

**OPTIMAL  
SURVIVAL**



**HANDBOOK**

# **BERSERKER**

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## **BOOKS**

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## SURVIVAL MAXIMS

### Defence Principles:

pose as a friend work as a spy;

remember you are in the war everlasting of the theatre of the real;

right to counter-violence

"When help arrives you may get it whether you like it or not"

5 words: "I have nothing to say"

Appearance: grey man: normal amongst normies, derelict amongst poor

### Bug Out Principles:

always have a bug-out bag near at hand

Self---->B.O.B (bug-out bag)---->B.O.V (bug-out vehicle)---->B.O.L (bug-out location/land)

### Economy Principles:

5 Ps: "Proper Planning Prevents Poor Performance"

Pantry Principles: you can never have enough; expiration updates; keep hidden/unknown

L.E.A.N: "Less equals a lot more"

essentials: utilities--->barter items; luxuries: everything else

On Hand Principle: \$1,000 in money bills ; pre-1964 junk silver coins ; jewellery (out of sight)

Omerta: keep silent re: preps/financial situation

Minimax/economicity Principle:

"Maximize the minimum possibility of gain minimize the maximum possibility of loss"

"Well used resources (time/effort/\$) for intended purpose"-Efficiency

"Waste not want not"

F.I.F.O (first in first out)

3-3-30 (brain dies: 3 minutes without oxygen; 3 days without water; 30 days without food)

'Noah principle': 2x2

Life Principles:

Practice skills: most--->least probably necessary

S.I.M.P.L.I.F.Y: Stay aware of necessities; [do not} Impulse buy; Maintain preps (continuosly); Prioritize; Liquidate all non-necessaries; Improvise lacks; Find ways to minimize; You're on you're own (Yoyo)

Sewing is proportional to reaping

Prepare for the worst

Government = enemy

"Fail to Plan, Plan to Fail"

"Do the most with the least"

"Most amount of work, least amount of time"-German overload principle

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

"Preparedness is the key"-Sun Tzu

"Never Hope without an element of despair or despair without an element of hope"-Seneca

## HEALTH PROTOCOLS

The mind/body/Spirit complex that is One's Self must be considered as a unitary being susceptible to multiple states. The intention of the following is to keep the beast within its cage and to transmute it into a god through minimizing attachment to the phenomenal plane of existence and the illusory/physical self. Its general principles are intended as a guide to the integration of the lower into the True Self and are a result of multiple decades of research and experimentation. For a more bare-bones routine structure see the previous 'Routine'.

### 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 tumorigenesis (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

North→calms;sedates;decrease inflammation

South→stimulates; increases healing/growth(tumours)

how to determine polarity: attracts same end of compass needle)

gauss: 3500+neodymium(N52);put magnets together('N'+S'=increase gauss)

put on area:Left wrist: back;Right wrist: front

### Energy medicine/healing equipment:

O<sub>3</sub>[ozone]/plasma generators: this type of machinery destroys pathogens in the atmosphere through binding with them

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

-O<sub>3</sub> 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 O<sub>3</sub> water into sinuses'.

variant: a) plug lower nostril and retain to allow diffusion of O<sub>3</sub> into brain and head.

Sensation points to efficacy/reality of absorption of O<sub>3</sub> 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,coffee,etc.)<caveat:can be very dangerous;not recommended> best method is to ozonate H<sub>2</sub>O prior to administration

### 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

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

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; 5) encase in faraday cage (eg. silver cloth tent or mosquito screen panel frame)

### SLEEP:

20/2100 hrs (8-9 hours/24 hour period)

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

head=magnetic North (northern hemisphere); magnetic South (southern hemisphere)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

### 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 reverse; 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)

### 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)

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)

### 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/coconut oil,etc.)

iii) heat source(if using wax/clay in oven iv) 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 desired level

orgonite ideas/types:

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

b) orgonite blanket: multi layered carbon steel wool and i) wool; ii) cover with nylon/silicon exterior; iii)sew to compact materials together

c) mattress pad:follow b)above with more solid materials and/or more layers eg.latex;cork;wood(alway as metal and organic materials)

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

e) orgone accumulator box:i) small((like a mini refridgerator for energizing food;ii)large: mammalia/sentient entity energizing

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 ends 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 (earth pipes 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(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

#### 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); show covers(rubber) hot weather: brighter clothes deflects heat, darker absorbs heat. Light linen/

cotton/silk is best. As 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, some what 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.

#### 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)

rainwater; dew (plates on grass overnight->drink); magnetized water (shungite); silver

(purify)+gold (energize) coins

## DEW PLATES:

glass plates on grass overnight=dew-->drink

CHLORINE(trihalomethanes)=colon/kidney/bladder cancer

## 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

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 D3; silica; vit.A; magnesium; phosphorous; calcium; flourine; K2; 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 creactive 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) floss--->3) rinse/spit--->4) brush with solar panel toothbrush on 45 degree angle against gum line and all surfaces of teeth, back and front---

>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 fillings obtained and can't cure naturally: no metals fillings as they interfere with the body's electrical system picking up emf: porcelain or nonBPA fillings 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 of same)

teeth: keep mouth closed(nostril breathe; normal breathing)

gum stimulator enables anchoring of teeth and prevention of gingivitus

-tooth decay=fast eating (low saliva production)

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-recommend against as possible toxicity); occasional fasting(24-36 hours)

intestines: citrus juice; O2 based cleanser(magnesium oxide powder on empty stomach); clay; activated charcoal; 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; detoxifies itself 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 and necessitates the liver attempting to minimize the damage thus neutralizing its detoxification of other poisons

-meals eaten later in the day obstructs optimal detoxification should be prior to 1700 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 pranayama breathing (belly breath) prior 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 youth/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=vasodilation

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: anti-cancer 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 (this may simply be derived from the uric acid)

-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 (experimentation)

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

2) neti(using neti pot or cup or spout pouring 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 to the point of absorption if desiredorexpel30minutes later, cf.'basti'section)

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

'bates method'; increase vitamins(especially retinol/vit A/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

EARS/EARWAX:

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 (monthly on a routine basis; if bad ear wax repeat until problem resolves):i) lie on side 10 minutes allowing H<sub>2</sub>O<sub>2</sub> to'sinkin';ii) flush ear with bulb and warm water letting wax fallout; iii) repeat with other ear; iv)repeat monthly; caveat: cutips;earwax 'pokers' impact earwax 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

## HEARING:

saturated fat creates hearing problems; blood cells membrane too stiff can't circulate and nourish cells

fatty diet decreases liver efficiency

## CLEANING:

(internal/external applications):

Uv light; plasmas(allegedly stronger; degrades environmental pollutants; spores; bacteria; fungus; chemicals)<read Jorg Lans von Leibefels, 'Theozoology' 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)

## 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

## 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(argenteum 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

### 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 coffee/substance;retain; remain in tub and massage side to circulate blood.

Liquid should not be more than slightly warmer than or equal to body temperature(use back of hand to test prior to administration)

-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 blood vessels 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+vortitized=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 Your Body with Oxygen", McCabe).

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

#### 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  $v(\text{vitality})=p-o$  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.

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

#### 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

#### 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 (eg. reflexology sandals). 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

#### HERBS:

energize: green tea (considered 'yin' in Traditional chinese medicine); 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; 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

#### EXERCISE

##### 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

#### 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(secreting 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;if at all 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).

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

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/increase muscular electrical activity/blood circulation/lymphatic fluid circulation/prevention of joint calcification/development of corresponding movement patterns: stand throughout

- 1) neck: i) side to side ii) extension $\leftarrow$  $\rightarrow$ flexion iii) rotation (left $\leftarrow$ --- $\rightarrow$ right);
- 2)clavicles (shoulder girdle): i)forward; ii)backwards;
- 3)cervical spine (hands across chest): i)forward $\leftarrow$ --- $\rightarrow$ backward;
- 4)thoracic spine (arms pressed against side): left $\leftarrow$ --- $\rightarrow$ right (side to side);
- 5) (widen stance): lumbar spine (hands sliding on out thighs): left $\leftarrow$ --- $\rightarrow$ right (side to side);
- 6) birch pose (Yggdrasil)/arms outstretched: left $\leftarrow$ --- $\rightarrow$ (spinal rotation);
- 7)(crook elbows spinal rotation): left $\leftarrow$ --- $\rightarrow$ 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 $\leftarrow$ --- $\rightarrow$ down;
- 11) (bent over still; cross arms): i) out $\leftarrow$ --- $\rightarrow$ 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--- $\rightarrow$ 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

perform at a rapid pace continuous throughout all joints: 7x/week:

walk: 2x30min V 1x45min.- 1hr./day;

4x/week:cardio(see below):

5x/week:

#### BODY-WEIGHT RESISTANCE

(iff no weights otherwise omit) 2-3 on 1 off 3 on 1off V 5-6 on 1-2 off 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:

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

#### 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

#### 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) x 6 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-weightvest(using plate carrier body armour style vests): climbing stairs/hills; pull ups; jungle gym

#### Strongman:

-farmer's walk(w/dumbbell or other implements)

-carry and drag

-sled pulls

-rope pulls

References: "The Physics of Fitness", Doug Brignole; "The Encyclopedia of Bodybuilding", Robert Kennedy

## '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
- 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)
- iii) time trials race to objective using shortest path using whatever transport of various forms of transport(run; bike,etc.)

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.

### 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

-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 dog (Doberman or German Shepard) & train it using eg. Sports equipment(umpire pads, etc.)

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

MARTIAL ARTS: "Arts of War"

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 other variants/boxing/kickboxing/pancrase).

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/boxing/kickboxing/pancrase); 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

Be your own protector and defender

### EXERCISE STUFF:

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: /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); best kind is multi-angled

### Cardiovascular equipment:

purpose: repetitive large muscle group movement inducing increase of cardiovascular systemic metabolism; lung capacity; sweating/detox; muscular electrical activity

A) elliptical: recommend magnetic resistance whereby one magnet can be moved closer/further from other to increase/decrease resistance;

B) Stationary/recumbant cycle: same principle as A);

C) bike trainer: fluid or magnetic stationary 'trainer' to use w/ conventional bicycle. caveat: most generate excessive noise; may also wear down the perineum and cause impotence

D) bicycle;

E) snow shoes;

F) walking shoes

### TESTOSTERONE PROTOCOL:

eat before hunger; smaller meals; moderate protein

vegetables: garlic; cabbage; turnips; onions; brussels; kale; swiss chard; broccoli

herbs/plant food powders: ginger; tongkat ali; hoshu wu; rosemary; turmeric; tribulus terrestris; cardamom; radix astragalus; beet powder; rosehip powder (vit.C); magnesium oxide; kelp; MACA; epimedium; guggul; shilajit ;

amino acids: glycine; glutamine; taurine

vitamins: A (25kiu); E (400iu); C; B minerals: zinc; boron; selenium; calcium; magnesium; MSM (sulphur crystals) (1 tsp./day max.); B12; zinc;

minimize: fluoride; caffeine; basil; mint; soy; licorice; PUFAs (polyunsaturated fat); cumin; dill; fennel; celery; 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

### DETOX/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: coffee enemas; near infrared heat lamp saunas; pemf device on liver

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

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 decisionmaking 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

#### 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 underground

elimination:

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/alginate; plantain(internal/external); aloe vera; vit.a/b/c/e; pectin; lecithin;

vegetable gums; binders/emulsifiers; sea water(internal)

## NUTRITION

### PREPARATION OF FOOD:

A) raw (recommend against consuming raw food save fruit as hard to digest):

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/steam veg. until or ii) use crock pots/cook pots (glass bake ware) for regular fare and add to steam raw produce after--> seal

B) regular cooked:

grains/grasses (eg. millet/buckwheat)/tuberous roots: -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

### Fructose:

Doesn't suppress ghrelin=no satiety

30% fructose load=fat; hepatotoxin; metabolic syndrome (obesity, type 2 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):potatotes; beets; cabbage; rhubarb; kholrabi root; squash; roots; millet;

buckwheat

substances:

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

FOOD Rules:

"What to eat and When", Stanley Clark, M.D;

"Nutritional Balancing and Hair Mineral Analysis", Dr. Lawrence Wilson

"Nutrition and Physical Degeneration", Weston A. Price; "Salubrious Living", Arnold

Devries; "We want to live live" Aajonus Vonderplanitz

macronutrient ratio:

Carbohydrates (~35-50%+);Protein(~15-20%); Fat(~30-45%) 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(20-25 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)
- 3) raw goat cheese(aged high milk fat(MF); preferably pasture/grass fed, no hormones, etc.);
- 4)ruminant:lamb/ mutton; cow; game, etc)
- 5)offal (organ meat)liver(watch vitamin A toxicity); thymus;kidneys;heart (best to omit as too highly concentrated in iron; copper and toxins)

Vegetables(minimal amount necessary; cook until soft to break up cellulose/dextrinize starch/facilitates digestion):

- 1) roots: carrots; onions; garlic; beets; squash;turnips; radishes5
- 2) cruciferous: broccoli; cabbage;brussels sprouts
- 3) greens:\*beet tops; \*dandelions; spinach; kale;flowers;
- 4) fatty:(non-essential)olive(minimize);
- 5) spice: ginger; turmeric
- 6) herbs:\*oregano; parsely;\*rosemary

Supplements:

chelators/methylators (especially for emergencies such as radiation poisoning):  
chlorella(10gr./x powdered); edible clay(calcium montmorillonite-'terramin';  
zeolite-(1tsp./week max.);

activated charcoal(1tbsp./x); borax(1/8th tsp.)-1x/week max.;

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:

(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.-> kneed 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) 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)

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

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

CANCER:

no disease can survive in an alkaline environment

increase cooked greens; alkalizing; chlorophyll (gives body O2)

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

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- larger 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

chronicdisease when you lose the ability to make functional cells=cell wall deficient fungi damage ATP cause=low voltage

## 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; mod swings; dizziness; disequilibrium; ear ringing/itching; mucus 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)

DECALCIFICATION of soft tissues:

organic sodium (lemon/grapefruit/spinach/celery/dandelion): 1 quart juice/day minimum

BONE:

osteoarthritis= lack of water; too much pro inflammatory food; salt; diuretic; meat/dairy

reduce: phosphorous (excess=calcium deficiency); fluoride; excess sugar, salt (=mineral excretion; nightshades=arthritis)

teeth; mercury ('silver') amalgams=10 mcgr of mercury per day=15% of kidneys destroyed over lifespan

bone mineralization ratio(daily):

magnesium:1200mg:calcium:600mg :vitC:2000mg:copper:2mg :K2:200 mcgr: D3:5,000 i.u:

Boron:2-3mg; Zinc:15- 50mg.

OXYGEN:

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; (single molecule of oxygen); cause of free radical damage=lack of oxygen singlets

NEGATIVE IONS:

stand on earth

-'grounding mat'(from earth); footbaths (epsom/salt)

negative ion generator

## SEXUAL STRATEGY:

### Tantra

Biological transmutation of germ plasma 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.

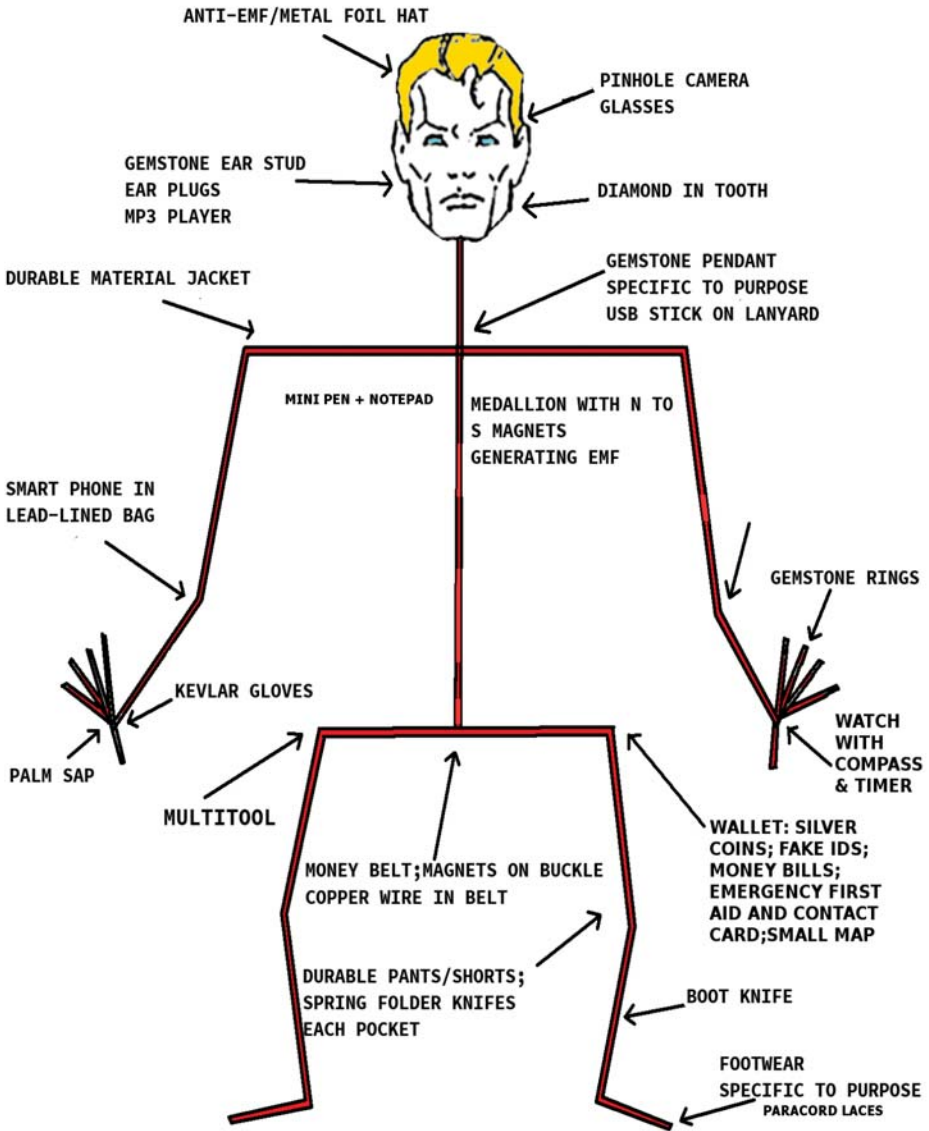
Caveat: "God is love devoid of the ape-like nature"--Jorg Lanz von Leibenfels quoting John 4:16 in 'Theozoology: The Sodomite Apelings and the Divine Electron'

Celibacy over profligacy; sex magick over bestial coupling; no ejaculation outside of conception:"inseminate the cerebrum, cerebrate the semen"-->Midgard to Asgard; 1x bi-weekly 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

# 'AVERAGE JOE' HOMUNCULUS



# ROUTINE

## EXERCISE

### Body-Weight Reistance:

pull-ups--->push-ups--->twists with broomstick (side-to-side//up/down)

### Cardio:

Daily Walk: 30 minutes (time permitting); Long Walk off-day (1x/week)

Medium Intensity : 20 minutes Weight days; 30 minutes Non-Weight days: 6x/week (Low Impact Machine: Elliptical; Recumbent Cycle,etc.)

Stand: 2+ hours

Trampoline: 6 minutes

## FOOD

1)

Eggs (x2-3)

### Nutrient Mush:

Seaweed Sheets:5-10;

Beet Powder:1 tbsp;

Turmeric: 1 tsp.

Sea Salt: 1/8th tsp.

Baker's Chocolate: x1

Tomato sauce

Dried Fruit: 100-200 gr.

Nut Butter: 2-3 tbsp.

Vegetables

2)

Yoghurt/Cheese: (~20-30 gr. protein)

Starch: 50-100gr.

Nut Butter: 2-3 tbsps.

Turmeric: 1 tsp.

Sarsaparilla powder: 1 tsp.

Other powders: 1 tsp.

Seasalt: 1/8th tsp.

Cooked Vegetables

3)

Eggs (x2-3) or meat (3-4oz. 2-3x/week)

Dried Fruit/Fruit: 100-200 gr.

Nut Butter: 2-3 tbsps

Seasalt: 1/8th tsp.

Cooked Vegetables

Tea:

Honey : 2 Tbsps.

Herbs:

Fenugreek; Oatstraw; Dandelion (Root; Leaf); Milk Thistle Seed; Alfalfa; Green Tea  
2 serving of 1 tsp.each

Lime Juice : x2

#### Food List

Protein:

Farm Eggs; Goat/Raw Milk Cheese;

[If necessary: Sardines; Dark Meat Poultry; Game Meat; Lamb]

Starch:

Millet; Buckwheat; Sweet Potatoes; Black Rice; Red Yeast Rice; Rye Bread; Lentils

Vegetables:

Carrots; Beets; Cabbage; Nori Sheets; Beet Greens; Dandelion Greens

Fruits:

Dried (Figs; Dates; Apricots; Pears); Limes; Lemons; Fresh Ripe Fruit

Herb:

Oregano; Rosemary; Sarsaparilla Root; Fenugreek; Oatstraw; Dandelion (Root; Leaf); Milk  
Thistle Seed; Alfalfa; Green Tea; Yirgacheffe

Spices:

Ginger; Turmeric; Celtic Sea Salt

Supplements:

Vitamin C; Chlorella; Beet Powder; Bee Pollen; Baker's Chocolate

Water:

Distilled; Reverse Osmosis; Rain/dew Water

## SANITATION

Sun Exposure: daily  
Enema: 1x/ week  
Earwax: 1/x month  
Bath (with scrubber + Epsom Salt &/or baking powder): 3x/ week  
Ozone Generator (3x/day): 5-15 minutes  
Near-Infrared Heat lamp Sauna: Daily 30-60 minutes  
Vacuum/Dust: 1x/ week  
Shave: 2x/ week

## OCCULT ROUTINE

### morning:

3rd eye meditation--->kundaini yoga

8:88 Third Eye Meditations: 3x/ Day

Power Meditation

chakra cleanse

Aura of Protection: morning/evening

### night/evening:

retrospection (review day in reverse sequence of actions)

wu-shin

## CREATIVITY

Writing: philosophy/poetry/literature

Drawing: pencil/ink illustrations

other forms of art (sculpture/painting,etc.)

inventions/business ideas

## PERSONAL HEALTH ITEMS

-connecting to nature to reset human biohythms:

-One can create an internal vibration of their own choosing which can counter-act/jam/override any invading/incoming ELF frequency.

-Black clothes is an excellent way to avoid headaches. Black colour filters the most harmful microwaves effects; I think it is better to use natural fibres, like cotton or wool.

-remove filings (they attract radiowaves and generate metal vapour which poisons the body- if a necessity only composite filing should be had) don't frequent dentists (implants; rfid chips)

-German new medicine

-ozone generator (for atmosphere and distilled drinking water)

-Plasma gas/Ozone generator: purifies air, kills pathogens, increases oxygen/ozone in liquid/water, internal body purification. Oxygen singlet in O<sub>3</sub> breaks off and binds to pathogens, etc. destroying them via redox reactions;

-natural fibre clothing (linen; silk; cotton)

-earplugs

-white noise machines (fans; etc.)

-music (harpichord; instrumental polyrhythmic-helps to enhance memory and to complicate brain activity to throw of RNM attempts by perps

-prayer/meditation-mat: i)wool(magnetic resonance/piezoelectric effect)

ii) organite blanket(above)layering of organic/inorganic materials(eg.carbon steel wool & wool) iii)yoga mat(bamboo reeds/wicker/natural material);

ION generator: purifies air, reduces inflammation/DOR(deadly orgone energy);

-Chromotherapy color light: swathes or bulbs: activates correspondent chakras via sympathetic vibration

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

-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/tumours;

accelerates blood circulation; increases tissue cellular metabolism; anti-wrinkle; stimulates lymphatic drainage; breaks up calcification; use on: joints; muscles; blood vessels; blemishes;

#### 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. (recommend protection stones such as shungite; obsidian; onyx; also morphogenic field/aura amplifying stones such as rubies; these can be had for cheap if lab created)

copper string necklace with a magnetic fastener and added an electronic resistor greater than 15000 Ohms.

#### 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

This form of musical instrument helps to cause vibration to distribute through the limbs of the body and alter physiology such that RNM is disrupted/distorted; also induces trances which assist in right brain activation

-- Vaporizer: increases H<sub>2</sub>O in atmosphere; clears sinuses; amplifies O<sub>2</sub> facilitates respiration (water vapour helps to reduce efficacy of DEW attacks): The cool moisture mist will change your frequency, immediately assist to relieve tiredness, and help you to become more alert. Also dunking one's head in cold water and running cold water on the cheeks and neck activate the vagus nerve

-- Handheld Vibration machine: use: post application of oil to facilitate purpose: increases blood/lymph flow/muscle electrical activity; breaks up calcification/adipose tissue;

#### 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);

additional items in vessel:

i) shungite [giza pyramid dimensions]

(negative 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;

purification methods(priority sequence):

1) spring water

2) distilled(make own

distiller-STC);

3) 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

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

Toothbrush:

Soladey titanium dioxide rod w/solar panel (generates negative 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

Neti pot: eliminates mucous in sinuses

Footbath:

generates vibration/heat; use w/ magnesium sulfate(epsom salts) to extricate internal toxins via soles/increase magnesium for antiinflammatory/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 breath/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 (eg. Coffee enemas which clean the liver)

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

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) Scalp brush (stiff boar bristle brush);

D) scalp massage brush( wooden roundtipped bristles for stimulating scalp/blood/lymph flow

Gum stimulator: 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

Sanitation :

-UV light toothbrush box

-small airtight vacuum seal container

-gum stimulator+refills

-toothbrush (soladey+replacement heads)

-safety razors+blades+small brush

-nail trimmer

-mechanical nostril trimmer

-loofa (exfoliate)

-scalp brush(boar bristle)

-scalp stimulator

-ion/03 generator

-pot (bedey)Vbedey attachment

-enema bag

-extra virgin coconut oil (oil pulling; skin conditioner)

-Grecian olive oil soap

- towels (x2 large; x1 small)
- baking powder (laundry, tooth brushing)
- vinegar (dish washing)
- detox: activated charcoal powder
- edible clay (ca+ montmorillonite; zeolite)
- epsom salt (magnesium source-calm/relax); diatomaceous earth (bedbugs-put around bedposts)
- water distillation machine
- hydrogen peroxide+dropper (wound irrigation; ear wax elimination-STC)
- exfoliating cloth(x2)
- lip balm

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TOPOLOGICAL STRATEGY (useful public and private spaces)

(see "How to Hide Things n Public Spaces")

-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/body weight resistance apparatus/cardio equipment+ shower/washroom/potential social services-poor discount availabel from YMCAs)

public internet source (library-public; school; cafes; 'hotspots'; job search centers);  
 underground parking (sleep in van)

## 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 on to cart attached via padlocks &/or 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 or cut oneself); cover with tarp to minimize notoriety; - lock bike to cart & fixture when not in use-keep in sight if possible

# 'SHOPPING CART CARRY-ALL'



- Large-Sized shopping cart (walmart or Ikea)
- Obtain off property or pay person to abscond with one
- erase/remove proprietary markings/brand icons
- possibly spray-paint



- cut rear ('chainstay') of bike frame
- weld to front of cart
- or
- weld ball-hitch and weld ball-hitch coupling to chainstay for easy removal
- possibly couple with padlocks and chain

- swivels/moves up/down on ball hitch
- end of chainstay hooks on cogset rear bolt

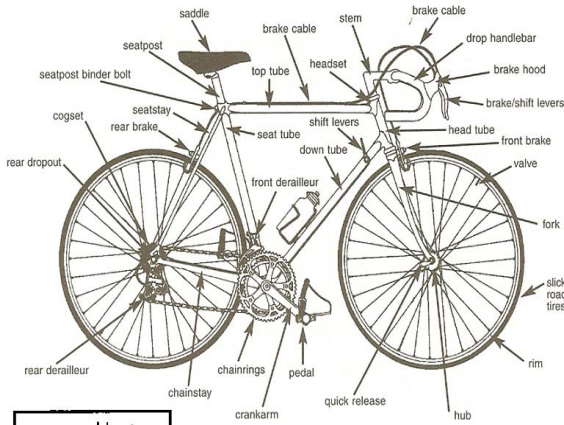
- 3)
- wire/weld to shopping cart expandable metal mesh
  - cart can also be pulled via chains on front
  - metal mesh lid adhered by padlocks on hinges or heavy-duty wire to make openable
  - mesh on all sides to prevent people stealing items



**B.O.V #2:** (dark/black color mountain/hybrid/folding) pedal/gas powered bicycle

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)

# 'BUG OUT' BICYCLE



**FEATURES:**

**MOUNTAIN/HYBRID**

**SOLID COMPOSITE TIRES**

**BIKE POUCHES FOR TOOLS  
USE BIKE TUBES FOR STORING**

**VALUABLES IN BAGGIES  
RETRIEVABLE VIA ATTACHED  
STRING**

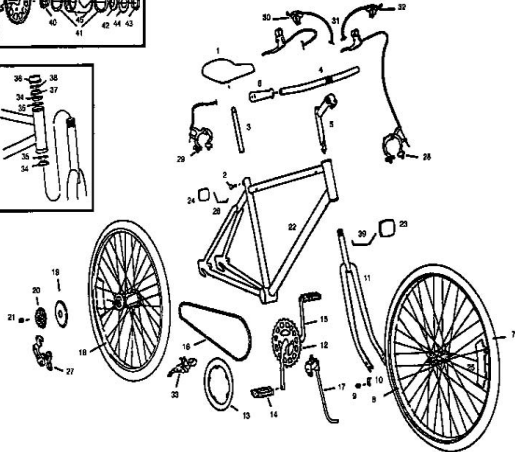
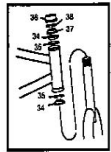
**REMOVEABLE PANIERS FOR  
EXTENDED TRAVEL OR HOMELESS  
EQUIPMENT**

**FRONT/REAR BASKETS**

**CARRIER/PULL TRAILER**

**HAVE RECOURSE TO BIKE IF NO  
OTHER VEHICLE**

**USE WITH  
SHOPPING CART CARRY-ALL**

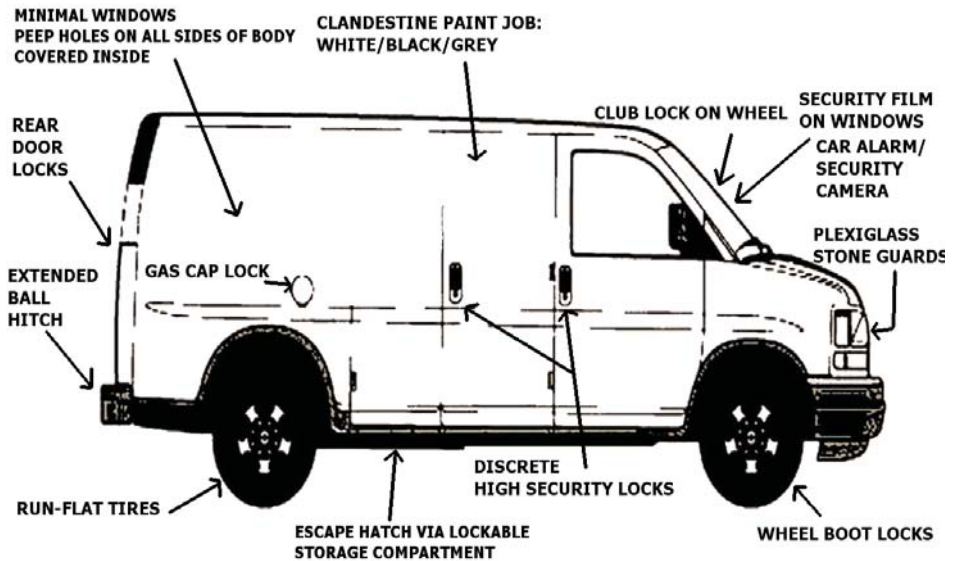


B.O.V #3: stealth motor vehicle:

propane/biodiesel cargo or conversion van or pickup truck w/truck camper +possibly small utility/livestock trailer+roof storage compartment

(least necessary goods-necessary goods priority: 1st: inside homeless bag; 2nd: inside vehicle; 3rd: inside pull trailer; 4th exterior eg. roof or under carriage); type most generic (eg. dark/black color w/ blocked windows &/or tinted)+disguised travel trailer: blocked/covered windows+painted 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

## 'BUG OUT' VAN exterior view



OLD MODEL: '80S; 90S  
METAL BODY  
BIODIESEL ENGINE  
INTERIOR FEATURES:  
SHEET METAL INSIDE TO BUFFER EMF  
SHELVES WELDED TO INTERIOR  
SECRET STORAGE COMPARTMENT (ELVATED FLOOR WITH REMOVEABLE FLOOR PANEL)  
VIBRATION REDUCTION/SOUNDPROOF PANELS

## DWELLING #4-shipping container/seacan house

(semi-mobile)/moveable on transport truck with winch,etc.)

location: near potable water

source: (fish/drinking./washing); farms owned by neighbours; 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 of manufacture/move: under 30,000 (use local contractors for welding/cutting doors/windows; carpentry,etc.to reduce costs); buy container from shipping/construction company & have shipped to land;

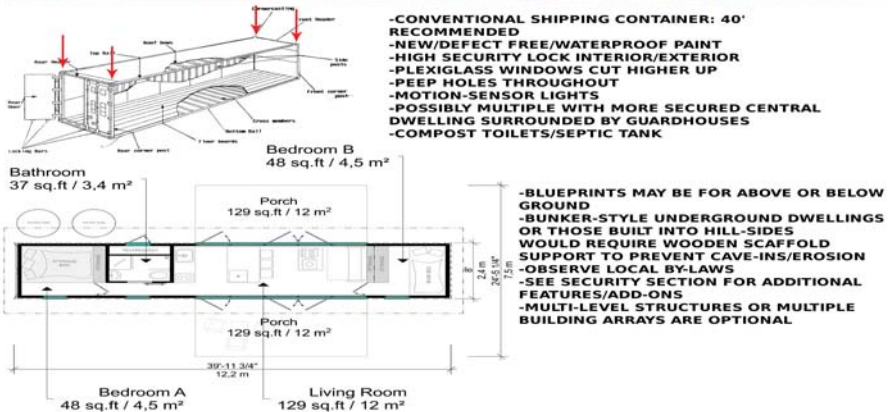
features:

Doors: reinforced steel door/frame (fitted with tightly packed 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 or biodiesel generators+ barrels of restaurant grease (fuel); 'mini-house on wheels' alternative option if climate and legalities permit

### 'SHIPPING CONTAINER SURVIVAL RETREAT'





[sub]urban survival hunting (in events of extreme hardship):

squirrels; rabbits; pigeons; large birds, etc.

time: early morning or night: 2300-0500hrs.)

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.

source of food:

walmart/box stores (see internet "How to Steal Food from the Supermarket", eg.) watch for undercover security aka. 'loss prevention' (research 'loss prevention techniques')

[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: mail/box store parking lots; industrial districts; highway rest areas; dirt roads; apt. complexes; auto repair shop; hospital; motel; truck stop; parks; 24 hr. gym; etc.)

heat: (insulated interior windows w/styrofoam &/or electric space heaters (iff. electricity); geerator; fsolar; also closed cell spray foam 2"+ around interior)

sanitation: compost toilet; port-a-potty; alcohol wipes (hands) &/or water (bedey-preferable)

cooking: (inside): colmean stove & pot; (outside) fire barrel+ tinder+grills+dutch oven)

## LIVING SPACE/NORMAL DWELLINGS/INVESTMENTS

### 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 & goats exclusively any kind of land is fine)

-nearby clean water source (well water; river; lake, etc.)

-proximity to populace regions (depends on purpose: closer=more notorious). Minimum 30 minutes out of mid-sized city, 1 hour out of major city

-high elevation above sea level (minimum 700 ft.)

permaculture/type:

crops: hemp (seed; paper source for sale, etc.); tomatoes(greenhouses); rotational crops; dandelions

livestock: chickens; goats; cows; other quadrupeds

community: members: known/trustworthy people; strangers recruited through organization by vetting/selection of members

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

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 Shepherd; 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

-structured around the farm manager

## 2) DWELLING

### Location:

predominantly white area (town; suburb, etc.)

Type: 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.

-brick or concrete preferably or solid(architecture) pre-1950s old building(eg. Manor house) with concrete or brick wall and/or wrought iron fence; elevated above street level; on hill across boulevards/over river/across railroad tracks/away from high crime/non-white areas

-basement converted to bunker

-chicken coup/greenhouse if allowed by law)

-separate well/septic tank; solar panels; wood stove

### security features:

-security film+bars on windows

-concrete wall+wrought iron spiked fence+hedges

-security cameras monitored from within as above

purchase: by : a) investor who collects discounted rent from residents (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 (multi-year leasehold estate eg. 5, 10 year)

source:

Ragnar Benson, "The Modern Survival Retreat"; "Dirt Cheap Survival Retreat";

BackWoods Magazine(homesteading);

## FINANCIAL STRATEGY

### Dwelling/Realty Financial Strategy:

leashold/lifehold estate or part ownership in friend or relatives' property—the former could be a many year lease with consideration being 'providing security/maintenance of the property, etc. thereby also preventing the sale of the property via a 'subject to' clause of your dwelling thereon as 'rights run with the land' in commonwealth property law (UK; Canada; Australia, etc.)

### Always Rent

-never pay off the principle of mortgages as amortization reduces the 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 (beans/bullets/bandaids/bullion/barter goods)

-pay minimal downpayment/interest

-No 'citizen' owns realty [ie. land and buildings attached to the land ('fixtures')] only the government does. Property tax nullifies ownership. Therefore you always rent never own real estate.

dwelling/realty financial strategy (see also topographical strategy, etc.): leasehold/lifehold estate or part ownership in friend or relatives' property—the former could be a many year lease with consideration being 'providing security/maintenance of the property, etc. thereby also preventing the sale of the 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', 'The 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.

caveat emptor: status in the eyes of others focuses all too often on the false self, the personality not the real Self)

'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 like-minded people

## CHARITY

### 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 world order and its psychological affects

## PATRONAGE

### 1) Establish:

a) a cooperative farm or volkstead whereon 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 people 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

2) Pay 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. 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 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 ideology.

5) Establish a fund or investment vehicle or create a charity to draw profit into the 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.

- 8) Establish naturopathic health clinics that also serve as a museum for medical practice prior to modern allopathic dominance: eg. Old instruments and equipment as well as framed photographs of archival footage with captions and books for sale to demonstrate true medical practice.
- 9) Put on concerts and plays starring only White musicians and actors consisting only of White created Art (eg. Mozart; Shakespeare)
- 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 the community/ clients property and events. Such an organization could be used as a recruiting tool for prospective activists employing Whites only. The 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 cause exclusively not to greedy children if they are known to be prodigal wastrels or ideological enemies.

## SECURITY

### Security Resource items/Infrastructure

#### perimeter security:

- electrified barbed wire fences sunk in concrete pilons; perimeter fence (barbed wire; stone wall with hedges; wrought iron railing)
- moat (manually retractable drawbridge/'chicken walk') with sharpened logs jutting out
- booby trap pits
- electric wrought iron gate
- dog run (Doberman; Rottweiler; German Shepard); guard dogs (caveat: danger of their being killed; poisoned or tortured by enemies)
- possible incendiary devices
- guard towers [(manned 24/7 with armed guard(s))]
- security cameras on property: motion sensor,wire-mesh covered flood lights with panable bubble dome video cameras (with zoom function)

#### on property (infrastructural security):

- alarm system (ideally not run by compromised security company-most are enemy controlled)
- multiple Bolt locks on interior doors (middle and above and below midway door jamb; welded to metal door)
- doors should be solid steel with reinforced doorframe (metal kick plates if wooden door; also plate to prevent intrusion through sawing of deadbolts with hacksaw blade)
- barriers erected across path to residence (eg. logs; heavy steel barrels or cisterns)

#### building:

- brick/concrete (reinforced with rebar) or aluminum siding to prevent arson; shipping container
- bunkers; cisterns for water; woodstoves+fuel (cords of wood)

#### exterior:

high security padlocks: these are only as strong as the doors they shut: the weaker the door the less valuable high security padlock would be

Grade 6 high security shrouded padlock (large-style):



Sargent & Greenleaf (S&G) 951 or 833 Padlock; Abloy Protec2 PL 362 Shrouded Hardened Steel Padlock (Finland) ; Anchor Las 590-6 Padlock (Swedish); EVVA MCS Shrouded Padlock (Austria): this magnetic lock may be the most difficult to pick

smaller padlocks: S & G wheel combination padlock

safe (ideally sunk in concrete)

Doors:

steel door

interior:

deadbolt

Abloy Protec2 Jimmy Proof Deadlock Deadbolt; BiLock Jimmy Proof Deadlock Deadbolt; tape the dead bolts into the locked position, whenever possible, for your own safety.

door reinforcement :

DJAarmor Platinum Jamb Armor Combo Kit for Standard Doors

bar lock (2x4s inserted into wall brackets on either side of door frame)

Heavy duty Hasps:

bottom of door:

DoorJammer Portable Door Brace; Wedge Door Stop Security Alarm; Door Barricade Brace Night

Security Lock: eg. nightlock (\$40)

chain:

Hardened boron steel high grade chain (Pragmasis brand from UK)

travelling:

portable door locks:

Calslock; MasterBolt; Addalock; Qicklock Portable Travel Door Lock; Pocket Lock Portable Door Lock;

windows: burglar bar; metal mesh (screwed into frame); spring loaded expandable bar; security

film (to prevent smash entry/mischeif);

vehicle security:

-security film

-boot lock (on wheel)

-club-style lock on steering wheel

-dash camera

vehicle door:

Mul-T-Lock (jewish company unfortunately) ArmaDLock

gearshift: MVP 45

Personal Defence (be aware of local laws):

body armor:

kevlar helmet; ballistic face mask (with bullet proof glass for eyes/window); shin guards; bullet proof vest; bullet proof shield with bullet proof glass window; ballistic clothes; (body armor can be made at home)

blade/knife:

pants pockets: spring-loaded folder knife; fixed blade; large machete (home /bushcraft); samurai sword (small or large)

concealed knives:

ice picks/marlin spikes; cane blade; kubaton blade; belt buckle knife

blunt instrument:

collapsible baton (friction); stick; cane (lead lined or containing knife/sword) steel shot gloves or kevlar knuckle; lead 'saps' for palm; brass knucks; baseball bat(aluminum); kubaton or monkey fist on key set; mace/club

whips: retractable defence whip; whip belt; neck chain whip (magnetic clasp)

bows: crossbows (repeating)

guns:

rifle: sako; winchester 270.; 30-06; with nightvision/infrared scope

handgun/sidearm: ruger mark 3 or 4; .38 special revolver blue-black metal; .357 smith and wesson revolver

shotgun: 12 gauge pump action semi-auto shotgun

semi-automatic (repeating) military-style rifle: M-16; SKS

sub-machine gun (smg): H&K MP5; MAC-11; Scorpion machine pistol

bb gun: pistol and rifle + lead bbs

tranquilizer gun: pistol+rifle+darts

gun locks+keys; gun cleaning kit (oil; rags; brushes);

home made weapons (in WROL/SHTF situation):

(look up on internet for instructions): pepper spray; microwave maser/herf gun; stun gun; pipe guns; Homemade wooden 'knucks'(mahogany/cherrywood;teak);straight razor; spear; ball and chain; modified tools (eg. nailgun; blasting caps,etc.); molotov cocktails,etc.

#### 1ST AID KIT

Activated Charcoal in sealed container

Capsaicin balm

Antibiotic Ointment

2 absorbent compress dressings (5"x9")

25 adhesive bandaids (assorted sizes)

1 adhesive cloth (10 yards x 1")

1 space blanket

Alcohol pads

1 breathing barrier

1 instant cold compress

pocket First aid guide/printed laminates

non-latex gloves (nitrile)

scissors

2+ roller bandages (3" & 4" wide)

10 sterile gauze pads (5, 3"x3";5, 4"x4")

oral thermometer (non-mercury/glass)

triangular bandages

beesting kit

potassium iodide

tweezers

medical adhesive tape (10 yard roll min. 1" wide)

safety pins

surgical thread+needle

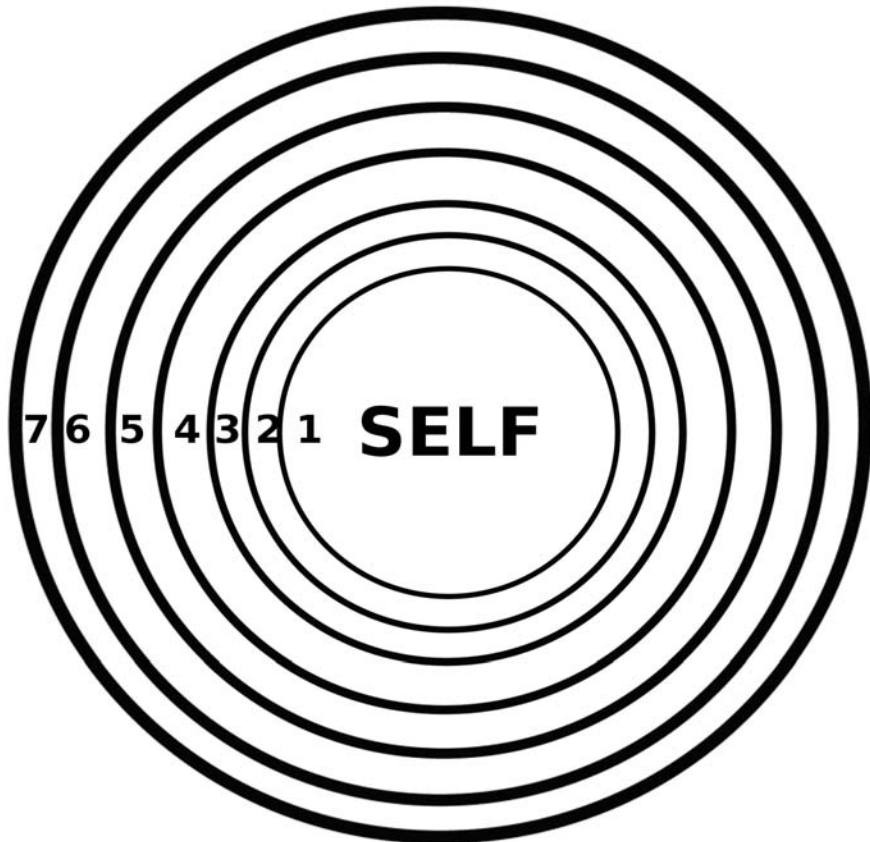
tensor bandage

hydrogen peroxide

syrup of ipecac

wound closing strips (steri-strips)

splint (two flat/straight sticks, approx 3"-4" wide x 10" long)



## **7 TOPOLOGICAL LAYERS OF SECURITY**

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1) see 'Security Homunculus' diagram: You

2) Extra Equipment

B.O.B (bug-out bag; fanny packs; chemsuits; Briefcases; duffel bags, etc.)

3) Vehicles

[motorized (electric/gas motor bicycle;scooter; dirt bike; motor bike; 4x4; car; truck; van (dwelling); cube van; airplane (glider); gyrocopter; boats (speed/pontoon/house boat ; manual vehicle (bicycle)]

4) Allies

(network of formal/informal contacts)

5) Dwelling

(shipping container bunker; brick/stone/concrete structure; underground/inside of hill,etc.)

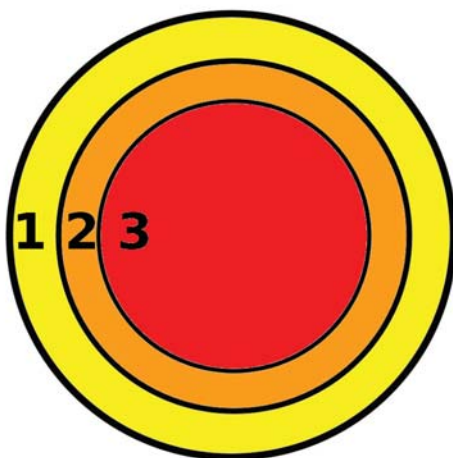
6) Region

[land; terrain; infrastructure (buildings; military and police depots; ethnic gang ghettos/H.Qs; antifa & enemy H.Qs & religious enclaves)]

7) Heaven & Earth

(aeonic conditions; weather; etc.)

# SECURITY THREAT LEVEL



## 1) LEVEL 1

### LEAST IMMEDIATE/INTENSE THREAT

(eg. on a ranch under conditions of relative social stability)  
counter-measures: pdws (personal defence weapons)

## 2) LEVEL 2

### INTERMEDIATE THREAT

(eg. walking through urban area @ night during parties; counter-measures: concealed/disguised pdws & training; presence of allies)

## 3) LEVEL 3

### IMMEDIATE &/OR MOST INTENSE THREAT

(eg. guerilla war; counter-measures: access to most lethal assets (arms) &/or highest level of protection against most lethal enemy assets(armor)

### DETERMINING FACTORS FOR ASSESSING THREAT LEVEL:

1) actual or likely presence of enemies

(quality; quantity; lethality)

2) presence/possession of counter-measures/assets

(allies; equipment; terrain/natural resources

3) complexity of environment

(more complex=more potential danger but more potential concealment)

## SOLUTIONS FOR TARGETED INDIVIDUALS

(see "Targeted Individual handbook: Combating Gangstalking and Directed Energy Weapons", Loki Hulgaard)

### gathering evidence/surveilling perps:

the equipment outlined below is adopted to clandestinely monitor the perps while being kept on the person and may also be used for surveilling targets and cataloging their movements

- cellphone in armband facing forward
- spy camera glasses (~\$100)
- pinhole camera in hat
- hand-held audio recorder (use in event of communications with government employees especially, to have a record of the transaction as a defense against false accusations and/or lies by omission) (~\$50-80)
- burglar alarm with pull-cord (to sound alarm if attacked) (~\$40-50)
- airhorn (to blast perps)
- vehicle dash cam (front and rear)
- bike helmet camera
- digital camera (w/32 GB sd card)
- telephone pickup microphone (allows recording of phone conversations)
- telephone pickup microphone (recording all conversations coming in and outgoing)
- live with other trusted persons

The equipment outlined below is adopted to clandestinely monitor the perps

### on person:

- telephone pickup microphone (allows recording of phone conversations)

### on property (infrastructural security):

- panable bubble dome video cameras (with zoom function); motion sensor
- wire-mesh covered motion sensor flood lights
- perimeter fence (barbed wire; stone wall with hedges; wrought iron railing)
- moat with sharpened logs jutting out and retractable/removable bridge across ('chicken walk')
- guard dogs (caveat: danger of their being killed; poisoned or tortured by perps)

- alarm system (ideally not run by compromised security company-most are)
- multiple Bolt locks on interior doors (middle and above and below midway door jamb; welded to metal door)
- doors should be solid steel with reinforced doorframe (metal kick plates if wooden door; also plate to prevent intrusion through sawing of deadbolts with hacksaw blade)
- barriers erected across path to residence (eg. logs; heavy steel barrels or cisterns)
- wire mesh screwed into windows on the interior
- telephone pickup microphone
- live with other trusted person or fellow vetted TI (caveat: fake TIs abound-exercise extreme caution)
- carbon monoxide and other types of gas detectors (to detect gas perps may pump into your residence)

#### Dealing with Perps:

Covertly monitor perps with recording devices and practice mindfulness at all times to avoid being struck by vehicles; assaulted; set up/framed

Do not respond in any way that could be construed by the 'reasonable man' as aggressive; emotionally erratic; threatening or suspicious to avoid potential public opinion you are 'mentally ill'. Maintain the facade of normalcy at all times.

"Perps have to blindly obey within a second. Or they will be punished. I have often witnessed it on the bus or skytrain or in line ups. Wherever harassment takes place, there is always a supervisor near. The perps look at the supervisor for the ok to set off their weapons. This is done by eye blinking. The supervisors never carry a cellphone openly in their hand. Many of them wear a suit to demonstrate their authority. When perps escalate a situation, the supervisor will step in and de-escalate it. Supervisors often saved me from being apprehended by the police due to some stupid act of a perp. The police yields to the intervention of the supervisor, this is how I found out who is boss. The higher supervisors are Mossad agents." (quotation from a targeted individual)

Compile a list of names; faces and residences of perps in the form of audio-video and photographic evidence which can be used to charge them with: harassment; sexual assault; voyeurism; property damage; nuisance; mischief; disruption of the quiet enjoyment of the premises (bylaw violation); break and enter (B&E) or whatever other crime they may have committed. Prepare in advance to have the list and other information available for release by an online 'deadman's switch' which will automatically send the information (be it a link to a storage site or websites of your own you keep clandestine) to trusted sources should something happen to you. This may lead to the perps being brought to justice.



### Detecting Poisons/Radiological/Chemical/Directed Energy Weapon (microwave) Attacks

- carbon monoxide and other types of gas detectors (to detect gas perps may pump into your residence)
- bug sweeper (detects rfid implants and other bugs perps have planted in residence)
- geiger counter/dosimeter (cheap portable vintage soviet versions are available)
- emf meter (acousticom is a reputable brand)

### Shielding Against Directed Energy Weapons (D.E.Ws, eg. microwave weapons)

- shielding fabric (eg. silver fibre)
- styrofoam panel covered with multiple layers of aluminum foil covering all walls
- aluminum siding
- lead paint
- sheetmetal screwed into walls inside (must overlap or have additional metal panels covering cracks)
- caulking or synthetic resin or pine sap along floor boards (to prevent gases entering residence)
- mosquito screening/metal mesh mosquito net around bed and over windows
- lead lined bags/containers (lead'pig')

#### Shielding:

Move to a detached structure home or RV. A location that has the least number of angles of potential attack is best.

A home with less neighboring structures is a much better option than one in the middle of a subdivision with homes located on all four sides, because you never know who could rent or buy the home next door. The inner-most location of a dwelling may provide the most secure area due to more walls being present between yourself and the offender. Homes with basements are prime. The further you are from the nearest structure, the better.

-Shielding paints – the revolution in shielding technology.

One of the top selling products for electromagnetic shielding is the metal free high frequency shielding paint. It is applied like any other paint. Most of these paints are suited for both indoor and outdoor use. There are different qualities. I have included two of the several available. These paints are suitable for a wide range of applications:

Living areas: Protection from HF-radiation from cellphone towers, TV and radio broadcasting antennas, radar, digital standard cordless telephones, wireless networks and other last-mile applications. To prevent datastealing from wireless networks, to prevent interception of

potentially bugged conference rooms, to shield EMIsensitive facilities and equipment. Medicine: Protection of sensitive technical equipment. Further applications:

schools, nurseries, hotel rooms, hospital rooms, recording studios, etc.

(Pure acrylic, HF radiation + LF electric fields, Interior + Exterior application)

This paint has a high attenuation even with a single coat. Attenuation of 36 dB (shielding effectiveness of 99.98 %) at typical coverage in one coat, attenuation of 43 dB (shielding effectiveness of 99.995 %) at typical coverage with two coats. This paint has good adhesion on most interior surfaces, such as old emulsion paint layers (regular interior paint latex or vinyl, sheetrock, cement, plaster, masonry, wood, etc. Also, it can easily be covered with water based latex or vinyl paint, the color is black. This paint is reinforced with long conductive fibers, which bridges the gap in the underground. This simplifies the process so no ground strip is needed, especially in outdoor applications. Highly breathable, free of solvents, plasticisers, etc

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/bamboo/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 negative ionic properties for anti-inflammatory function.

#### Faraday Cages:

Faraday cages can attenuate electromagnetic energy. Steel sheet metal grounded by electrical wire and 50% Silver fabric can form the main base of the structure. Mu-metal and SiliconSteel can be added at critical areas (head region) to attenuate low frequencies, which are your biggest enemy.

Finally, envelop the structure with silver fabric, such as 50% Silver Argonmesh. Lead sheet or PolyTungsten sheet is not required but it is added protection against high frequency ionizing energy (and acoustic energy). Sheet Metal: (below is an example of a sleeping/safety chamber) use: 20 to 30 gauge Steel sheet (with iron content - Not stainless steel) can be effective against lower electromagnetic energies when electrically grounded. I would recommend testing the integrity of your electrical ground with a small volt meter. (20ga = ~1mm thickness & 30ga = ~ 0.3mm thickness.).

Other ideas for shielding faraday cages are: metal bathtubs converted as above; wood frame enclosure shielded with aluminum mosquito netting (multiple layers) and possible aluminum foil with small holes punctured in it.

#### Steel Plate:

Steel's iron content can effect the magnetic component in electromagnetic transmissions. The steel's carbon can act against the electrical component.

Lead (Pb):

1/4 inch thick lead sheeting folded into multiple layers, as needed, can provide effective attenuation of ionizing and acoustic energies. It is malleable and can be folded with some pressure and cut with a box cutter blade. Lead is a poison and should be handled with caution.

Use lead 'pigs' to store electronic equipment to prevent emp attacks (electromagnetic pulse , aka. 'Ebomb' attacks); also lead lined bags

#### Rubber:

"Natural" rubber bath mats or rubber step stones (pavers) have proven to be effective as acoustic dampers (MUST be natural rubber). Five or more mats (or several pavers) can be rolled or stacked together and duct-taped as a bundle.

Other shielding materials: feathers; real wool; leather; silk

#### Cemented Basement as shielding:

cemented provides coverage from electronic attacks (microwave, electromagnetic, and laser). My basement is cemented throughout except for some of the walls and ceiling

3 things as essential for TI's to wear :

1- Lead vest

2- Lead hat

3- Silver-lined ballcap

I believe 0.175mm is the ideal 'happy medium'- protects but can wear it throughout the day without its weight wearing you down.

-Lead curtains

-copper foil; barbecue grill/baking sheets (copper infused); copper mesh scrubbers

-lead or bbq grill paint (put on reverse of mirrors to deflect DEW emf)

-high rated window tinting (eg.Florida)

-mylar blankets

-chain mail

-silicon

-silver fibre clothing (buffers emf and energy fields as well as destroys bacteria) and leather and

-rubber clothes (help to buffer emf)

-incense and wood smoke (blocks lasers/scalar weapon beams)

-mist (disrupts current): showers and steam machines/vaporizers relieve that ever so washed out tired feeling. This is meant to assist instant alertness, and also towards thinking more clearly. It has been tried and seems to work well. This simply involves a spray bottle filled with water, (Cost efficient).

### Jamming Signals

"Many" so-called DEW attacks are likely not a directed beam or laser but actually an extremely low frequency radio broadcast that has been modulated into waveforms that mimic pain, sound or an actual physiological process of the body.

-magnets (N52 neodymium high gauss small size with rounded sides: creates magnetic field that interferes with the DEWs' specific frequency thereby disrupting it): wear these on stainless steel

-jewelery (ear studs; chains; bracelets,etc.)

-earthing (1st thing in morning barefoot; tree hugging; moccasins; all generate negative ions and/ or assist in removing positive ions thereby reducing inflammation)

Home-made electric and magnetic jammers such as those at [www.us-governmenttorture.com/callallfriends.html](http://www.us-governmenttorture.com/callallfriends.html) and [www.us-government-torture.com/countermeasuresNOguaranteeNov2000.htm](http://www.us-government-torture.com/countermeasuresNOguaranteeNov2000.htm)

may be worth experimenting with; the bare-wire electric motor jammer has been found to be notably effective

"Many" so-called DEW attacks are likely not a directed beam or laser but actually an extremely low frequency radio broadcast that has been modulated into waveforms that mimic pain, sound or an actual physiological process of the body.

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earthing (1st thing in morning barefoot; tree hugging; moccasins; all generate negative ions and/ or assist in removing positive ions reducing inflammation)

### Movement:

moving around prevents/impedes RNM on the part of the person. When standing in front of a computer eg. Moving the body or sitting in a rocking chair or using a cardiovascular machine

### Scalar Wave disruptor:

1800W/2500W ZVS Induction Heater Induction Heating Machine With Copper Tube (purchase power supply with it)

ECS machine (electro-cranial stimulation, eg. Altered-states.net; cesutra.com) used to manipulate brain wave activity to throw off remote neural monitoring and induce certain mood states)

### 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 &/or 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):Helps confuse RNM(remote neural monitoring)/mapping of consciousness by perps

When you detect electronic assault employ brain entrainment tech. Listen to subliminal recordings and/or polyrhythmic music while sleeping via mp3. This combats noise disruption and V2k interference with consciousness. Harpsichord and Baroque music is recommended

### Binaural Brain Entrainment Tones:

The Binaural Brain Entrainment tones will help interfere with the various frequencies they use to Brain Map us. Listening to multiple radio stations simultaneously, and thinking multiple thought streams simultaneously (what Bryan Tew called "thinking in multiple threads") Remember it is all Encoded and Decoded Bio-Neuro-Physio-Radio-Electical

Wearing UV (Ultra Violet) Sun or Safety Glasses significantly reduces the access to the eyes by lensatic refraction and distance shielding and de-resolution.

### Protection From Vibration:

Leaning something against the window cuts the vibration down considerably—a heavy object wrapped in fabric like a towel for example.

- Rife machine (radio frequency generator)
- hand-held zapper ('Hulda Clark' zapper)
- Pemf device (pulsed electromagnet) [reduce inflammation; protect from DEW attacks]

### Anti-EMF:

use: buffer/shield electromagnetic fields to prevent mind control via cell towers/electrical grid/HAARP, etc.;

Forms:

A) clothing/fabric (typically silver fiber interwoven with nylon;bamboo;cotton material. Hats; trenchcoats;gloves;socks;facemasks;etc;

B)shielding paint for dwellings/other structures.

- Lead vest
- Lead hat
- Silver-lined ballcap
- Lead curtains

### Combating Acoustic Assault:

earplugs

white noise machines (fans; etc.)

music (eg. harpsichord; baroque polyrhythmic; electronica; fashwave

### Magnets:

increase voltage/boost energy field; anti-inflammatory if ~polarity of magnet used;

Magnet chair: A) folding metal chair with magnets underneath seat, preferably with wool blanket on top(piezoelectric effect). B) Magnetic bed (magnetic mattress pad); C) magnetized food/drink

plates/containers worn on jewellery (ear studs; necklaces; bracelets,etc.)

-use an Exercise headband to hold a complete circle of magnetic strip placed against the skin. Be sure to cover your ears, eyebrows and nape of neck. You can add more magnets to

this circle especially at center forehead, at ears, next to eyes at temples (if you have video's-in-the-mind) and at base at neck.

-use this to sleep or I wear it all day.

All magnets need to be north side placed against the skin.

-To determine north side of magnet, use a hiking compass flat on the table, pass magnet face perpendicular to compass on table. If the compass needle does not move, then you know that this is the north side.

-bakeable art clay as an earplug and place a magnet in the center

-sleeping mask with magnets sew inside to minimize facial D.E.W attacks

#### Degauss (Instant Grounding) Tips:

Place the same nickel size magnets in a small Altoids tin that you can carry in your pocket. Use the backside as the north side so you always know what is the side to use. It fits in your hand discretely. Pass the tin over the side of your face, down the side of your head, at your temples if you are getting disturbing visions or any where you are experiencing pain.

-Make small flat spirals of any type of copper wire, uninsulated. Count the number of lines in the spiral to 9 or 12 across the complete diameter. Attach speaker wire to the spirals. Tape the spirals at the nape of the neck, side of the head, over heart, inside hat (for example)

-Run the speaker wire under clothing to your feet, Also put magnetic printable sheets from office store in your shoes.

-child protector plugs painted with the graphite powder or lead paint. Test your outlets to see if they have been magnetized. Hold the hiking compass perpendicular to the wall and pass over plug. If the needle swings more than half way, you must change out the socket. This is easy to do and can be learned from the internet. Be sure to scrape the ends of Romex wiring coming from the wall several times to realign the electrons before installing new socket.

-sleeping on a water bed had the effect of "completely grounding-out the directed energy."

-grounding shoes/sandals

-Electrical Grounding and Ground Planes

-Aluminum screen that is electrically grounded, thus forming a ground plane, has the effect of absorbing directed energy. For example place a bed-sized sheet on the mattress, with a fitted sheet and perhaps a thin cotton pad on top of it, and with a wire or clip lead connect the screen to electrical ground (third round prong of an electrical receptacle, cold water supply line metal plumbing pipe under the sink, or a metal rod driven ~2' into the ground outside). Also effective is having an electrically grounded wire touching the skin while sitting or sleeping.

### Coping Techniques:

3rd eye Meditation+ zen satori techniques (detachment from the spatio-temporal plane, ie. The veil of maya)

Mantras (Aum)

networking with proven T.Is to share information and for mutual aid and support communal living (24 hour security/monitoring of premises+ witnesses to avoid being set up in false flags)

### Learn active memory techniques

behave in ways which differ from 'normal' routinized forms of behavior (while in private trying to appear 'normal'/average while in public)

### Exposing the Crime :

#### Propaganda:

(referencing gangstalking websites and quoting jews' anti-white statements. Messages which are brief, pithy and evoke an emotional reaction in the viewer, eg. shame; guilt; anger; outrage, as well as interest in the terrorist activity of the Hidden Hand. Examples could be: "Community Policing is Terrorism"; "Gangstalking"; "Spy Society"; "Gangstalking is Terrorism", using eg. QR codes to urls of website and/or website domain name: eg stopgangstalkingcrimes.com)

banners in windows

money bills with permanent marker ink stamped messages using adjustable business letter stamp

chalk (greasy kind-neon gets attention best)

send flyers to media and other people

pamphlets; leaflets; stickers (on vehicle windshield wipers; tossed out of vehicle on front lawns of people; placed up in public places: bus stops; etc. caveat: be ware of local laws and bylaws to avoid legal trouble, eg. littering laws; mischief; nuisance, etc.)

keep a daily journal and monitor and record all events around the 24 hour clock.

Gather audio/video evidence on all perps; compile dossiers on each individual. Most T.Is are assigned 20 perps each video record emf meter readings of DEW attacks in property and pin point their location social media and online activism:

memes and links to websites or forum to spread the message (as above)

email: anonymous mass emails and faxes to organizations; key individuals set up a website or forum for community discussions as well as group or person-to-person conversation on audiovideo platforms



### Dealing with Police:

No aggressive body language, tone of voice or facial expression

"I'm on a terrorist watchlist" (this indicates to them they must not interfere with your activities but simply monitor you from afar)

"I reserve all rights...am I free to go" (freeman on the land advice)

5 words: "I have nothing to say"

example of dialogue with police: you: "Am I under arrest?"---->Police: "Yes"----->(you): "What is the charge/do you have an arrest warrant?"---->(you): " I want to speak to a lawyer"---->5 words

(you): "Am I under arrest?"---->(police): "No"---->"Am I free to go?"---->(police): "Yes"---->leave

"I'm represented by counsel": give lawyers name

If caught video recording people etc.: "I'm documenting illegal[...name of alphabet agency or omit...] surveillance and counter surveillance stalking" (Stephen O'Keefe) caveat: attempt to avoid being conspicuous

Have on hand technical diagrams of D.E.Ws and microwave weapons technology to proof the existence of such should this be the point of contention

### Avoiding False Diagnosis of 'Mental Illness':

"Frankly I strongly recommend that you keep your faculties together & avoid going to see psychiatrists & psychologists, because the pattern that is evolving is that they are highly complicit in these operations."-The Investigative Journal interviews Julianne McKinney, April 19th, 2006,

Subject: Directed Energy Weapons & Gang Stalking

"If you see a mental health professional as a result of Mobbing/Organized Stalking, you may be misdiagnosed with a mental disorder."

(Rich, State-Sponsored Terror Campaigns: The Hidden Evil",pg.48)

### Dealing with Psychiatrists and 'Mental Health Professionals':

always convey only literal meaning and appear as 'average'/normal as possible displaying no idiosyncracies that could be portrayed as 'symptoms' of 'mental illness' state only "I'm not a danger to myself or others" ensure you obtain informed consent should any 'treatment' be imposed upon you; do not consent to the extent possible without enabling the state to justify imposing physical force or confinement against you.

If institutionalized behave as normally as possible and ween yourself off the drugs as quickly as possible.

If institutionalized ensure you state that you, immediately in front of witnesses state in a loud, clear voice: "I'm calling a review panel!" which should initiate a process that will put you into a position to get out of the institution. (this applies to Canada and possibly elsewhere. Check local codes of ethics and parameters mental health 'professionals' must go through in their 'service' provision. Know your rights).

#### LIVING WILL TEMPLATE

(of especial use for Targeted Individuals to protect them from medical/legal coercion)

[note: this first part may be modified or omitted and merely propounds ideas that may be pragmatically useful to ensure one's safety. The second part is tailored more to people in the USA]

#### WILL OF [insert name here]

In the event that I, [insert name], am assassinated while incarcerated or an apparent accident befalls me (such as cancer, a heart attack or a stroke), know that it was probably murder at the hands of [ the cabal/Other group/person,etc.-hereafter 'the cabal'; instantiate whomever seeks harm to you here] and I would request my death be investigated to the fullest extent possible by outside third parties if possible preferably from out of the area where my death occurred. Reference should especially be had to the work "Targeted Individual Handbook: Combating Gangstalking and Directed Energy Weapons" by Loki Hulgaard as this is the main modality of assassination of [the cabal/Other group/person,etc].

I refuse to be cremated as this is a means of concealing evidence that may be revealed during an autopsy and for this and other reasons request that I be given a proper burial of a traditional non-christian nature. I request no prayers of any christian kind be spoken around my person at any point in time.

I have foresworn suicide as a matter of principle now that I know at the time of writing this that this is the wish of [the cabal] and that I desire to continue to live if only to oppose their wishes.

The cases of Gordon Kahl, J.Edgar Steel; Werner Bock; Matt Hale and countless other known and unknown people who have had their lives ruined or been terminated by the cabal and its agents prove that those who oppose it if discovered are persecuted with extreme prejudice and an unrelenting desire to destroy the lives of the cabal's opponent.

Accordingly, I am leaving this will to ensure that my wishes are properly carried out to the letter and are not deviated from.

If I, [insert name here], become mentally or physically incapacitated and even if not, I reject all: administrations of foreign substances on or into my body, eg.: blood transfusions; vaccinations/innoculations/shots; pharmaceuticals/medications; radiation treatments; x-rays; electrical shock; chemical applications, etc.

Also I reject all additions or subtractions of body parts; artificial prostheses/implants or DNA foreign to my own body; also all surgeries save for setting bones or closing wounds or repairing the body to its prior condition as closely as possible adhering to the above conditions. Additionally I refuse to become an organ donor.

I require should I be incarcerated or institutionalized through a false psychiatric diagnosis of 'mental illness' that my sanitation/natural hygiene routine be adhered to as closely as possible as outlined in the book "Salubrious Living" by Arnold Devries with only the addition of kosher certified boiled eggs/high quality animal food not easily poisoned by the cabal's agents and that I be exposed to as much spiritually uplifting and enlightening material as can be afforded depending on my condition, eg. audio lectures and books within my range of interests and musical preferences [specify].

Also as much exercise as can be undergone conducive to optimal health in intensity and duration and sound, efficient rest and relaxation as well as exposure to the outdoors as outlined in the book "Salubrious Living" by Arnold Devries.

I will accept health care only from white/caucasian care givers, (preference being given to those who are not christians or freemasons) to minimize the probability of poisoning or being falsely diagnosed as 'mentally ill' for which see the book "Psychiatric Fraud" by Richard Lighthouse as my defense against any such false diagnoses.

I refuse all vaccines especially if they may contain MRC-5 and if there is a possibility of an iatrogenic reaction.

Any medical procedure I do not consent to amounts to medical coercion as no informed consent was given.

Power of attorney goes to/is to be vested in [insert name], my mother and defaults to [insert name], in the event of her inability to act in this capacity.

All earthly goods I own/possess are to be given into the custody of [insert name]

[Other requests made here]

Declaration of Intention

I, \_\_\_\_\_, born on \_\_\_\_\_

in \_\_\_\_\_, address \_\_\_\_\_

being of sound mind, willfully and voluntarily make known my desire that should it be so considered or decided that I be subject to involuntary incarceration or hospitalization (also known as committal and certification) in a psychiatric hospital, ward, facility, home or nursing home, and/or that I be subject to psychiatric procedures including, but not limited to

any form of psychosurgical neurological operation such as lobotomy or leucotomy, electro-convulsive treatment (also known as electroshock or shock treatment and ECT), psychotropic drugs (including benzodiazepines, major tranquilizers, antidepressants, barbiturates or neuroleptics generally); deep sleep treatment (narcosis, narcosynthesis, sleep therapy, prolonged narcosis, modified narcosis or neuroleptization), sterilization, insulin shock or any other physically based psychiatric or psychological treatment or practice, I direct that such incarceration, hospitalization, treatment or procedures not be imposed, committed or used on me.

I refuse contact with and treatment by any psychiatrist, psychologist or other mental health practitioner as these practices, according to my philosophic and/or religious convictions, do not adequately or properly diagnose and such diagnoses can constitute a false accusation about my behavior and/or beliefs and practices, and are stigmatizing and therefore a threat to one's reputation and physical and mental well-being. Any of their treatments, given against my expressed wish, are an intrusion upon and thus an assault on my body and constitute, in my view, criminal assault. Any involuntary hospitalization or commitment is a violation of my right to liberty and would therefore constitute a false imprisonment by all those advocating and authorizing such action, against my consent and wishes. If in the future, I am accused of a crime, then I direct that I be subject to due process accorded to the criminally accused and not subjected to psychiatric or psychological assessment, processing, profile, confinement or treatments.

Among other situations, the above directions and positions apply in any case where my capacity or ability to give instructions may be or may be claimed to be impaired, or should I be in a state of unconsciousness, or should my communication in an actual and/or legal sense be impossible, or where any psychiatrist, psychologist, mental health practitioner, or law enforcement official or person asserts that the matter is a "life-saving" situation requiring emergency intervention and/or treatment under any involuntary commitment law or similar legal authority.

In the absence of my ability to give further directions regarding the above, it is my intention that this declaration be honored by my family and physician(s) as an expression of my legal right to refuse medical, psychological, psychiatric or surgical treatment.

The attorneys mentioned below are appointed and authorized to institute appropriate proceedings on my behalf should the above declaration be violated and have my permission herewith to proceed with whatever criminal and/or civil procedures necessary to rectify such a violation.

I herewith authorize the following person(s) with the enforcement of this declaration of intention:

\_\_\_\_\_  
\_\_\_\_\_

All medical doctors and their organizations as well as therapists are expressly released from their professional discretion or confidentiality towards provision of information to the above named attorney(s).

The declaration is also binding for my lawful agents, guardians, family, executors or any person with the legal or other right to take care of me or my affairs.

\_\_\_\_\_  
Signed                      Date

\_\_\_\_\_

Address

\_\_\_\_\_  
\_\_\_\_\_

Signature of Notary / Justice of the Peace / attorney, etc.                      Name of Notary

\_\_\_\_\_

at

\_\_\_\_\_

Before me on this date (date notary witnessed the signature)  
(Place where signature is witnessed / notarized)

Dealing with Implants:

Where or have around oneself magnets to disrupt the transmission/transceiving of emf by perps.

Attack to short out through emp (electro magnetic pulse)

Possibly have implants removed by a trustworthy surgeon (if one can be found and the chip/implant can be detected)

Avoid dentistry and dental surgery especially that which entails being anesthetized ('put under') as this is the primary vehicle through which chipping is carried out (typical location:

lower right jaw and upper left jaw—the route of the vagus nerve which governs motor function. This enables perps to employ D.E.Ws to influence the movement of the T.I)

Dealing with RNM (Remote Neural Monitoring and Manipulation):

#### Other Defenses:

##### MultiTasking

Learn how to multitask as multi-tasking causes you to think in multiple threads. When you are constantly thinking in multiple threads (multiple tasks or thoughts) then there is no coherent pattern for the perps to establish and integrate into RNM data. (egs.: listen to polyrhythmic music while doing other tasks such as harpsichord; use ECS machine and/or rifle rf machine);

In other words, 'integration completion' between the RNM system and your brain is hindered and without your response to that specific 'impulse injection', the RNM verification process is breaks apart.

If you are unaware of this constant mental manipulation the system will begin to shape your thoughts and behavior. They will use this to [attempt to] restrict your thoughts and behavior by blocking

[interfering with] your memory and thought process while these suggestions (injected impulses) are being provided the interference is triggered and can be activated at will by the attackers.

#### Detection of Implants:

radio frequency scanning

JM20 PRO RF-detector RF (radio frequency) scanning

The three phases of the testing:

1. Preliminary scan for (RF) radio frequency emission from the Human Body.
2. Obtain medical imaging of the area that has shown emission of RF- frequencies. The aim is to locate possible foreign bodies, UBO's (Unidentified Bright Objects). This is the responsibility of the participant.
3. Final scanning for RF emission is done in a controlled environment. This is a repeat of phase one in a certified shielded room, also referred to as a faraday cage, to rule out the possibility that the signal might come from an outside source.
4. Surgery, under video monitoring to obtain, possible physical evidence admissible in domestic and international court. This is the responsibility of the participant.

The Zap 180 Will Detect Chip Implants in Humans then you can cause them to malfunction within 2 days with a rare earth magnet and use a band-aid to hold them in place.

New chips, several years old, only need about 12-24 hours to neutralize. The ones you probably got as a kid via vaccines can take 24-36 hours.

#### Removal of RFID Chips:

First you have to find a practitioner who can detect the chip. This is usually not so easy to do as some of the chips do not show up on X-rays, ultrasound machines, or scanners. Once you have successfully determined that you do have an implant, you better hope the chip stays in one location, 90% of the time they tend to move around the body. Secondly, you must find a surgeon who is willing to remove the chip, or find a technician who can erase the chip and stop it from transmitting data. The following is sure to help those of you who may have strong implications of chip implantation. This article is to aid you in your search for either chip detection and or chip removal.

Magnets can also be found inside old hard drives. They will be encased in a silver (or gold) overlay because they are more brittle than other magnets. But you will not mistake them, because the moment you try to put them together you will pinch your fingers. They are very powerful magnets, derived from a rare earth mineral. And they WILL render micro-chips useless."

#### Use of Magnets to Short Out Chips:

Neodymium magnets

"For the electronic, physical, (implants), neodymium (rare earth mineral) magnets of anywhere from a quarter inch to a half inch in diameter work very well to completely disable them. Some people wear them in the headband of a baseball cap, preferably for at least 24 hours, but you can also tape them to the back of your ear and hide them under your hair! After implants are disabled, you won't have so much fatigue, and the pitch or frequency in your ear stops happening. Use caution with these powerful magnets, though, as they can wipe out disks and computers. It's best not to wear them while sitting at the computer, at least, not while wearing more than one or two of the little ones."

[http://www.metatech.org/implants\\_physical\\_destroy.html](http://www.metatech.org/implants_physical_destroy.html)

<http://www.thetruthdenied.com/news/2014/11/11/how-to-remove-an-rfid-implant/>

[7 TOPOLOGICAL LAYERS OF SECURITY diagrams here+ SECURITY HOMUNCULUS]

### REFERENCES

These should be consulted to gain an understanding of the enemy and his operations in additions to the means of his overcoming:

#### Psychology of the Enemy:

Old Testament; Babylonian Talmud;  
"The 48 laws of Power", Robert Greene;  
Xunxi; Sun Tzu;  
contemporary works on behavioral psychology especially psychopathology and those in popular form, eg.s  
"How to Get Anyone to Do Anything and Never Feel Helpless Again", Dr.David.J.Leiberman;  
"The Manipulation of Human Behavior", Biderman and Zimmer;  
"The Power of Persuasion: How We're Bought and Sold", Robert Levine;  
"Programming and Metaprogramming in the Human Biocomputer", John.C.lily;  
"How the illuminati Create a Total, Undetectable Mind Controlled Slave", Fritz Springmeier;  
"The Communist Brainwashing Manual", L.Ron.Hubbard;  
Neurolinguistic programming works (Bandler and Grinder);

#### Tactics:

Carl von Clausewitz, "On War"; "On Small War"(guerilla war); (the enemy and their tactics):  
"Targeted Individual Handbook: Combating Gangstalking and Directed Energy Weapons",  
compiled and authored by Loki Hulgaard

#### Self Cultivation:

works on argumentation theory (aka. informal logic); chess and chess variants; works on practical martial arts and such skills (see above sources); magic ("Training of the Will"- Order of Nine Angles; books on black magic; joy of satan ministries,etc.)

#### Personal Defence Weapons:

"Weapons of the Streets", Ted Gambordella  
"Always be Armed" (legal defence weapons)  
"LAPD improvised weapons and other safety concerns"  
"Knives of War: An International Guide to Knives from WW1 to the Present", Gordon Hughes  
"ASP Tactical Baton Manual"

#### Combat Skills:

"ASP Tactical Baton Manual"  
"Bloody Brazilian Knife Fighting techniques", Rick Nakayama, et.al  
"The Secrets of Street Self Defence", Paul Wellard  
"Prison Killing Techniques", Ralph Dean Omar  
"1,001 Street Fighting Secrets", Sammy Franco  
"Fighting with Sticks", Nick Evangelista



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The 'law':

"Fire Arson Investigation Manual"

"Car Bomb Recognition Guide"

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

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

Survivalism:

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

"Survival Poaching", Ragnar Benson

"Techniques of the Professional Pickpocket", Wayne Yeager

"Living in a Car 101"

"Modern Weapons Caching", Ragnar Benson

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

"The Modern Survival Retreat", Ragnar Benson

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

"Van Dwelling Basics", Chris On

Infrastructural Security:

"Expedient B & E", Carl Hammer

"Security Systems Simplified", Stephen Hampton

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

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

"Tricks of the Burglar Alarm Trade", Mike Kessler

"The Construction of Secret Hiding Places", Charles Robinson

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

Intel and Communications Security:

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

"On Informants", Bill White, overthrow.com

"Rules to Profit By", anonymous gangsta

"Beware of the Agent Provocateur"

"Shadowing and Surveillance", Burt Rapp

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

"Methods of Disguise", John Sample

"Gang Intelligence Manual", Bill Valentine

"Codes, Ciphers and Secret Writing", Martin Gardner

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

Health:

"Urbemenschheit: Health Protocols" (for details on optimal health and wellness) "Salubrious Living", Arnold Devries (for additional fasting protocols)

Psycho-Spiritual:

Julius Evola, "The Doctrine of Awakening: Buddhist Varieties of Aescesis";  
"Zen: The Religion of the Samurai"; Hagur,  
"Development of the Will"; William Walker Atkinson (thought force; personal magnetism, etc.)  
Robert Bruce's energy techniques

'Mental Health' Profession:

"Psychiatric Fraud", Richard Lighthouse  
"Does Mental Illness Exist", William Ramsay, J.D  
"The Theology of Medicine", Thomas Szasz

Mind Control:

"The Communist Brainwashing manual: Synthesis of the Russian Textbook on  
Psychopolitics", L.Ron Hubbard  
"Chainless Slaves: Trauma Programming", U.W.Ozian  
"How the Illuminati Create a Total, Undetectable, Mind Control Slave";  
"Deeper Insights into the Illuminati Formula", Fritz Springmeier  
"Mind Control,NLP & Hypnosis", David Shuttleworth

Organised Stalking and Electronic Harassment (O.S.E.H):

"State-Sponsored Terror Campaigns: The Hidden Evil", Mark. M. Rich  
"The Protocols of Gangstalking", Dr.Erik Karlstrom  
"New World War: Revolutionary Methods for Political Control", Mark M.Rich  
"Microwave mind control: Modern torture and control mechanisms eliminating human rights  
and privacy",Dr. Rauni Leena Kilde, MD, Former Chief Medical Officer of Finland  
"Gangstalking and Mind Control: The Destruction of Society Through Community Spying  
Networks", A.K.Forwood

books from: desert publications; delta press; paladin press; loompanics (internet: circulate  
them before they go down the memory hole)

(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 clad leather gauntlet gloves

polar boots('mickey mouse' style)V mukluks+extra laces

facial covering(balaclava)/down-filled or felt face mask

wool socks(outer); nylon inner

frame backpack

fur hat (ushanka style)

mocassins

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.)

water: ozone generator(miniature, battery powered); colloidal silver; portable filtration unit:

lifestraw, katadyne filter; stainless steel cup on thermos(store all items inside)

colloidal silver generator(miniature): 9 volt batteries+jumper cable+alligator clips+.999 silverwire;silver bullion;

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)

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;l.D(only if necessity public authority probs., eg.for employment, etc.); edible plants; 1st aid pamphlet

Sleep: sleeping bag+roll/mat; wool blanket

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

food stocks (Food: minimum 2 months supply at all times): dried fruit; nuts/seeds(almond/peanut butter); turmeric; ;starch: (oats; rice, etc.); herbs; spices; chlorella tabs; dried seaweed; sardines; ghee; waxed cheese; boxes of dried fruit

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;

Water: large jugs full (100 L at all times) (R.O.S V Distilled preferable)

## ' AVERAGE JOE '      HOMUNCULUS

