the property of another through exploiting need (loan sharking, mortgages, etc.). Property is a necessity for the fulfillment of a sense of selfhood binding the inner man to the outer world. However limits to property are prescribed by the needs of the members of the community of which one is a part and this is what differentiates property ownership in WHITE LAW and liberalism which latter is boundless and concerns itself only with abstract individuality (possessive individualism – the person being considered only in his economic aspect divorced from his biological racial nature, ancestral tradition and homeland – blood and soil, race and place). The property owner under national socialism and fascism has regard for the property of the community as a whole (parks, etc.) contributing thereto and using his property to serve the community to the extent that is necessary for its preservation. However the individual's property rights are inalienable outside of those qualifications. No property tax should exist as this violates the absolute rights of property ownership. Also income tax should be abolished as through the establishment of the corporate state, all members are as a bundle of rods surrounding an axe. (eg. “Manifesto for Abolition of Enslavement to Interest on Money” Gottfried Feder; “The Corporate State”, Mussolini)

- 8) Citizenship:** the nature of citizenship in modern societies is that of an abstract individual who theoretically has no distinction from other citizens and is endowed with equal entitlements and minimal obligations other than through economic means as a tax slave. In real terms it is the bourgeois class which overarches all others and lives an entirely exclusive life living at a remove from others and having no contact with them save in a hypocritical, token way (e.g. glad handing for votes). Thus citizenship is largely meaningless which leads the unfortunate class of citizens to look upon ‘the government’ as an evil exploiter of themselves as economic units which they have been reduced to (‘Spring Comes Again’, Jorian Jenks). Contrast this classist liberal democratic model of citizenship with the equally onerous one of communism/Marxist which often masquerades under the banners of ‘social democracy’ and ‘neo-liberalism’, etc. Within this illusion the citizen is merely a voiceless proletarian serf who is ostensibly a part of the ‘community’ which purports to be inclusive but in reality is more exclusive than the liberal democratic as controlled by a more restricted group of elites (Jewish Commissars). Both forms of state are inorganic/artificial and either exclude the citizens from real involvement in society so they are atomized or forcibly integrated through threat of the lash which distorts their true identity and substitutes it with a fictitious creation of the social planners through media and state indoctrination centers (schools). A holistic rather than a classistic society such as in national socialism and fascism enables citizens to have a place suitable for themselves and to base their identity on their role and function in society not merely abstract individuality. If a political system doesn't give adequate freedom to the citizens for self-determination then it tyrannize upon them in their essence and nature through preventing them from cultivating their innate abilities. In such a holistic system the duty to others doesn't exclude the duty to self but both mutually support one another as the bundle of rods surrounding an axe. The citizens are not simply dependent on the state for their existence (welfare, police state) nor total independence as drifters and dropouts, but participate in relations of interdependence (mutual aid and participation) and independence (privacy, home life). In order to possess rights in the state the citizen must perform duties for the state in order to earn status as a citizen.



9) Animal Relations: Animal cruelty and wanton exploitations (CAFOs) are clearly a violation of the harmony of existence and proscribed within White Law which supports a minimally harmful exploitation of animal life without sacrificing the life of the humans through nutrient deficiency in following vegan or vegetarian diets (see 'Hell-th' by the author). Given that life entails death and the preservation of both oneself and one's own kind as part of nature is nature's imperative, the slaughter and use of animals for their body tissues (food, clothing, etc.) and for their utility (seeing-eye/guard dogs, horses, etc.) is a necessary fact of creating a sound mind in a sound body in a sound, sustainable society.

### Section 3: Environment:

Given that a sound mind, a sound body, and a sound society cannot exist even within a sound environment, the natural conditions within which one dwells must be appropriate to establish a harmonious and holistic basis for achieving this state, the fulfillment of one's earthly destiny through the parameters of White Law.

d) Ideology: Thus it is especially important to attain to a proper understanding of one's relationship to the natural world such that the artificial world of human society can naturalize itself to correspond with the harmony of nature. Most environmentalists in today's society having never lived amidst nature outside of recreational vacations from their desk jobs are simply divorced from nature and ultimately reality itself. From the minds of such utopian dreamers emanates such conceptions as 'sustainable development', 'smart meters', 'carbon taxes', and the gamut of other tenets of false environmentalism. With such a strange map as guide, the Judeo-Freemasonic architecture which is developed on its basis necessarily crumbles to ruins and nature defaults the artificial world that is out of harmony with itself into collapsed civilizations. Serving as a useful tool for the hidden elite the modern environmentalist implements the party line with fanatic religious fervor shunning and annihilating all opposition to their naïve dogma. Their heroes such as David Suzuki (a crypto-Jew hybrid), Al Gore, et. al, are slavishly bowed before as messianic figures ushering in the new golden age. Environmentalism in its current guise is merely a green façade for communism, global government under the UN ruled by Jewish Commissars former bankers and is thus false environmentalism.

The true environmentalism is embodied in those ideological-political creeds of national socialism (Richard Walther Darré's 'Blood and Soil') and fascism (Jorion Jenks). These two creeds are the politicization of Nature Law adjusted for time and space, which is to say its implementation through the article of human ingenuity. The following points contrast the true and false environmentalism as well as the anti-environmentalism of vampire capitalism/earth rape, which latter exists as a function of the Jewish psychology (see 'Middle Eastern Madness' by the author).

e) Population: In order to exist in harmony with nature a population must be no larger than the environment can sustain. Within White Law this means that white population which the entire earth can sustain as the whole earth is its inheritance over which it has stewardship, failing which only destruction and savagery exists. Within the mass of global population a certain lebensraum must obtain to enable adequate space for the psychological health of the population. Accordingly the crowding of urban environments must be replaced by the reconquering of the land as pioneers with



- homesteads and small population villages. Needless to say the racial heterogeneity of contemporary urban centers, its 'volk chaos' must cease and this through exclusion of racial foreigners, a policy of rassenhygiene and eugenic upbreeding. This would ensure harmony amongst the people who would thereby harmonize with the environment.
- f) Place: From the city of artificial ill-health to the serenity of rural and semi-urban topography away from the 'fleshpots of Egypt' and sprawling slum, to the hardy countryside.
- g) Water: Water being essential to life it must be maintained in its purity with no extraneous substances – from birth control pills to chlorine, sewage and industrial waste it must be rendered pure of contamination. The washing water should be as clean as the drinking water – no foreign substances. To purify the water, ozone gas, ultraviolet light as well as charcoal and ceramic filters should be used, not hazardous chemicals. Drinking water should be distilled. The waste through watering lawns, golf courses, and excessive showering and laundry must be curtailed in place of which organic gardens, treed parks, and natural hygiene.
- h) Agriculture and food: The Jewish biotech companies such as Monsanto and Viterro which create desertification through earth rape, the overfarming of the land and usage of GMO seed (Frankenfood), must be eliminated with their tribal masters and replaced by small-scale mixed farms run by local families or those given farmland for free with the contractual obligation to use the land for rotational crops letting the land rest one out of seven years to ensure optimal fertility and nutrient-dense food. Permaculture thus replaces agribiz for 'sustainable development'. Confined animal feedlot operations (C.A.F.O.s) would be substituted with free-range poultry and grass-fed/finished quadrupeds humanely slaughtered. In place of 'cides (pest/herb/inorganic fertilizer) only natural substances would be used such as manure, etc.
- i) Sanitation: One of the obligations of the citizen would be vigilance in environmental stewardship, citizen clean-up crews and weekly voluntary service would be mandated with all citizens from the mayor to the washer woman being conscripted. Littering and unreplenishable exploitation of the land (clear-cutting, mining, hydrofracking, etc.) would be heavily punished with jail terms and or execution depending on the severity of the offense. Reforestation of the environment and community management of resources would be the responsibility of all.
- j) Community Defense: In order for the environment to be protected the community must have the power to enforce same both against internal and external threats (racial foreigners or those who were ostracized from the community). Accordingly every citizen would carry a self-defense weapon proportional to if not greater than that which could be carried by the enemy which would depend on contemporary technology (without being a weapon of mass destruction threatening to the community as a whole). Military training would be a presence in the life of the citizen-soldier from birth and all citizens would be given the opportunity to fulfill stringent requirements for licensing as police.

Thereby the community would be protected without the element of tyranny bound up with a monopoly of force by professional police and military.

Within 'White Law' a sound mind in a sound body in a sound society in a sound environment would be assured as best as possible adjusted for the particular circumstances in which it is implemented ensuring a whiter, brighter world, an existence for our people and a future for white children. Failure to adopt this law through

Authentic living– living in accordance with one's own white nature – precipitates the chaos of civilization we are faced with today – that socio-political reality which represents itself as the bearer of the standard 'equality, sorority, democracy' but which is in reality a tyrannical despot that sounds the death knell of white civilization and ultimately civilization itself.

Adherence to the laws of nature is inevitable and those rebels without a cause who would seek to create a world in their own image build castles in the sky which fall upon their heads. Wiser people seek not to buck the system but to harmonize with it and improve themselves and their folk through it.

THE END OF THE AGE...& THE BEGINNING OF THE NEXT

See the Author's other books:

WHITE DESTINY---stories of Destiny

WHITE ALCHEMY---a Psycho-Esoteric work of transubstantiation

WHITE SHRAPNEL---a White Philosophy

White Dizzy's Wonderland-----a cartoon Meme book

**DEDICATED TO THE WHITE RACE  
WITHOUT WHOM NOTHING MATTERS  
14/88**

**WHAT IS NECESSARY IS GOOD  
SURVIVAL IS MORAL  
EXTINCTION IS IMMORAL  
SURVIVAL IS THE *ONLY* MORALITY  
RAHOWA RACIAL HOLY WAR!**

**When We must live THEY must die**

When they draw first blood  
There is no turning the other cheek  
When they wish to kill you  
There is no co-existence  
When you are cornered  
There is nowhere to run  
When you are the victim  
There is no truth to their vilification  
When they give you no peace There is  
war ever-lasting  
When they make unjust demands  
There is a demand for opposition  
When There is No Morality  
There is no moral imperative  
When morality is anti-nature  
There is nature's imperative  
When the game is zero-sum  
There is no armistice  
When one's life is the other's death  
There is no compromise  
When there is war  
There is no peace  
**When we must live**  
**They must die**  
Bellum omnia contra omnes

This is **RAHOWA!**



**WHY  
I  
AM  
A  
WHITE  
SUPREMACIST**



## WHY I AM A WHITE SUPREMACIST

The writer, having grown tired of the perpetual whining and assaultive nature of the jewish media and akadumbia against the very existence of white people, attempting to call it into question and even deny that it exists whilst scizophrenically affirming that White Supremacism is the only problem existent in the world; the author has decided rather than to throw in the towel and allow himself to be mongrelized out of existence and voluntarily support his own destruction like a hypocrite who lives to accumulate money and statues under the guise of humanity, love and peace, would much rather affirm his existence and embrace the labels that are projected upon him by the jewish supremacist anti-white system.

If they wish us to be supremacists-let us be supremacists! If they wish to call us haters because they hate us then that is just fine! We will be haters! We will be anti-semites! Such is the desire of the slanderous jew and his coterie of henchmen who serve as his bought and paid for sword and shield behind which he conceals his evil, genocidal intent.

Thus, being White Supremacist as we are vilified, let us convert this term into that of virtue and expose the lie that it is the embodiment of vice. Let us reveal the light of truth to the broad masses-that we may all be White Supremacists and will thereby defeat the jewish supremacist tyranny as a collective of White Supremacists, even those bipedal-biological entities who are not White-they too may be White Supremacists! Towards White World Supremacy!

In the following the writer intends to expound upon this concept, how it is defined by the jewish cabal and how he himself chooses to define it, giving it a more intelligible meaning than that which is designed to elicit a pure knee jerk reaction amongst the less rational and intelligent of the goyim of the jews.

White Supremacy-quod? What is it? How defined according to the jew world order? Without having a willingness to synthesize stipulative definitions manufactured by jews in their typical sources publicly available and under their control the writer may assume that it would be defined along the following lines: "the belief that the/an alleged ethnic group called 'white' is better than all of those other ethnicities on earth and that they deserve by virtue of that superiority to rule over others as slaves and colonize the earth". Such a definition seems neither too restrictive nor too broad and sufficiently precise to encapsulate the general slander that jews project upon Whites constructing all of those Whites who advocate for their own interests as per the above definition a 'slaver' and a 'colonialist'.

The writer must indeed agree wholeheartedly with the definition on all points save three, namely: 1) that such supremacy as above defined is not a 'belief' but a fact; 2) that the claims that Whites are non-existent and merely a 'concept' is false and 3) that the claim that there are other ethnicities on earth, those who could be spoken of as the same species of Whites is false, such that White Supremacist within the context of the above definition do not wish to enslave or colonizing the countries or areas of other ethnicities as there is no such thing as another ethnicity or race which would mean a subspecies of the White species.

The White supremacist according to the writer's description thereof defines that which is 'White' as a distinct bipedal-biospiritual vertebrate being, separate from all others such that it is a distinct species according to mainstream bioanthropological definition possessing sufficient features or attributes that qualify as such, as



a distinct species and thus it admits of no subspecies that possess features that differ organically from its own kind and are not a result of mixture with non-whites.

Thus it is fair to say that White Supremacy is not 'racist' in a contemporary sense of that emotive term but rather 'species-ist' or some other variant of this slanderous label label the jews are perpetually projecting on Whites.

The writer affirms that yes! The White species is indeed superior as the definition outlines above and that this is no opinion but fact! They are superior as regards their higher level intuition, reason and creative capacity, their 'mind' taken in an esoteric sense not merely as an epiphenomenon of the brain or its physiological function (chemical secretions; neural networks,etc.) but beyond this in terms of what might be called spiritual anatomy and physiology the structure and function of higher forms of consciousness particular or specific to the White Race as higher vibrational frequency structures quantumly entangled with the anatomy and physiology of the White biospiritual entity called 'human' (hue-man meaning spiritman or man with hue).

The definition of White Supremacy as outlined above entails the claim that those so described wish to rule over non-whites as slaves. This statement before being affirmed or denied by the writer must be qualified so that the emotive term of 'slavery' is itself defined by the writer and thereby amplified and refined in its meaning such that the dross of emotionalism and false historical associations are cast aside and the remaining product rendered conceptually pure and unalloyed.

To be a 'slave' means that one is rendered willless and impotent by another who is one's 'master' such that he is determined in his actions from without and not within, having no independent mind and thus no ability to be who he is rendered a de facto automaton, a puppet on strings held in the hand of his slaver. The writer wishes no such fate upon nonwhites nor, so far as he understands, has any White historically who employed what is now known as slavery.

The book "White Supremacy and Negro Subordination" by Jan van Evrie written during the 1800s when slavery became an issue under the subversive influence of jews who were attempting to undermine the economy of the Southern States in the USA outlines general principles of White Supremacy so far as the writer has heard though he has never read the book. The title itself encapsulates the idea nicely-'subgenation'-that is to say the subordination of non-whites is necessary for Whites to cultivate and develop to the highest height a global dominion of cultural and eugenic excellence. However, neither does he begrudge nonwhites a place though such place would have to be as above in the books title , namely that of 'subgenation' with Whites determining the terms of relations with nonwhites, such that an overall state of harmony may exist between all species or 'kinds' of beings. This he affirms to be the only solution to a harmonious world and the establishment of what can properly be spoken of as 'peace'-only under the aegis of the White Man.

Thus as per the above definition the writer condemns slavery as contrary to the will of God. However he also denies that his White ancestors or any other Whites have involved themselves in such practice and that the claims of the jewish media and akadumbic system that this occurred are false and largely a distortion save when they apply to jews who have trafficked in slaves throughout their entire history and who advocate slavery in both the Torah and Talmud ("suck the milk of the gentiles", "when the messiah comes every jew will have 2800 slaves"; "Ham was born for slavery"-see professor Tony Martin's presentations on 'Ham', the nigger, in the Talmud).

Most of the photographs of, for example, niggers treated with violence, etc. are those depicting the conditions in which they were kept and punished by their jewish masters (see the book "The Secret Relationship Between Blacks and Jews", by Louis Farakhan, et.al). which proves statistically all slave ships were owned and operated by jews such as the Portugese Monsanto family.

The writer supports subgenation which, according to his construal of the term means merely a subordination of non-whites in terms of power and influence in the world not a subordination of the mind and culture thereof or, as in the case of jewish christianity an annihilation thereof and the enslavement of whatever nonwhites are sufficiently weak to bow before the fictional jewish man god jewsus and not willing to die opposing it in defense of their territory and kind. Hence he is no advocate of slavery and would strike from his definition of 'White Supremacist' that clause which relates to slavery if so defined. If defined in the manner of subgenation according to his construal he would accept it.

The clause of the definition related to global dominion "colonization of the earth" he would wholeheartedly embrace within the parameters of subgenation. He would elaborate upon it and state plainly that any non-white group who would seek to or actually achieve sufficient power to threaten the dominion of the White Race must be met with reasonable means of subjugation of that threat be it in the form of sanctions, embargo or utter annihilation (by all means necessary). Thus and only thus may the non-whites, governed as they are by lower egoic consciousness, be limited in their willingness to upset the harmony of existence to exceed their natural spiritual limitations and visit chaos upon the earth (the sheer volume of environmental pollution in China and India as well as their subtle strategies to invade and colonize White created countries currently serve as stark examples of that chaos).

Though undoubtedly nonwhites would find it disagreeable as least initially to have the White Man standing over them as a de facto global disciplinarian it would certainly be in their long term interests and would be infinitely preferable to a global melted pot of mongrelized genetic waste product that is the Kalergi plan (equality under the jew. See Richard Coudenhove von Kalergi's "Practical Idealism"). Thus global dominion by Whites, properly called "White Supremacy" is the only desirable course anything deviating therefrom is undersirable as conducive to an inharmonious state of existence.

Many would call into question the Truth of the claim that Whites are supreme on the basis of the fact that so many Whites are largely of a degenerate and corrupt nature largely owing to the J.O.G (jewish occupation government) system influence. Thus they would point out those Whites who have been ground beneath the wheel of the system being in some respects tangibly inferior than some nonwhites who have been gifted with every advantage by the system to serve as replacements of the more rebellious, creative and intelligent Whites.

So the non-white is given the best fare and indoctrination (entailing a memorization and regurgitation of dogma) and given all of the economic and occupational advantages requisite to shine his false light in the firmament of J.O.G. And thus those Whites who have had the worst of everything and been shunted aside by the system are vilified and castrated as inferiors, subhumans when in reality they are the humans (the men with 'hue' or light, Spirit) however degraded they may have become under the malgenic nature of the System. Thus the argument or slanderous claim that Whites aren't biospiritually superior falls flat given that the criteria of superiority the system extolls are merely of a lower octave of consciousness: intellect and cunning, material possessions and an arrogant conceited disposition the exact antithesis of real virtue which acknowledges that

which is beyond itself and that there is a beyond and in doing so exceeds itself and evolves to higher states of consciousness as opposed to, like the non-whites, being immersed in the lower ego, a modality of consciousness hardly elevated over that of the brute(fight; flight; fornicate; feed).

Thus it requires only a little experience to understand the obvious superiority the White Race has in relation to those completely 'Other' to themselves, the beastfolk.

Further proof if needed beyond mere experience of the supremacy of Whites in the sense of superiority of qualities and attributes would entail their superlative faculty and its higher intuition and reason enabling greater creative capacity at a higher level of consciousness and attuning oneself to God. The veritable cornucopia of cultural wonders, emanations of the White Mind, testify to this fact, that of a concretization of the Divine in plastic (architecture and sculpture), graphic (painting and illustration); sonic (music) and logical (philosophy and literature) form as it were invoking the Gods who crystallize into these particular forms as particularizations of the Absolute, the Great seen in the small.

Thus biospiritually the White Race has a greater capacity for self-transcendence, or overcoming of the lower ego and a communion with the Divine. This greater capacity is a greater conscious awareness which manifests itself in a manner that might be called justly, ie. harmoniously.

Thus justice goes hand in hand with Truth, the latter being a recognition based upon a higher consciousness of God and an understanding of right relations between distinct beings, preserving them and thereby preserving Universal Order, 'serving' 'God' or paying homage thereto through attuning himself to Deity.

The non-white and especially the jew can understand God but dimly as it were through a glass darkly, and the jew who understand the nature of things better than the non-white and who yet violates Universal Order in a consciously evil manner and who is thus evil by nature and is thus, insofar as Godliness or acting according to the Will of God is concerned, a sinner or a sin himself incapable by his nature/essence of any change in this definition. Insofar as a jew is a jew he is evil and so inferior in terms of righteousness. For the jew to rule the whole world would be a reflection of his inner chaos as is the case today.

Yet more proof of the innate superiority of the White man: the entirety of civilization which is an emanation of his mind. Though the jewish media has distorted historical fact and concealed much in the way of archaeological evidence it is nonetheless the case that all ancient civilizations, all groupings of bipedal beings and their architecture and culture worthy of the name were derived from Whites in their origins and degraded and were overrun through the invasion of nonwhites, savage beastfolk and/or an intermixture therewith leading to the destruction of civilization.

Consultation of proper sources, specifically those preexisting the second world war confirm this fact in architecture; numismatics; cuneiform tablets; bas reliefs; textual documents(scrolls and papyri); wall painting,etc. All were originally of White Stock and all ancient records and culture myths refer to an origin in the arctic called Hyperborea, Airyana Vaego, Thule and Atlantis.

Politically the White Race manifests their higher consciousness in the form of an organized system that accords with God at least when they are of pure stock and living in an environment properly suited to themselves , their minds cleared of any ideological confusion. Hence today, the political systems which exist are degraded, heavily influenced by jewish subversiveness and the deterioration of castes as spoken of in Julius

Evola's "Revolt Against the Modern World". Given that the White Race is of a superlatively developed consciousness and can attune itself to God and thereby possesses greater empathy for that which is 'Other' to itself it follows that the political system, a system of governance controlled and created by Whites-a White Supremacist system- ensures the preservation of those right relations and the preservation of civilization.

There is a necessity to establish a global Order in order to achieve an 'equilibrium amongst the races' with Whites superintending. Those who may bear the crown of the Order are exclusively White as only they can know God best and those who are not white may, if it harmonious, play a role in the context of subgenation and White Supremacy. If it is harmonious.

Aryan Supremacism: an addendum:

The writer is a White Supremacist yes. But the writer is also an Aryan Supremacist and this supercedes the former. Simply being White of course is not enough to qualify one as a superior being though, *ceteris paribus*, all Whites will supercede all non-whites in terms of creative ability and superior mentation, all things being equal meaning having the same material conditions that enable them to succeed and to manifest their proper destiny unlike in this sick world of magian egalitarianism which fanatically obsesses over attempting to crush whites under the boot heel of Leviathan. If equality in all things (material conditions) obtaining the equality of the so-called 'human races' would quickly be seen to be little more than a myth as Whites would naturally rise through their creative aspiration and achieve a standard far beyond that of those who have been artificially elevated above them simply because they are not white and/or attend the ever darkening Whited sepulchres called churches to grovel before the jews.

Thus it must be admitted that most Whites at this time are defective in many ways but that is largely owing to the evil influence upon their society by the cabal and their christian and liberal puppets who have deliberately subverted what was once a society of a harmonious and beautiful kind kind and had been progressively eroded since the creation of christianity and its destruction of Rome leading to the erosion of White culture and its profundity and spiritual gnosis, what could properly be spoken of as Aryan.

In spite of their defective nature Whites still retain their redeemable qualities encoded in their genes and, under the appropriate conditions may once again rise to their former height of spiritual cultural glory.

Thus, though the writer is a White supremacist he understands that the White Race at this time have been subject to a genocidal decay of their minds, bodies and souls though the insidious technologies of the Cabal who are perpetuating a multi-prong assault on White people and thus they could hardly be entirely blamed for what is being done to them from behind the scenes given that they were born into a state of ignorance of what came before.

The White Race is Supreme as a genetic stock but their is more to life than mere genetics and physical reality and thus the White Race as a receptacle of genetic material is merely a bridge to the Aryan which is a superlative development out of the White genetic stock and no nonwhite could ever by Aryan. To be an Aryan Supremacist is to be a White Supremacist as a necessary antecedent condition of the existence of the Aryan. The Aryan is the Superman spoken of by Nietzsche, he who has attained a superlative spiritual development, has attained an immortality of the soul through appropriate spiritual exercises.



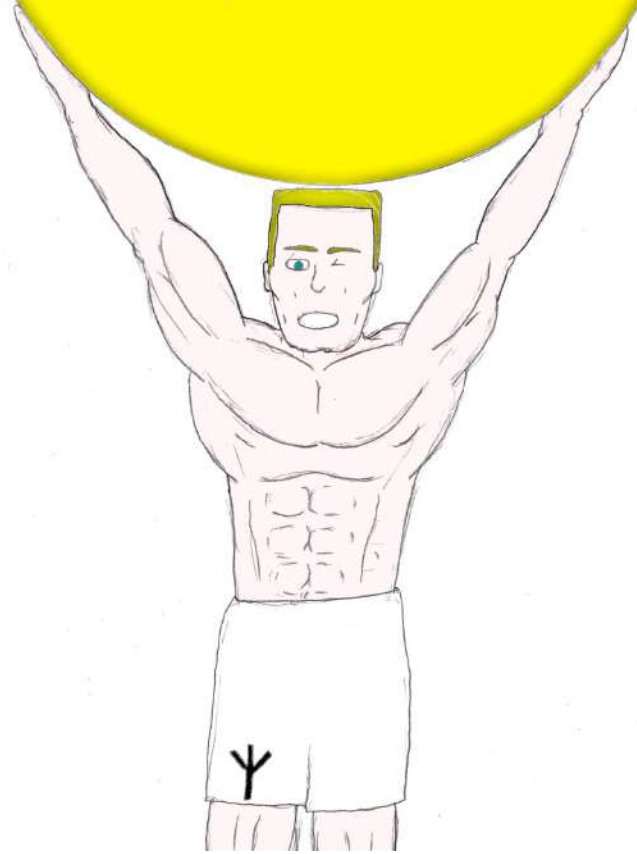
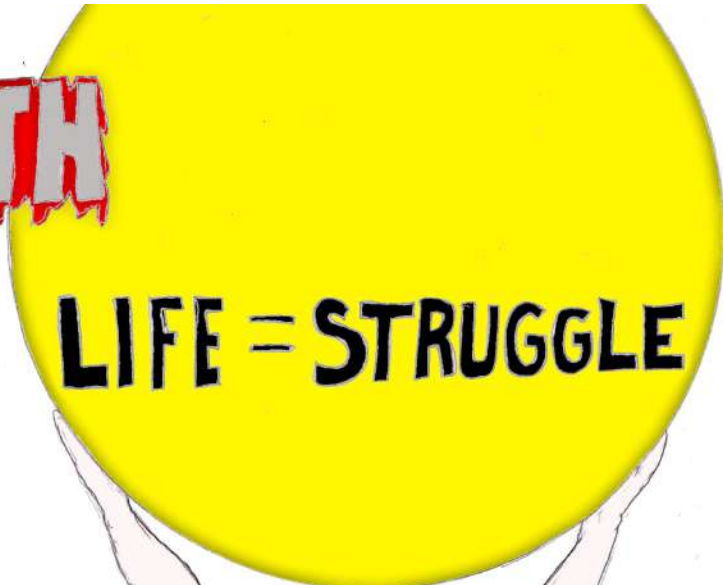
Christianity has been installed as a mind control program of jewish witchcraft to prevent the evolution of the White Race to attain the status of an Aryan and to destroy the seeds of the Aryan on an physical basis so that they may enshroud the world in darkness for however long their tyranny would last. In order for the Aryan to create a beautiful world of spiritual harmony and go beyond the mere mundane world towards other realms and regions he must sever the chains of the equality cult (liberal communism and christ-insanity) the jew has affixed to his mind and overthrow the jew. That the Aryan may hold sway over the earth and bathe it in his radiant spiritual light:

*ardua ad astra.*

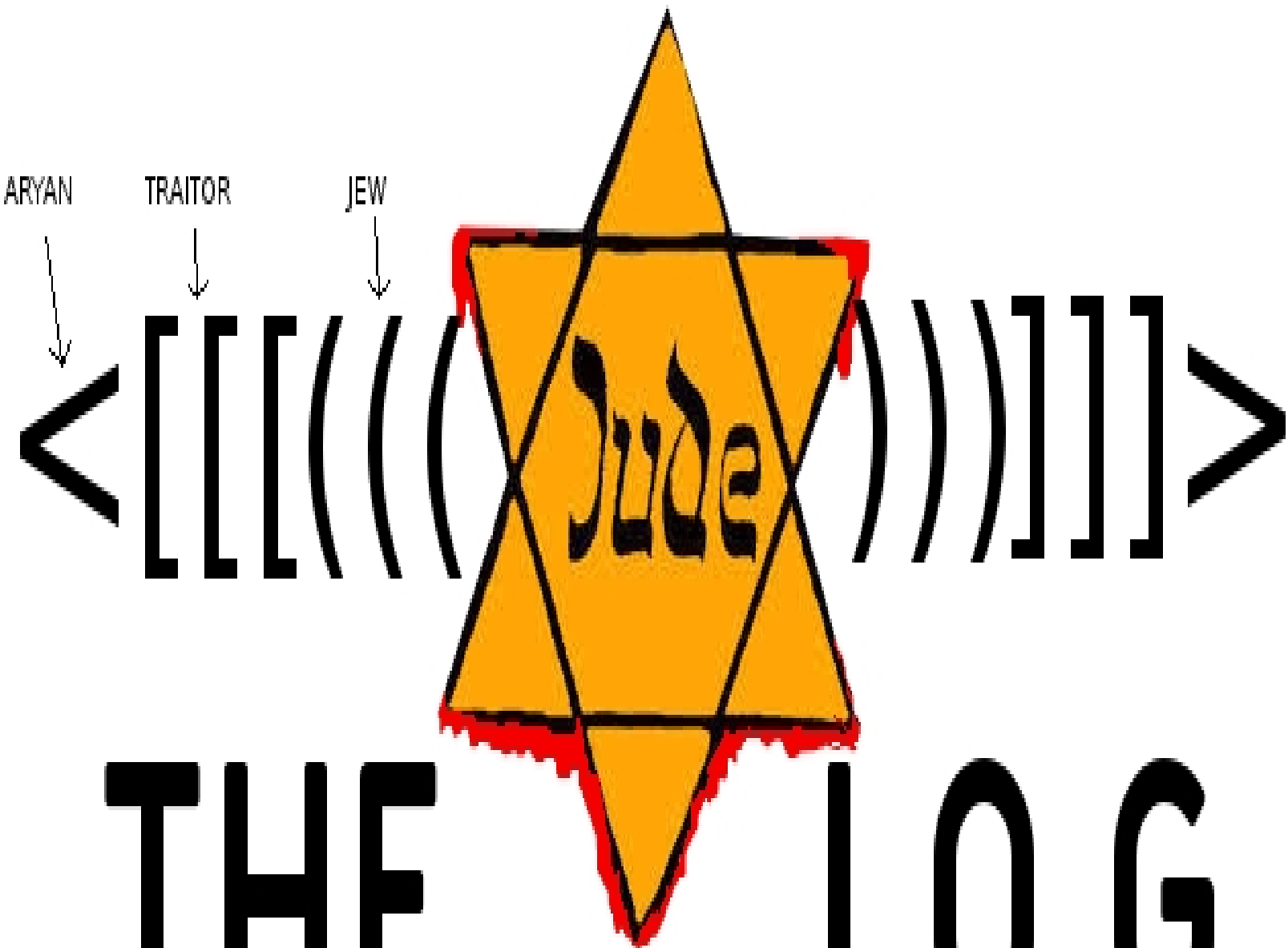


**WHITE WORLD SUPREMACY**

PEACE = DEATH



# BRACKETING OFF





## **WHITE HAT DAY**

An idea: WNs (white nationalists) obtain or create a baseball hat upon which is emblazoned the simple word 'WHITE' and walk around in as public a place as possible ideally with a hidden video camera such as a pinhole camera placed into the hat. The hat should be of a uniform colour and the lettering on the hat should be a contrast colour, eg. white hat, red lettering; black hat, white lettering so that the word "WHITE" is very prominent. Also the letters should be of a basic 'collegiate' quality and be of simple font so that there is no mistaking the nature of the meaning of the hat or need on the part of the viewer to attempt to 'decipher' the letters.

The propagandist should walk about in a variety of circumstances and conditions and gather film evidence of the reactions of the people and present this on social media venues initially taking footage of the hat itself and their placing it on their head, eg. in a mirror, face covered with a mask or disguise. This idea should be replicated amongst the pro-white community via forums and social media and a day of the year selected in advance upon which this act can be undergone. The "WHITE HAT" operative can dialogue with others or not and if at liberty to record any variation on the theme they wish-go wither they will and discourse or not on anything with whomever they wish within a 24 hour period upon which this event will take place: they have the option of wearing the hat to work, or to a club, or on mass transit, etc.



Ideally the operative would gather video footage of a variety of circumstances or conditions so as to give the audience a general impression of the people's reaction to this fine article of clothing and its sublime message. Preferably this event will be carried out solo so as to elicit a greater reaction from people, but it may also be carried out in groups again preferably with pinhole cameras capturing the footage clandestinely although it may also be undergone ad libitum according to the caprice of the individual.

Another variant is to have a person recording one from a distance so that no-one in the environment is aware and the "WHITE HAT" operative will have a concealed microphone on their person picking up audio that can be overlaid with the video footage. The goal should be to gather as much of a response as possible such that a general sense of a 'normal' reaction on the part of the populace can be gleaned. Ideally one should not become overly involved in conversation with known racial enemies save as to record and present their anti-white bias. The pretence of hearing their 'point of view' is of course encouraged as it reveals their inner thoughts and enables the audience to understand them especially an audience of less racially conscious and aware whites who will become more aware of the hostility on the part of non-whites towards white people as a collective and what represents their identity, namely the simple word "WHITE".

"WHITE HAT" day should be held during a season when people are going about their 9 to 5 daily life and not artificially happy such as during the holiday season; ideally it would occur during a time which is least unusual, having the least celebratory elements of the year as this would 'capture' the people's reaction under 'usual' conditions. Of course any day could be made a "WHITE HAT DAY" and the recording made publically available as widely as possible via social media and even getting oneself photographed and put in the paper if they are unafraid of the publicity and stigma of being known to be the wearer of the "WHITE" hat. This could be a strategy employed by currently known activists who are 'above ground' and thus are unconcerned about being doxxed. Please feel free to spread the activist idea around the net and be sure to don your "WHITE" hat today...or any day

Caveat: ensure that you avoid legal entanglements



**[SQUARE BRACKETS]: On the Square in the jewdeo-masonic system**

A Proposal:

To designate all of those members of the cabal (J.O.G- jewish occupation government; jewdeomasonic plutocracy, etc.)with square brackets surrounding their name such that it becomes known that, though not a biological jew, they nonetheless play a role in the system and are thus 'on the square' in masonic terminology, that they are 'squared away' as a brick in the wall of solomon's temple and are trapped between the other rows of bricks incapable of moving outside of their place in the hierarchy from side to side or above or below. They, in order to drink of the wine of Bablyon, must remain steadfast in their position, 'on the square' and not create any instability in the system else they will be knocked out of the wall and replaced with another brick, another one of the goyim who are crafted and shaped by the jewish craftsmen who make all of the other bricks in the wall of solomon's temple which they are and have been for a considerable time, constructing from their kabbalistic blueprints in their synagogues and reifying through this compartmentalization of playing both ends against the middle and dividing and conquering the different biospiritual kinds ('races'), castes and sects such that they ultimately destroy themselves and form them into the end products- a standardized unit in the mass or hive with the jew playing queen bee in the center of the freemasonic beehive: "everyone to your cells in the hive!"(the jew dictates).

Semiotically the qualification of the name of a person or their function (eg. [police]; [doctor]; [social worker]) with square brackets establishes them in this role, confers upon them or presents them as possessing the property of a system operative or puppet, a brick in the wall of the freemasonic beehive. Similar to the employment of triple parentheses around anything (((jewish))) and the proposed triple outward facing angle brackets around anything <<<ARYAN>>> in this instance the proposed [square brackets] around [system operatives] signifies as above a brick in the wall of solomon's temple and endows the name or function of the operative with that character or essence as a [system stooge] or cog in the (((J.O.G))) machine of whatever size.

That it appears with only single square brackets qualifies the name or position as a unitary, one-dimensional essence stripped of any irrelevant or unrelated properties outside of the system which structures it and the individual subject to that determination . Employing the [square brackets] strategy could warn others of a [system stooge] and could implicitly give such a one a greater understanding of their role as a brick in the wall of solomon's temple in which they are nonetheless restricted and confined, limited in their being through such a self-identification, allowing themselves to be determined from without and not self-determined from within and that the latter process, an alchemical awakening would enable them to liberate themselves from the temple of spiritual doom that is solomon's temple and potentially rupture its structure from within through a passive or active unwillingness to serve as its support. Feel free to spread this meme around such that people adopt it and put it into practice: [square brackets] around all names of people and functions that could be said to be [system operatives] or [system stooges].

Be there or be [SQUARE]



<<<ANGLE BRACKETS>>> : ARYAN-SEMIOTIC ASSAULT

The writer proposes the usage of outward facing angle brackets to designate that which is

<<<**ARYAN**>>>

noble, serviceable to the White Race in its highest octave, bringing them up to the level of the Aryan to whatever degree possible for the word, concept or thing designated. For example, if one were to refer to the philosophical creed of

<<<radical traditionalism>>>

or

<<<odinism>>>

it would be semantically consistent to place it in triple angle brackets as that would be a source of Aryan wisdom and proper path to tread; for those seeking that heightened spiritual state only available to the White Race, the kindling so to speak of the dying ember of the divine spark of God within. Other examples of the usage of angle brackets would be words referring to Aryan inventions such as

<<<motor cars>>>;

<<<heart surgery>>>,

all inventions; works of art and architecture:

<<<colosseum>>>;

<<<louvre>>>;

<<<mona lisa>>>,

etc. The sum total of all Aryan inventions, art, persons, places, things (all nouns) would be surrounded by these brackets as means of designating and connoting that which is Aryan.

The usage of triple brackets would refer to the Hermetic alchemical process and its phases: nigredo; albedo and rubedo and to the trinity which was never originally christian but derives paleo-historically from Egypt, Sumeria and probably Atlantis and off planet before this epoch of dark age ignorance (the Piscean age). It refers to the manifestation of the Aryan soul as a combination of that which pre-existed as Being (the holy ghost; the mother; the ocean of Being; mary magdalene; the causa formalis of Aristotle); that which united with it as an active, masculine force(the father; Allfather; the Divine spark of emanation; causa efficiens of Aristotle) and that which emanated from it as a product of their unity(Horus; Tammuz; christ, etc). Thus it connotes the Creation and is appropriately associated with the Creators, those who embody creativity, possessed as they are of the Divine spark. It implies an emanation of their essence, an existence of their essence and the gift to the world of their Divine genius.



To place these symbolic/semiotic marks around a word connotes that the word, noun, (person, place or thing); adjective (action word) is to demonstrate that it is the property of the Aryan and that that which is so designated surrounded by the marks partakes of an emanates Aryanity, the property of the noble, Aryan, spiritually ennobled thing. Thus, such abstract conception as

<<<civilization>>>

can be surrounded by these marks as can conceptual systemes themselves, eg.

<<<calculus>>>

or

<<<philosophy>>>.

To present this on social media or on graffiti, posters, stickers, etc., is, if the meme catches on adequately, a conceptual-semiotic assault against the (((J.O.G))) (jewish occupation government) and its anti-aryan black magician occultation of

<<<knowledge>>>;

<<<Truth>>>;

and

<<<Justice>>>

and anything

<<<Aryan>>>.

Feel free to introduce this practice in your activist efforts so that it replicates and becomes a force to be reckoned with connoting

<<<Aryan>>>

power and strength. It is now understood through such semiotic assaults against the jew as triple parentheses viz., ((( ))) are an effective means of unconcealing the jews' treachery and evil revealing the Truth to the less aware but merely negating the negative is inadequate. At this time a positive assault against the jews is necessary as it is inadequate simply to know who enslaves and seeks to destroy you. The best defence being an attack, let this device of sharp barbed angle brackets suffice as one of many initial salvos against the (((J.O.G))) and remember the creed of Ben Klassen:

"thought without action is sterile".

<<<**ARYAN**>>>



## JEW-ACTING

An idea:

To dress oneself and/or a group of people up in orthodox jewish clothing and to take to the streets attempting to teach people about the old testament and the babylonian talmud citing passages which reveal all of the most unpleasant and harsh qualities of the creed of judaism such as genocide; incest; paedophilia; infanticide; lying; cheating,etc. and portraying oneself in all seriousness as an actual jew earnestly seeking converts. He must state that only jews are the chosen people of god and that all others can follow the religion and be called jews but that they can never in actuality be considered jews by jews given that jews are a biological species and not a religious group; that they only conceal themselves behind the facade of a religion but are in fact a racially supremacistic group.

The individual operative or crypto-jew actor must position themselves as prominently as possible so that all and sundry can see them and ideally a livestream feed would be going on transmitting the recording to another party via the net who would then replicate the video and save it in a variety of locations both physically and virtually. A getaway vehicle should be positioned nearby if needed and preferably more than one person should be involved.

The group should as closely as possible imitate the behavior of jews and their manner of dress as well as being as serious as possible in the attempted 'conversion process' such that the potential conscripts from the public are confused as to whether the event is legitimate/ serious.

Initiating conversation with the intended prospects should start off something along the lines of "pardon me ma'am, could we just take a moment of your time to tell you about judaism" or "learn about judaism-we're not what you've heard", etc. and from that point to immediately jump into quoting passages from the talmud and torah which one should have some quotes compiled and placed in what appears to be a legitimate talmud. Taking a leatherbound old testament and printing off a colour photo of a talmud and then taping or gluing talmud or bible quotes in the book if one should not wish to pay the exorbitant fee to jews for actual talmuds or the condensed version, the "shulchan aruch" old testament quotes alone are adequate to alert people to the nature of the evils of judaism. To find the undesirable quotes in the bible that any healthy minded person would be repulsed by simply flip through a Gideon's copy derived via a 5 finger discount from a hotel or motel, or an internet search such as "incest in the bible" or "genocide in the bible", etc.

When one is jew-acting he should exaggerate his mannerisms slightly, acting like a combination of rodney dangerfield; menachen begin; wolf blitzer; jerry springer, etc. To understand the behavior of the jew and how to 'jew-act' simply watch any jewish hollywood movie or the jews' media networks and read the books "How to Recognize and Identify the Jew", John Doe Goy; "Jewish Psychology", Herve Ryssen.

The movies and t.v would be more than adequate as would a sufficient amount of life experience with jews in person and in a variety of different contexts such that one gleans an overall understanding of their behavior and can synthesize it into a generalized stereotyped form and represent his own inner jew however difficult it may be for one to adopt their behavior being as it is the behavior of a biologically foreign kind.

Jew-acting is merely the presentation towards non-jews of the jew in a form that reveals their inner character and its codification in religious form.

Please feel free to spread the activist idea around the net and get out in the streets and 'jew-act' before (((they))) ban it.

Caveat: ensure that you avoid doxxing and legal entanglements

# ALBA CARITAS



## TOWARDS A CHARITY FOR WHITES

### **ALBA CARITAS: towards a Charity for WHITES**

Use the following venues as an opportunity to indoctrinate clients with Pro-White values

#### Housing Program:

- providing rooms for homeless people or people in financial hardship to enable a transition to independence
- discount housing for Whites provided by owners of rooming houses, apartment blocks, etc.

#### Employment and Apprenticeship:

- providing connections to Whites only and enabling poor Whites to build skills and obtain certification in a trade and using them to assist or enable others thereby increasing the number of skilled Whites who would contribute to the cause

#### Foodbank:

- Whites with superfluous(older or unneeded food) can donate
- secretly provide poached game to Whites for better quality nourishment
- weekend or even daily dinner gatherings presenting lectures to them in a ceremonial atmosphere and for special seasonal 'pagan' or traditional White holidays(such as Easter,etc.)

#### Tutoring Service:

- providing lectures to the poor and personal assistance in necessary subjects(eg. Computers; trades; sciences,etc.)

Personal Training/Health Advice:

-give free health and physical fitness instruction and allow the use of a personal gym such as a 'muscle beach' style layout at a playground or outdoors setting(yard,etc.)

Babysitting Service:

-provide free daycare to White children to enable them to escape the horrors of integrated daycare  
-also take trips to monuments, museums and parks enabling the White children to spend time outdoors

White Scouts:

- establish a 'White Scouts' organization along the same lines as the HitlerJugend to develop discipline, teach skills (such as bushcraft and orienteering) and indoctrinate the youth with better values

Mental Health & Counselling:

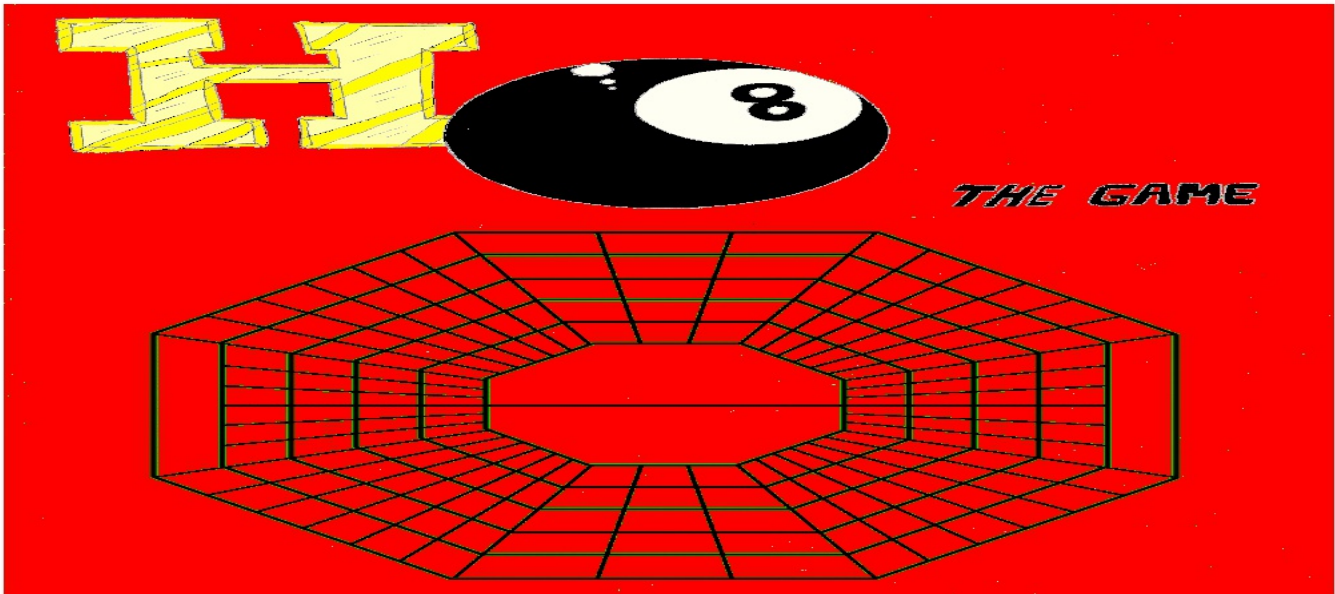
-assisting people to get off drugs and coping with the jewish tyranny and its psychological affects

In all of the above the aim should be to inculcate the values of the Pro-White cause into the recipient and perhaps have them perform various activist functions voluntarily or to read various pamphlets and be given references to literature that instills such values. The aim should be to emphasize that the charity exists solely to help White people become better people and to help other Whites become better people.











PURPOSE OF GAME: TO GET TO TOP OF OPPONENTS HALF OF OCTAGON  
 RULES OF GAME:

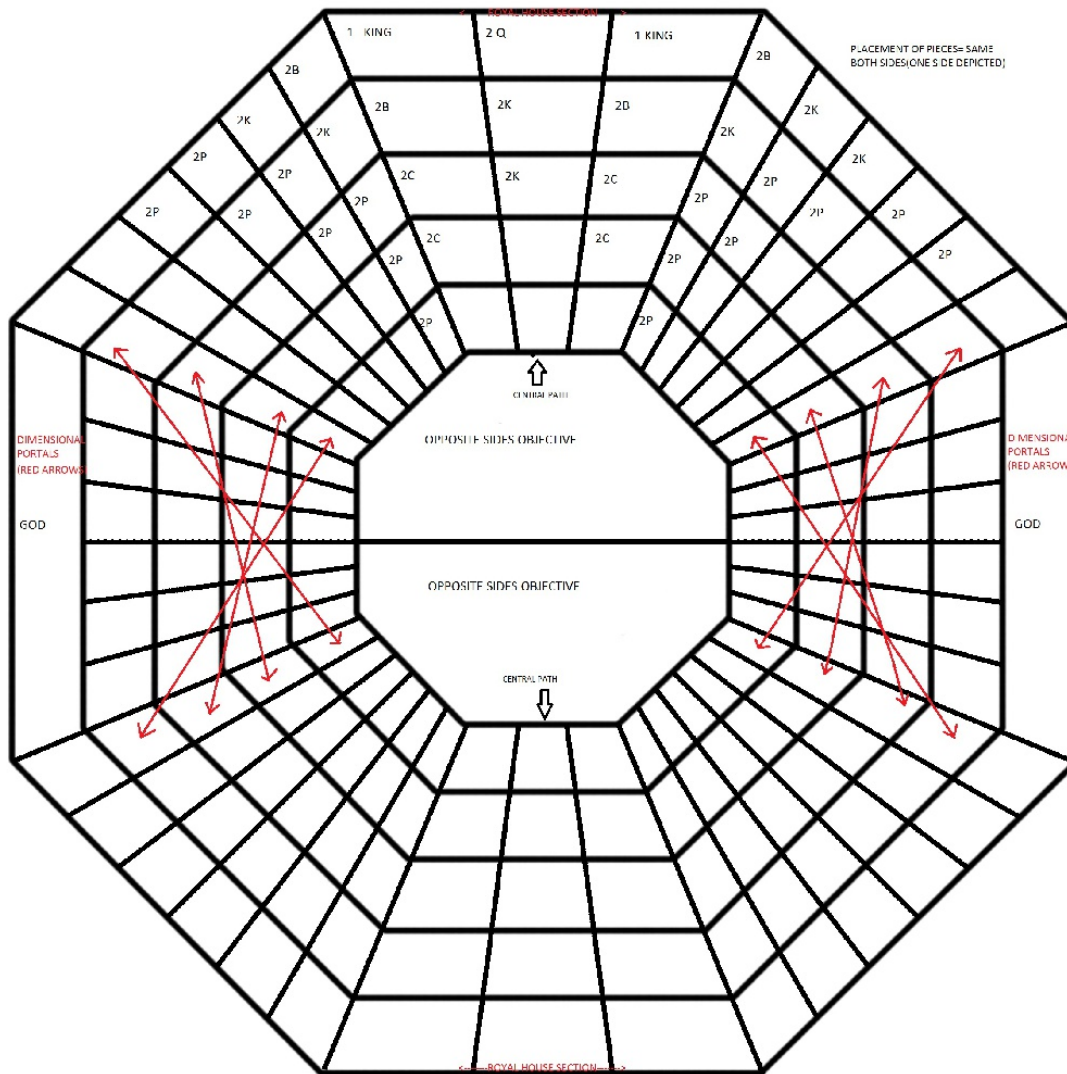
- 1-MUST KILL OPPONENTS KILLS BEFORE ENTERING PATH TO SUMMIT
- 2-MUST ENTER FROM BOTTOM OF PATH
- 3-KILLING KINGS DOES NOT AMOUNT TO VICTORY-MUST REACH SUMMIT
- 4-'DIMENSIONAL PATHS ZONE'- ONLY WAY TO ACCESSS OPPONENTS' SIDE-MUST FOLLOW PATH ALONG LINES(TOP-- → BOTTOM AND VICE VERSA)
- 5- 'GOD RULE': GOD IN DIMENSIONAL PORTALS BECOMES ACTIVATED ONCE ENOUGH PIECES HAVE LINED UP IN  OR  FORMATION(TOP & BOTTOM)

- 6-'MOVES': EACH PLAYER MOVES 2 PCS. PER TURN AND ALTERNATES WITH OPPONENTS
- 7-GOD KILL: 2 PCS. ATTACK IN SAME MOVE OR OTHER/RIVAL GOD KILLS

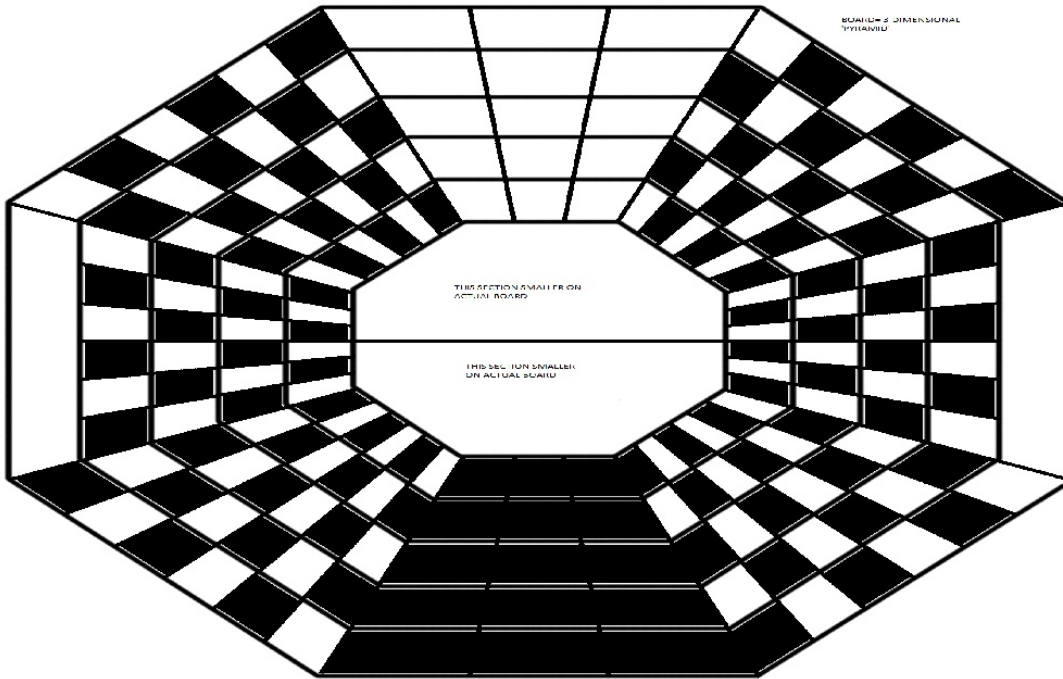
BOARD(SEE ACCOMPANYING DIAGRAM):

- OCTAGONAL TRI-DIMENSIONAL; ALTERNATING BLACK AND WHITE SQUARES
- 6 LAYERS OF CONCENTRIC OCTAGONS INCREASING IN HEIGHT TO CENTRAL OCTAGON WHICH IS BIFURCATED
- DIMENSIONAL PORTALS WHERE GOD IS LOCATED AT LOWEST PART OF OCTAGON WHEREIN ARE NO SQUARES; THIS AREA IS CROSSED WITH 'DIMENSIONAL PORTALS'
- 'ROYAL HOUSE SECTION' IS MONOCOLOURED IN OBVERSE TO THE OPPOSITE SIDE(EG. WHITE IN BETWEEN TWO BLACK COLUMNS) AND VICE VERSA ON OPPOSITE SIDE
- 6 PATHS FROM PROXIMAL SIDES OF OCTAGON LEADING UPWARD WITH EACH OCTAGONAL LAYER

-PLACEMENT OF PIECES:  
 2P=2 PROLES  
 2K=2 KNIGHTS  
 2 KING=2 KINGS  
 2Q= 2 QUEENS  
 2B= 2 BISHOPS  
 2C= 2 CASTLES



NOTE: CENTRAL AREA WILL BE SMALLER THAN DEPICTED ON THE BELOW DIAGRAM:



**PIECES:**

<b>WHITE</b> (examples)	<b>BLACK</b> (examples)
1)PROLES: (farmer; tradesmen,etc.)	(gangbangers; jihadist,etc.)
2)CASTLE: (townhall; suburban house; townhall)	(synagogue; catholic church; crack den)
3)KNIGHTS: (ss soldier; kkk; berserker)	(police; military; mossad; un troop)
4)PRIEST: (kkk gmad dragon; odinist; pontifex maximus/creator)	(voodoo priest; 33° mason; catholic priest)
5)KING: (Fuhrer; Augustus)	(rabbi; ayatollah; baron samedi, etc.)
6)QUEEN: (Freyja; Isis)	(jewish feminist; black widow)
7)GOD: (Wotan)	(shaitan)

<b>MOVES</b>	<b>POWERS(KILL)</b>	<b>(BE KILLED)</b>
1) 2 SQUARES (360°)	SAME	"..."
2) SAME	SAME	"..."
3) 3 LONG+ 2 SHORT(90°)	SAME	"..."
4) SAME	SAME	"..."
5) 1 SQUARE (360°)	AFFECTS OPPONENT 1 SQUARE 360°(AS 'AURA')	2 OPPOSING PIECES ON SQUARE WITHIN HIS 'AURA'
6)SAME AS BISHOP+KNIGHT		
7)AS WITH ALL KILLS ALL WITHIN PATH	SAME WITH OTHERS	IMPOSSIBLE

Numerologically H=8, the 8th letter of the English alphabet, the language of Angle/os//Angels. H+8 in pronunciation/phonetically expressed render 'hate', the theme of this game which is simply a microcosm of the macrocosm, the nihilation of the opponent, the dark evil presence of chaos in the world leading to the positive moment of order, the Good.

Hate is thus necessary to clear away evil and manifest the good. '88' represents 'HH' numerologically, that is to say 'Heil Hitler' which is the act of paying homage to that messianic figure who some claim will return at the close of this current aeon, the kali yuga/iron/wolf age/Ragnarok/Armageddon, being this destroying current of Force that will sweep away the evil in the world, leading to the new Golden Age.

'H8' represents more exoterically as above stated 'Hate'. Esoterically it represents this god-man resurrected triumphant in this End Time: H=Heil, 8=H=Hitler; H8=Heil Hitler. It is necessary to Hate Evil as this is the nature of the Good, its polarity.

The figures and characters of this game are hypostases of Good and Evil in their various manifestations on the mundane plane. The Hero Figure, valiant in his self-sacrifice for the greater good-a whiter, brighter world= finds either victory or valhalla through the combat, the cleansing fire that enables transcendence beyond physical limitation.

"It is necessary that I should die for my people but my spirit shall rise from the grave and the world will know that I was right"-HH/88



## **GULAG: "DICTATORS OF THE PROLETARIAT"**

**PREMISE:** DICTATORS (POLICE/MILITARY/PROPAGANDISTS/DICTATORS)  
PRESERVE ORDER

**PROLETARIANS:** SEEK ANARCHIC ZONE(FREEDOM)

Ds USE MINIONS + PERSONAL POWERS TO ENSURE ORDER

Ps ENTER ZONE & BUILD STRENGTH THE FURTHER INTO THE ZONE THEY GO

Ps SEEK CONSOLIDATION & REACTION AGAINST DICTATORS ONCE POWER BUILT UP.  
LEADERSHIP OF Ps=HIERARCHY

1)FIGUREHEAD(1ST TO END OF ZONE), ETC.

-POWERS OF MOVEMENT INCREASE WITH LEVEL IN HIERARCHY

**ANARCHIC ZONE:** Ps INCREASE POWER HERE

1ST 3 SQUARES=INCREASE IN MOBILITY

4TH=CRONY=MULTIDIRECTIONAL 1 MOVEMENT 5TH=LIEUTENANT=1 ADDITIONAL  
MOVEMENT 6TH=FIGUREHEAD=MULTIDIRECTIONAL MOVEMENT 360 DEGREE(QUEEN  
LIKE)+DOUBLE MOVES

MULTIPLE Ps ON 1 SQUARE=MOB(X10 PCS.)=GREATER MOVEMENT(AS A GROUP): CAN  
BE KILLED OFF ONE AT A TIME ONLY; MOVE MORE EACH MOVEMENT(1 1/2X SQUARES)

**END GOAL:**

DICTATOR DESTROYED=Ps VICTORY

Ps DESTROYED=PROLETARIAN VICTORY

Ps CORRALLED=VICTORY OF Ds(MEANS=FIGUREHEAD KILLED+LIEUTENANT)

5 SPACES='PALACE'

D=IN PALACE GUARDED BY MINIONS(ON SAME SQUARE & ADJACENT SQUARES)

1ST FEW SPACES

MULTIDIRECTIONAL MOVEMENT(KING-LIKE BUT 2 SPACES EA. MOVE)

D2(POLICE)=BLOCK Ps(PORES BETWEEN POLICE AND Ps IN 'GULAG' AREA); IF ESCAPE  
CHASE AND KILL/MOVEMENT=BISHOP LIKE

D3(MILITARY)=LAST BASTION: KILL/BE KILLED(CHESS-LIKE)/MOVEMENT= Knight  
movement

D1(PROPAGANDISTS)= P MUST MOVE AWAY FROM PROPAGANDIST TO BEGIN GAME. IF P  
ESCAPES(2 MOVES OF TWO DIFFERENT PIECES/1 MOVE FOR EACH PROPAGANDIST);  
THE 'CIVIL CIRCLE'(8X8 GRID OUT OF WHICH PROPAGANDIST CANNOT GO) THEY  
INITIATE POLICE INTERVENTION. POLICE LAND ON SQUARE OF PROLETARIAN &  
'RETURN TO CIVIL CIRCLE' IF OUTSIDE OF "SOCIETY CIRCLE"92 SPACES OUTSIDE OF  
8X8 GRID), THEN CHASE AND KILL/MOVEMENT=KNIGHTLIKE

Ps MOVEMENT=MULTIDIRECTIONAL 1 SPACE/ONE SHOT ONE KILL

to be MOB: numbers on square to represent multiple Ps concentrated in one to enhance power

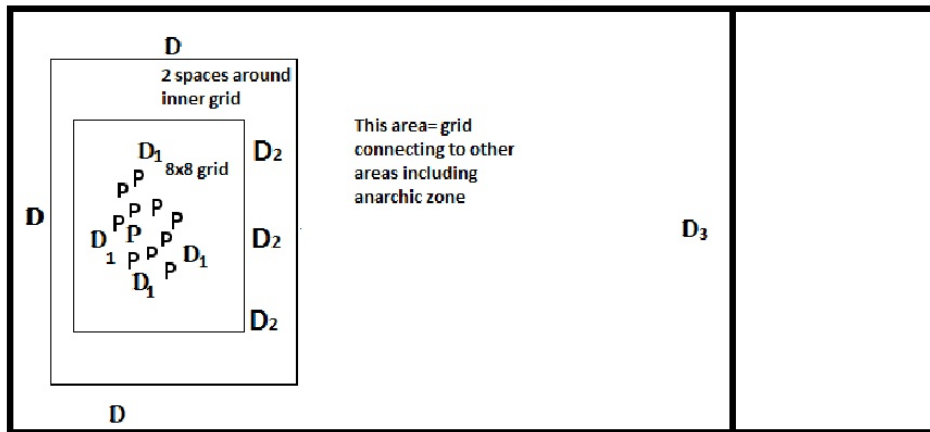
POSITIONING OF PCS.:

- Ps= 2 on each square(64) in initial placement
- DS=3 on periphery of 'PALACE'
- D1=4 sets of 3 surrounding 8x8 inner matrix
- D2=3 sets of 2 along front side of 8x8 matrix
- D3=3 sets of 2 spread evenly along 'ANARCHIC ZONE'

MOVEMENT/VALUES:

- Ds= king(absorbs 3 hits)
- D1=queen(3 hit)
- D2=bishop(2 hit)
- D3=knight(1 hit)

**GULAG : DICTATORS OF THE PROLETARIAT [D]**



**PALACE**

18(DEEP)X 12(WIDE)

D1=PROPAGANDISTS; D2=SECRET POLICE

D3=MILITARY D=DICTATOR

**ANARCHIC ZONE**

6(DEEP)X 12(WIDE)

## CULT LEADER

**PLAYERS:** CULT LEADER+SUBORDINATES; CONVERTS

CULT LEADER: powers/moves=1)influence; 2)sacrifice

SUBORDINATES must join in to achieve 2); need not achieve 1)

- no exit from cult region
- can span entire CULT CENTER
- subordinates die by converts pinching them(one in front, one behind)
- positioned in center of CULT CENTER(three rows from 'CULT LEADER')

CONVERTS: seek to escape unless 1) or 2)(above)

- twice as many CONVERTS then SUBORDINATES
- can band together to destroy SUBORDINATES+CULT LEADER
- CONVERTS on periphery of CULT CENTER (3 squares in)
- SUBORDINATES exit compound to invite in; compel to join by landing next to civilian's square (in CIVILIAN WORLD) rendering them CONVERT

### **MOVES:**

CULT LEADER:

- moves diagonally or horizontally/vertically as many spaces as desired->horizontally/vertically/diagonally
- only dies when all subordinates die

SUBORDINATES:

- same but only one direction and 5 spaces on the cult board or less

SACRIFICE:

- CULT LEADER moves to square adjacent to convert 'influencing' him; two SUBORDINATES must surround convert; when 'influenced' convert can't move one other convert on adjacent square; CULT LEADER takes convert as SACRIFICE(similar to chess moves)

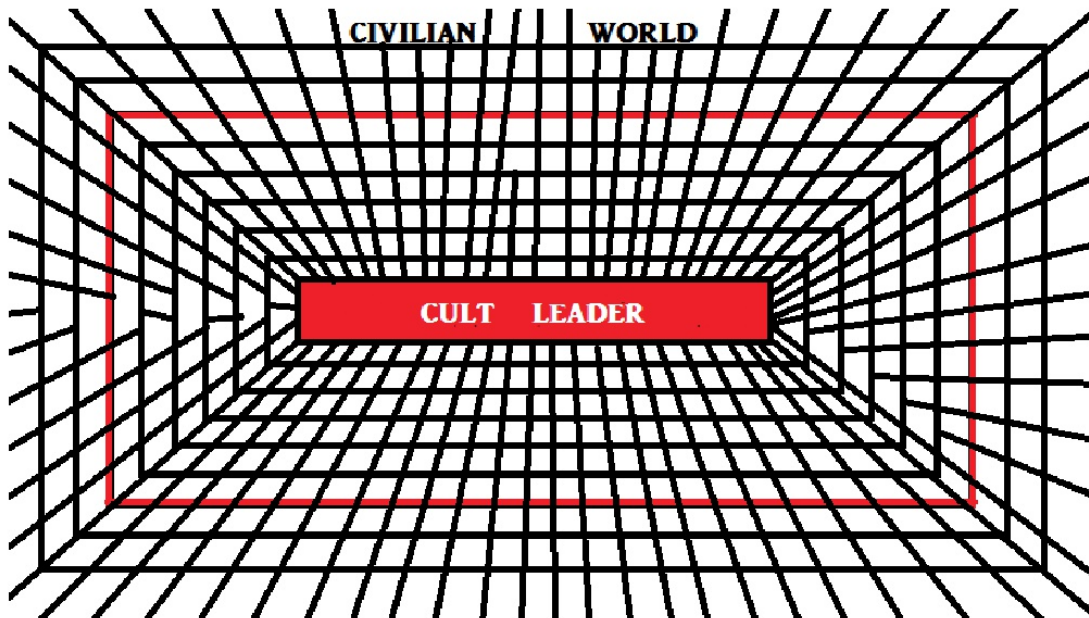
CONVERTS:

- move one square per time in any direction; 2-3 minions per turn

WIN:

CULT: SACRIFICE all CONVERTS

CONVERTS: destroy all SUBORDINATES+CULT LEADER



within red line= CULT CENTER  
outside= CIVILIAN WORLD  
red rectangle= CULT LEADER

## **DOPPLECHUSS** ('Double Chess' a CHESS VARIANT)

BOARD: x2 LARGER

BOARD: REGULAR CHESS BUT MODIFIED:

WIDTH=X2 SQUARES

LENGTH=X2+1/2

SQUARES= LARGE ENOUGH TO ACCOMODATE 3 PIECES

PIECES: X2 PER SQUARE

MOVES: SAME; ALWAYS 2 PER SQUARE OF OWN MEN OPTIONAL

-WHEN LAND ON LAST ROW OF OPPONENT: PIECE IS CONVERTED TO QUEEN  
REGARDLESS OF TYPE

-2 MOVES EA. PLAYER ALTERNATING

-1 MOVE PER PIECE MOVED MAX.

PURPOSECONCLUSION: BOTH KINGS OF OPPOSING PLAYER MUST BE CAPTURED.

NO "CHECKMATE" WARNINGS=INSTANT KILL OR FORFEITURE

1-VARIATIONS:

TIMER:

-WHEN TIME ELAPSES

I)PLAYER WITH MOST PIECES=WINNER

II)PLAYER WITH MOST VALUABLE PIECES=WINNER

2-VALUES OF PIECES:

I)2 BACK ROW PIECES

II)1 PAWN

III)CLASSIC ASSIGNATION OF VALUES

BOARD: REGULAR CHESS BUT MODIFIED:

WIDTH=X2 SQUARES

LENGTH=X2+1/2

SQUARES= LARGE ENOUGH TO ACCOMODATE 3 PIECES



## ***ROUST-A-BOUT:***

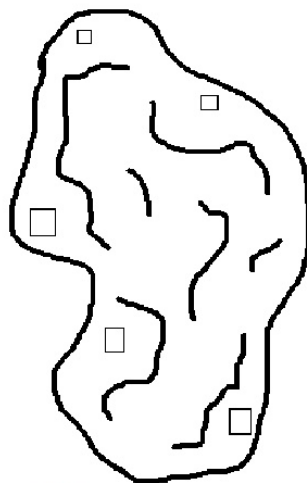
(A BOARD GAME, TRUE TO LIFE: NON-WHITE IMMIGRATION+HIRING PREFERENCE=WHITE JOBLESSNESS=WHITE HOMELESSNESS=WHITE GENOCIDE)

PURPOSE: 2+ PLAYERS ('S' SECURITY) ATTEMPTS TO BANISH OTHER PLAYERS ('V' VAGRANTS) FROM CERTAIN AREA (ON GAME BOARD)  
'S' ATTEMPTS TO CORNER 'V'

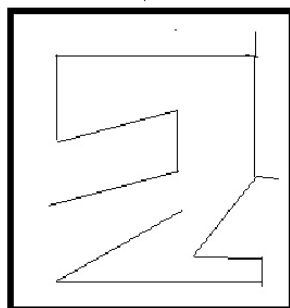
PLAYER POSITIONING: 'V'S ARBITRARILY/RANDOMLY PLACED THROUGH DIE CAST+DESIGNATING CERTAIN AREAS NUMERICALLY

PIECES: MANY (RELATIVE STRENGTHS/WEAKNESSES DETERMINED BY NUMBERS ARBITRARILY DETERMINED BY PLAYERS-OTHER FACTORS-SIZE OF BOARD; COMPLEXITY OF BOARD). CAN DISTRIBUTE CERTAIN AMOUNT OF 'V'S [DESIGNATED WITH TOKENS], AT CERTAIN TIME/ALTERNATING AREAS OF GAME BOARD SLEEP SPOTS - MUST PREVENT BEFORE SLEEP (IE. REACH THE SPOT). IF GET BEFORE (BY LANDING ON CELL ADJACENT TO VAGRANT) SLEEP SPOT NULLIFIED → VAGRANT MUST REVERSE DIRECTION OR BE ELIMINATED FROM GAME. (IN EXAMPLE OF PARKADE) ELEVATOR: INSTANT TRANSPORT OF VAGRANT TO BOTTOM OR UPPER OR MID LEVEL SECURITY SHACK.  
BUM/SECURITY CAN BE KILLED BY CAR. BUM CAN SANDWICH IN BETWEEN CARS.  
CARS: AFTER EACH MOVE A CAR ENTERS; CAR BLOCKS SPACE  
-DOMINOES OR DICE DETERMINES PLACEMENT OF VEHICLE AND MOVEMENT

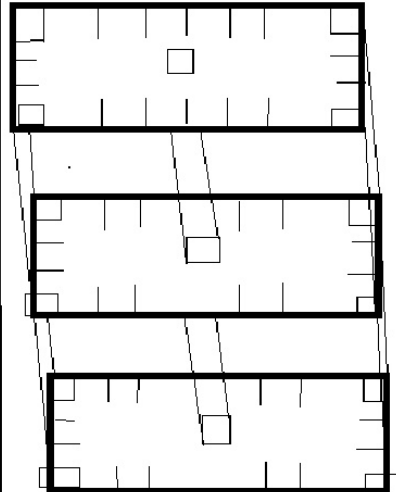
GAMEBOARD VARIATIONS (REAL LIFE SCENARIOS—2D DIAGRAM OF 3D WORLD)  
EG. "PARK"—TREE LINE ACTS AS BORDER WHERE VAGRANTS SEEK TO HIDE (CAN BE REARRANGED WITH EACH GAME)  
"SUBWAY"; "ALLEYWAY"; "BUS SHELTER"; "PARKADE"; "HOTEL", ETC.



PARK



HOTEL



PARKADE

GAME BOARDS ABOVE COULD BE 2 PR 3D MIRRORING LIVED ENVIRONMENTS

# PRO-WHITE

Patronage



## **PRO-WHITE PATRONAGE**

**Given that the wealthy have as their privilege  
whether earned or no  
the command of wealth  
They have according to Nature's Law  
An obligation  
To their extended family  
& must use their wealth  
To live into perpetuity  
Through posterity  
Accordingly  
Their noblesse oblige  
Must manifest itself in  
Pro-White patronage  
A just distribution  
Of those resources which  
Are not necessary  
For personal or immediate familial  
Survival, Advancement, and Expansion  
The following are recommendations  
Of ways to achieve the  
Survival, Advancement and Expansion  
Of the noble White Race**

1) Establish:

- a) a cooperative farm or volkstead whereon Pro-White activists or decent White People may be permitted to live as a 'worker', etc. And build and develop a sustainable, salubrious living space
- b) a collective housing project that can serve as an organizational HQ or nerve center to enable younger White activists to build wealth through pooling resources together and saving money through discounted living, and have a community to foster and spread the organization's ideology & message  
(see the document "Terra Alba: Towards a Sustainable Living White Living Space" and the story "Rites of Passage" for specifics)

2) Pay White activists to distribute and spread propaganda as a part time job paying their expenses to eg. Drive from one town or city to the next on trips and stay in hotels, etc. (eg. the hate bus of Rockwell) or buy activists cargo vans in which they could live and be paid to drive around the country distributing leaflets or carrying out other propaganda activities; pay vagrants to distribute leaflets

In general pay activists to obtain the necessary materials such as printer and ink, paper and so on or to set up telephone answering services or websites or whatever other specific costs involved in activism(rallies; marches; demonstrations,etc.)

3) Create an archive of rare pro-white literature as a means of storing historical works on eg. Bioanthropology; ancient history; philosophy and other primary source documents as well as an archive of primary source material such as vinyl musical records(with a handcrank phonograph); microfiche and reader; paintings and works of art. Establish an art gallery of contemporary pro white artists &/or historical works to enable the thriving of a counter-culture to appeal to various socio-economic demographics(high brow; low brow) and possibly make available to the public.

4) Purchase property to serve as a 'lebensborn' communal living space and invite white women to live for free as 'staff' or 'cleaners' to serve as mothers of children. They could then claim another address and that the child's father is unknown to derive money from the government for child support (this would presuppose women can be trusted to keep a secret). This could also be done in conjunction with white orphans or white refugee children who could be raised in the pro white ideology.

5) Establish a fund or investment vehicle or create a charity to draw profit into the pro white cause and to serve as a tax shelter or to attract other investors; a holdings company or other venture to pool resources and derive more of a yield on investment that would go back to the cause either in toto or in part(a percentage of the profits).

6) Invest in commodities that would be necessary or desirable for the cause(eg. Arable farmland and livestock; guns and ammo; tangible, usable assets of any variety)

7) Buy up cheap houses in small towns and make available to whites only, eventually buying up entire towns through adequate incentives and/or crowding out non-whites through non-violent aversive/repellent behaviour(eg. PLEs, Warren Jeffs of FLDS, etc.)

8) Establish naturopathic health clinics that also serve as a museum for medical practice prior to jewish allopathic dominance: eg. Old instruments and equipment as well as framed photographs of archival footage with captions and books for sale to demonstrate the true medical practice of the Aryan.

9) Put on concerts and plays starring only White musicians and actors consisting only of White created Art(eg. Mozart; Shakespeare) as opposed to the jewish and non-white actors and musicians

10) Fund lectures and lecturers who put forth pro white culture to the appropriate demographics(high brow to low brow, ivory tower to bar room).

11) Fund or organization a private security company and use them to protect only White clients property and events. Such an organization could be used as a recruiting tool for prospective Pro White activists employing Whites only. The Pro-White organization could also front as a security company or other business.

12) Purchase a gymnasium that could serve as a social club itself a front for the political organization.

13) Will all assets to the Pro-White cause exclusively not to greedy children if they are known to be anti-white or prodigal wastrels.

The future of the White Race depends upon you Patronage

The younger generations have been cast out of society and have minimal wealth and power. In Today's world Money = Power and without only brute force remains.

Therefore save the otherwise inevitability of bloodshed and invest in White Posterity!

# ***PRO-WHITE PATRONAGE***





# ARYAN ETHICS

**PART 1: SPIRITUAL ASPECT**

**PART 2: MATERIAL ASPECT**

“Those who die fighting for the cause of the Führer, Adolf Hitler, will be remade in Valhalla and thus attain immortality” (Miguel Serrano)

## **SPIRITUAL ASPECT**

How to develop a God-mind

-associate self with positive things(life affirming, etc.)

Dark side(chaos): anxiety; worry; fear; slavishness; sluggishness; static thought; passivity; fickleness; reactive mindedness(amygdala/reptilian brain)  
causes of being in this state: repetition; lower brain wave activity; hypnotic state(8-12hz.); low alpha waves

Light side(order): organized; responsible; conscientious; courage; masterfulness; activity; initiative; dynamic; esteem; activity; assertiveness; continence; reflective(pre-frontal cortex);  
causes of being in this state: thinking/reasoning; beta wave activity; brain state:  
beta/10-12=stress/agitation

alpha/7-8hz.=intellectual/artistic ability

theta/5-6=psy abilities

delta/1-4=deep meditation growth of mental body:

concentration(on-pointed concentration of attention)

inertia=tamas; activity=rajas; harmony=sattva

frequency protocols: (for eg. electro-cranial stimulation machine)

theta (5hzx35 minutes)=learning

alpha/beta (7-8hzx10-20 minutes or 5 minutes x 4-5 minute intervals; 2 minutes break-between intervals)

delta(with violet/indigo/infrared/above frequency mimicking above times)

Dharma:

man=pure virility/warrior/ascetic=absolute man

woman=dedication to husband/children=absolute woman

Faith and works: faith in the law

Life becomes what it does; man is his karma and his deeds are part of him ; we reward and punish ourselves, according as we work with and through nature; absolute harmony in the world of matter as in the world of spirit

Karma=universal tendency to restore equilibrium

He who puts the cause in action suffers the effect

Concentration: candle type meditation and drumming

know yourself/be yourself/become who you are

Good attracts good and repels evil and vice versa

originate psychic impulses=devachan

Hierarchy:

[lowest]externalist/hylic/beast-man

philosophos/philosopher/psychic

[highest] theosophos/theosopher/pneumatic

"...matter, in itself, is merely the visible manifestation of Eternity...which can be dominated and guided only with the help of the force of Spirit" (Julius Evola)

Mental influence:

1) think of what you desire the other to do;

2) project towards the other cultivate: increase mental power=increase utilization of will power

principle->expectation=cause=reward; strong expectation is a powerful magnet refuse to express a passion and it dies

Immanent transcendence

like attracts like as surely as the lodestone attracts iron

like attracts like opposites repel opposites

Soul immortality:

1)strengthen ego/sense of self via: i) survival skills; ii) self defence skills; iii) first aid the soul is developed through extreme living: tantra/physical force/intense emotion  
attunement=union with higher self(Daimon)authentic life path=dharma/True Will

righteousness=internal coherence: balance conscious Will (is) with True Will (ought) matter is the vehicle for the manifestation of the soul in this plane of existence

Involution=progressive materialization of the divine  
Evolution=progressive divinization of the material

Diamond body=quick; positive; high rate of vibration[enables dominance over/control of body to prevent external influence]

Soul: too materialistic in life=feeble astral form; particles don't firmly cohere=death of individual  
-no anger/voluptuous passions

sense/perception->opinion; dialectics->reason; intuition->knowledge/illumination

body=machine of liberation of the divine soul

dark side=lust/desire/fear/anxiety/wrath/anger

pflicht zur gesundheit(obligation to be healthy)9

9 handles of control:(weakness)

- 1-emotional security
- 2-recognition of efforts/reassurance of worth
- 3-creative outlets
- 4-a sense of personal power
- 5-a sense of roots/belonging
- 6-immortality
- 7-ego-gratification
- 8-love in all its forms
- 9-new experiences

What the mind believes the subconscious acts on

mortal soul blended with immortal spirit=  
"there by established forever"(Egyptian)

Will: one-pointed concentration of energy fields

reptilian brain(human unconscious)/Autonomic nervous system/derangement of sense activity(drumming; chant; yoga; breath): engage it->control it=power/increase kundalini/awareness

Lucifer=the White of Spirit

Ahriman=the black of pure materiality → materialistic

White='holy'(meaning)

uniting Self with HGA(holy guardian angel)=Thelemic goal

"The Blood of heroes comes closer to Wotan than the prayers of saints" (Miguel Serrano)

Souls are released from the wheel of incarnation at the rings of Saturn at the tropic of Capricorn

Capricorn: Souls' descend (gateway to the gods); Soul comes in via moon (tropic of Cancer); gateway of men

Psychopath:

they desire: power and control

how to spot a psychopath: dupers smirk/fake smile (eyes don't smile); they get adrenaline rush when get away with lying

solution: dissociation to the extent possible

control of the unconscious mind: through control of the autonomic nervous system functions:

reptilian brain (pons; medulla and brain stem)/heart rate/breath rate/peristalsis:

control mechanism: breath control (pranayama); yoga (asana); meditation

exercise of the will via conscious action

Will = thelema (grk.) "one pointed concentration of attention"; raising the serpent/kundalini force  
soul = biophysical body

keep within law of 'spiritual continuity' = immortality; no materiality = the way of all flesh/degeneration  
justice = harmony

Avoid reincarnation:

1) restriction of senses

2) indifferent to mundane reality

3) voluntary poverty

4) freedom from passion

5) soul contemplation

-authority as truth? ---> or truth = authority

"In any instance of the Yuga of Heroes it is possible to rebuild Thule, return to the Golden Age of first Hyperborea, not to the copy of the Demiurge, to defeat the enemy, straighten out the axis of the earth, transfiguring her together with our mutation, or with our Heroic Death in combat" (Miguel Serrano)

Mors Triumphalis (lat. 'heroic death')

hypocrisy: evasion of truth through refusal to honestly recognize what it is



Guru: a teacher who teaches for the sake of teaching

Pain: a stress greater than an organism can bear easily/without ignorance

sex: a chemotropism/conditioned reflex evoked in response to aphrodisiacal stimulation by foods/beverages/animal protein/coffee/caffeine/drugs, etc.

chemistry of semen is similar to that of nerve and brain tissue

loss of sexual fluid=indigestion/emaciation/epilepsy/paralysis/brain damage

-what we care about is what we manifest

Virtue=keeping the law of the energy fields

Solve et coagula=phoenix

-Soul(Aristotle): reasoning soul<--->animal soul

observing the laws of harmony retains the soul

energy=currency of reality

Human=psycho-bioenergetic entity; 'Spirit Man'

Dharmic man=authentic; karmic man=inauthentic

Authentic identity=preserve organic language/culture/ethnicity/social reality

physiognomy: "monstrum in fronte monstrum in anima"(monster in the face monster in the soul)  
(palmistry; iridology; physiognomy, bioanthropology, etc.)

"Look ourselves in our faces...we are Hyperboreans!" (Friedrich Nietzsche)

Maya=agnosia/illusion

Ignorance (inauthentic ideas about reality)

Sin=failure of purpose

no renouncing ego but making eternal; attach it to the persona; persona becomes individualized; a struggle against the external=absolute personality

faith(in the afterlife)+ willpower=immortality

Dasein=authentic man

Apotheosis=godhood

lost word=cosmic consciousness

HGA=hadit='higher self'=True Self=revelation of True Will (adhibiddha/ augeides=lux/lucifer)

Dharma: spiritual power+ creative expression

Brain=scalar wave generator/transceiver; nerves=antenna

pyramids=planetary wide; scalar wave grid system; psychotronic generator to unite soul and spirit so that the dead human could live happily in the afterlife

DNA: formed through thought patterns

Occultism: the study and knowledge of the hidden side of nature by means of powers which exist in all men

Aryan/Egyptian gods=aspects of God:

Wotan/Osiris=the embodiment of God the Father/Allfather; symbol=sun

Freya/Isis: universal feminine principle; the 2nd Logos; the Mother of all that lives; symbol: moon

Baldr/Horus=divine child (wisdom)

early kingdom Egyptian animal forms: manifestations/hypostases of deity

embalming: preserves divine influence/power until body ceases to remain/return to physical plane for resurrection

hochzeit zur menscheit ('The Zenith of Humanity'-Rudolph Jon Gorsleben)

Lucullus (gluttony); Bacchus(drunkenness)

matter is gravitationally trapped light

ego transcending ego by ego=light body

triad (immortal): atma (spirit); buddhi (intellect); manas (mind/reincarnate being)

quaternary (mortal four): passions/desires/life principle (prana);astral body; physical body  
ego=immortal; seek to 'merge' with undifferentiated consciousness=extinction  
the individual Will is the same as the Will of God

recognition of God's Will=dharma/righteousness; opposite=karma/sin motive--->consequences(karma)

Immortality=

atma/buddhi/manas;

Soul/buddhi/manas;

pure spirit/spiritual soul/plastic mediator body<--->manas<--->buddhi<--->atma

As viewed so appears

Karma=the justice of God=providence

Loki=lucifer/light bearer

Ego=energetic muscle; flexing/contracting=thinking

Baldr/krist=abstract ideal of the personal divinity indwelling in man(+the perfected God-man)

Ascension: expand consciousness; focus on what you want not what you don't want

Species of humans:

[highest] pneumatikoi-(pneumatics)-Baldr-spirit

psykhikoi-(psychics)-Thor-soul

[lowest]Khoikoi-(choics)-Giants-matter

"...there is no more than one race that can express what we are calling Hyperborean Spirit...and that is the White Nordic Race, the Aryan Nordic Blood, because only in that can we express the Spirit"  
(Miguel Serrano)

-mind control formula of the jewish cabal:

amnesia=loss of memory

abulia=loss of will

agnosia=loss of knowledge

apathy=loss of interest

Mind: a name given to the sum of the states of Consciousness grouped together under Thought, Will and Feeling

chakra/nerve plexus:psychological archetype:

sahasrara/annahata=super ego

solar plexus/vishuddha=ego

muladhara=reptilian complex/ID

Egyptian Funeral Ritual:

kha=body; khabu=astral body; ka=animal/life principle; ba=higher soul; akh=terrestrial intelligence; sah=mummy

pure/virtuous life=no sensuousness/sensuality

Gnosis: complete reunion with spirit or dissolution of astral form

2nd death="lake of fire";also can occur in vivo (death of soul via absorption)

blue=colour of the material world

Hatred is often the result of magnetic conditions affecting each person discordantly. while on the other hand affinities expressing true friendship are those produced by the rhythmic interblending of the rays, resulting in harmonious vibrations

love=concord hate=discord

-Harmonize one's: i) thoughts/ii)emotions/iii)actions

destroyer<--->creator/thought

ignorance<--->knowledge

emotion<--->apathy

action<--->cowardice

laziness<--->courage/will

=Unity/Krist/Krishna/Wotan Consciousness



## MATERIAL ASPECT

death's head moth infiltrates the order of the bees( Judeo-Masonic beehive)...

will to power=will=abraxas=shiva=black sun

sophia perennis(eternal wisdom)=perennialism=traditionalism

"It is necessary that I should die for my people but my spirit shall rise form the grave and the world shall know that I was right"(quotation imputed to Hitler)

Ethics: (see "White Law: a Guide to Right, White Life")

Aryan vs. Jewdeo-Christian/Communist

solar<--->lunar

hierarchical<--->communist

imperial/fascist<--->marxist

masculine<--->feminine

hero<--->saint

conqueror<--->martyr

virtue: faithfulness;

honour<--->compassion; humbleness

vice: cowardice;

dishonour<--->sin

punishment<--->turn the other cheek

killing permitted(if just)<--->thou shalt not kill

hate/know thine enemy<--->love thine enemy

Virya=purification of will; self-determination

pasha=a bond, egs. sympathy(daya); delusion(moka); shame/sin(guilt/laija); fear(bhaya); disgust(ghrina); family/kinship(kula); caste(varna); morality/conformity(sila)

Virya's/kaula's principle: "nothing exists, everything is permitted"

tamasic impulses: need and greed

essence of the left hand path: 'seek out' dissolving; 'toxic' situations and to find in them liberation in the final outcome

"Truth is the Divine knowledge that transmits Cause and Effect" (Karl Maria Wiligut)

Racist Singularity=New tribe:

racial solidarity; cohesion; loyalty;identity; collective Will to survive; collective Goals and Soul; organization; unity of purpose



skrealing=non-white

Poleshift: (edgar cayce/ nostradamus,etc.): 2025-2028 predicted to occur

reside 500 miles from coast; 200ft+ above rivers; 650-700ft above sea level  
rocky mountains=new coastal mountains

Canada: Southern/Eastern portions of Canada survive; great lakes emptying Western: 'much of that is to be disturbed'; Europe: upper portion of Europe displaced;

The ideas of 1914 (fascism/National Socialism/Ethno-Nationalism-order, justice, national solidarity) opposed to those of 1789 (Jacobinism/Bolshevism/Internationalism/Communism-freedom,equality,brotherhood)

-the primary function of history is anthropology, which determines cultural behaviour

Money is a claim on work done

-exchange the value of money for the value of Creation(national socialism)

Racialism: is an ideal towards which one aspires

Survival: is moral extinction is immoral

[jewish controlled] minority over a dispossessed majority

Jews

"Judaism is a satanic power"(Hitler)

"The truth of the jew is the organic lie[mongrelization]"(Rosenberg)

'When the laws of man declare the death of one's race, the laws of Nature declare rebellion"  
(David Lane)

"What has caused more suffering in the world than the stupidity of the compassionate"  
(Nietzsche)

Democracy is death (Leese)

Race energy: (see "White Law: a Guide to Right, White Life" for amplification)

caucasoid: mentoid energy

asiatic:electronic/kenic

negroid:electronic energy

"Never in the world can the jew become master of any people except a bastardized people"(Hitler)

everything in society is corrupt

when everything is illegal everyone will be criminals

"The leftwards reverse swastika of the return to Hyperborea whirling against the rotational movement of the earth of kali yuga before the catastrophe that submerged polar Hyperborea, the earth gyrated in the way of this swastika"( Miguel Serrano)

Black sun=void of creation/ball of prima materia; vril force emanates therefrom(gravity?)

Aryan Race Origins:

Sirius->Mars->Earth->Hyperborea at North pole [Thule=capital city /black sun/hollow earth]->under the Himalayas(Shambalah)->Agartha (Gobi desert)

"A race is a collection of individuals differentiated from every other group(constituted in such a way) by its unique combination of bodily characteristics and soul attributes and continually reproduces its own kind" (H.F.K Gunther)

Aryan Colours: White(innocence); Blue(loyalty); Gold(purity)

-the greatest of all human rights is the right of a race to protect itself against genocide(Putnam)

-to be tolerant of evil is either laziness or cowardice

"Separation is life; integration is death; the racial loyalist fights for life"(Matt Hale)

"Might is incarnate right and rights are metamorphosed might; power and justice are synonyms"(Ragnar Redbeard")

-if it doesn't reference jews it isn't news; because the news is controlled by jews

Matt Hale quotes:

"Discrimination preserves a race; a lack of discrimination destroys it"

"Everything we do as men has a foundation in the desire for racial preservation"

"Sentimentality is no substitute for survival"

"The racial separatist does not concern himself with the welfare of other races"

"When all that matters is the colour of cash the colour of race suffers"

"Capitalism and communism are the two sides of the same coin that ignores the value of man himself"

"When money rules the day it is the jew who rules the money"

"It is a natural law that creation only arises through the release of polar conditioned tensions"  
(Miguel Serrano)

"Women, as the chosen preservers of a race, can also become the destroyers of the folk if permitted to complete their emancipation"; "The emancipation of women from the emancipation of Woman is the first demand of a female generation which wishes to save folk and race-the eternally unconscious, the foundation of all culture-from decline"(Goebbels)

"We demand the complete rule of what is folkish over every form of internationalism" (Alfred Rosenberg)

There would be no anti-semitism had the jews not foisted their semitism upon us first

racism is the natural attitude of man, the distinguishing between those of our own kind and those who are not

loyalty to the physical world does not preclude a faith in the spiritual. personal immortality and the immortality of our race go hand in hand

References: for additional references see "White Law: a Guide to Right, White Life"

Esoteric Hitlerism:

Miguel Serrano :

"The Golden Cord: Esoteric Hitlerism";"Adolf Hitler: Ultimate Avatar";"Resurrection of the Hero";  
"Manu: For the Man to Come"  
(Jason Thompkins translation)

Jason Thompkins:

"URRU: Thulean Polar Mythos"

Hyperboreanism:

Friedrich Nietzsche:

"Will to Power"; "Beyond Good and Evil";"Genealogy of Morals";"The Antichrist"; (Anthony M Ludovici; H.L.Mencken; Thomas Common translators)

Martin Heidegger: "The Fundamental Concepts of Metaphysics: World; Finitude, Solitude"; "The Black Notebooks"; "Basic Concepts of Ancient Philosophy"; "The Will to Power as Art"

Loki Hulgaard:

This handbook (White Praxis:A Practical-Ideological Handbook for the White Nationalist Movement");  
"Hard Truth: Hyperborean Philosophy";  
"White Light: A Philosophical Negation of Enemy Archetypes"

Radical Traditionalism:

Julius Evola:

"Ride the Tiger";"Synthesis of Racial Doctrine";"Revolt Against the Modern World";"The Myth of Blood"; "The Yoga of Power"; "The Hemitic Tradition"; "Pagan Imperialism" (Thompkins and Cariou translators)

National Socialism:

"Mein Kampf" (Ford Translation)

Armanism:

Rudolph Jon Gorsleben, "Zenith of Humanity"; Siegfried Adolf Kummer, "Holy Rune Might"; Guido von List, "The Rita of the Ario-Germanen"; "The Secret of The Runes"

Natural Law:

Ragnar Redbeard, "Might is Right"; David Lane, "88 Precepts"; Ben Klassen, "Nature's Eternal Religion"; "The White Man's Bible"; "The Little White Book"(catechism of Creativity, Victor Wolf); William L Pierce, "Cosmotheist Lectures"

Ancient:

Seneca, "On Benefits", "Letters to Lucillius"; Epictetus, "The Manual"; Heraclitus, "Fragments"

Enemy Ethics: Study the Enemy to Defeat them!

Jew:

"Babylonian Talmud"; "The Bible"

"The 48 Laws of Power"; "The 33 Strategies of War", Robert Greene(jew)

"The Manipulation of Human Behaviour", Biderman and Zimmer (jew)

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

J.O.G programming techniques:

"The Brianwashing Manual; Synthesis of the Russian Textbook on Psychopolitics ", L Ron Hubbard (jew)

"Programming and Metaprogramming in The Human Biocomputer, John.C.Lily (jew?)

"How the Illuminati Create a Total,Undetectable, Mind Controlled Slave", Fritz Springmeier (not-jew)

Oriental:

"The Art of War", SunTzu; Xunzi

**DO NOT GO GENTLE  
INTO THAT GOOD NIGHT.  
RAGE, RAGE AGAINST  
THE DYING OF THE LIGHT.**

**ORDER**

**OF THE**



**WHITE**

**HAND**



## **ORDER OF THE WHITE HAND**

The following is a proposal for the establishment of an initiatic order of Hyperborean Gnosis

### **WHO WE ARE:**

An esoteric Order adhering to the teachings of Miguel Serrano; Julius Evola; National Socialism and the Joy of Satan

### **WHO WE ARE NOT:**

Magian occultists who espouse a desire to create a one-dimensional world of mongrelization, that is to say, of a mixture of all bipedal biospiritual beings currently existent on the face of the earth (falsely so-called 'humans') led by the Jew; the genetic creations of the Demiurge, Jehovah

### **WHAT WE DO:**

We seek to liberate the Earth (Gaia) and ourselves from the destroying influence of the Jew and his master the dark lord, the Demiurge, who seek to lay waste to the earth and all evolving life (now devolving under their influence). To do so we must first save ourselves through becoming god-men in the battle against the children of darkness. Our Order entails an occult praxis of alchemical transmutation of the Self, the Magnum Opus, seeking to attain the Immortal Diamond body and to steel ourselves to become an effective fighting force against the enemy.

Accordingly our spiritual path is both inner and outer, entailing power meditation, Hatha, Kundalini and Tantric yoga; mantras and other practices, drawing upon the occult lore of the above sources. We seek to improve ourselves and our Race as a collective, developing ourselves and it as a unit, a flaming sword or hammer of Thor to strike against the enemy.

### **MEMBERSHIP:**

Any White person meeting the criteria of relatively good mental, physical and spiritual soundness and having a willingness to adhere to the practices referred to and outlined in the above sources may claim membership in the Order which is based on self-initiation and forming voluntary associations with other members.

### **REFERENCES:**

Joy of Satan 6 month program ([joyofsatan.org](http://joyofsatan.org)); "NAOS" ([O9A.org](http://O9A.org)); for other references see "ARYAN ETHICS" in the handbook "White Praxis: A Practical-Theoretical Handbook For White Right Life"

