

A Sound Mind, Body and Spirit.

There has never been a more dire need for defense of our people as exists today. We see the rising tide of pro-White sentiment, frustrations boiling over and new people speaking out. With this comes a great deal of stress, both in mind, body and spirit. In this article we will not get into the details of our racial struggle, if you are reading this, then odds are, you are well aware of the problem. No, today our focus will be as always, on solutions. Or at least better understanding on how to manage the influx of said stress and frustrations.

Everyday we see on social media the anger and hate spilling over from our people. Now first I will say, these are natural reactions and shouldn't be discouraged. However, they are emotional reactions. Emotional reactions without control or positive utilization can result in catastrophic results. Like a teapot blowing its lid. I know many say this is a good thing and from a societal standpoint sure, but we have not learned to think or act as a collective in that regard. In the meantime it is the individual who always gets burned up by these emotions. We have seen our people, both men and women, have their lives utterly destroyed by unchecked anger and hate.

Our founder, PM Klassen stated: "Love and hate are the two most powerful emotions in the human body. To have one and not the other is to be as crippled as a bird with one wing." This is a very accurate truth.

From the common cesspool of jewish rationalism, we see them praise love and discourage hate. Yet in reality more violence and tragedy have been committed in the name of love, or what some refer to as love.

From lovers killing cheating spouses, to suicide from broken hearts. Technically mass killings have been made in the name of love. All the atrocities committed against our people by the semitic rats are



done so in the name of love and loyalty for their fellow parasites. As abhorrent as we find their actions, in reality they do so out of love. Now in their twisted thinking, they have built a deep hatred for us because of our defiance to their self proclaimed dominance of this world. Now think how glorious it would be, if our people adapted to such unwavering loyalty, love and dedication? What a world we would build. Yet there would be many eggs being broken to make that omelet a reality and hate, just as love would be a key driving force. Now, I do not want to dive any deeper into this philosophical understanding of the emotions that drive our being or society. We are here to discuss the impact they have on the individual. We as individuals find these emotions to be overwhelming at times. There are those amongst us who suffer from loneliness, a deep longing for love and acceptance. Out of desperation we accept situations to fill that void. Sacrificing or pretending to be someone we are not to try to make ourselves appealing to others. In the long run, this eats away at us and usually brings about bitterness or self loathing. Rejection often fuels depression, anger and even hate. In this moment we see how thin the line is between emotions. These things often bring about mental instability and in most cases stems from a misunderstanding of how to properly deal with it.

Hate flows very similarly, whether it be against something in opposition to that which we love or from more unnatural sources. Hate can be fueled by insecurity, jealousy, envy, etc. As love can be fueled and confused with lust, desire. We tend to usually misdirect these emotions, because we do not know how to properly channel them. Sometimes immediately acting upon them, when the emotion is relevant is the most natural of responses. But rarely done in this modern era. If someone attacks your child, the rational reaction is to come to their defense. That doesn't happen nowadays, they are taught "two wrongs



do not make a right”. This is because our very instincts have been manipulated. Our empathy for that which we love has been directed towards those who hate us and we are told that to love our own is wrong. Klassen spoke on this in the White man's bible, namely in the chapter Never again through a serpent's eye. This is why our greatest goal is to straighten out the White man's thinking. We are not approaching this today as a call to the collective but to you, the reader. You must realign your thinking to a more natural state. To achieve a sound mind and a sound body.

If you think the body and mind are not connected, you are sadly wrong. If our bodies are riddled with illness, we cannot think straight, we cannot focus. If our mind is overwhelmed with the problems of the world it affects the flow of every aspect of the body. They have to be in perfect union with each other. Any slight deviation and everything is thrown off.

Let us first evaluate the mind, without getting into a deep psychological understanding or the history of how things have so drastically changed, we will keep it simple and current. Those of us who have been awakened to the natural truths of racial loyalty, overload our minds with information. Either from searching the bowels of history, looking for some magical recipe or solution. Looking into a “gotcha” moment to say look what they did here or there, as if that will change the mindset of a parasite to stop what he does naturally. At times history can be awakening, especially to disillusioned people. So I am not discouraging it, please continue to seek education, but do so out of just that, education and not for vindictive purposes. Because if you open up a book with your mind already fixated on an answer, you will never be able to find the truth (or lies) that lay within. The other more troubling aspects of our mind dwell in this modern information era. Because of the internet, we are essentially mentally assaulted by graphic



content. From those without discipline watching jewish pornography or from seeing endless anti-White propaganda. Our racial enemies have weaponized this information for multiple purposes. To not only distract, enrage, misdirect, entrap or a plethora of other goals of psychological warfare. We could go into a whole series onto the ultimate goals they seek. Our own people get swept up and perpetuate this as well. The end result of oversaturation is very rarely productive. It breeds apathy, desensitization and spiritual depression that directly affects the physical being itself. Our people stay locked onto their screens, whether it be computers, cell phones or television. Their bodies fester and rot. Withering away and dying without them knowing. We all have an eternal clock, if we don't realize our mind is killing our bodies, we will turn around and it will be too late.

Now to evaluate the body. As we daily digest poison through our eyes and ears, we also physically digest poison. We all can envision an obese middle aged man or woman, stuffing cheetos down their throat watching some jew spawned multicultural "entertainment" not realizing its sole purpose is connected. To subvert the mind, body and spirit. We have all been guilty of this in some fashion. The worst aspect of this consumption is the amount of carefully selected additives, preservatives and chemicals that the modern "food", if you can call it that, possess. Long gone are the days of naturally produced foods, at least not from the multi tiered production lines. Even the "organic" or "all natural" products are filled with dangerous toxins. In some cases more so. We have become accustomed to eating for taste rather than what food is intended for, fuel and sustenance. Because these things elicit emotional reactions from the mind. They are connected, especially in harmful ways. Because our minds are so over-stimulated we forget physical activity, the vital importance to keep moving, that we are physical animals and not computers, processors or recording devices for waves of



pointless information. We lose the desire for strength, endurance and versatility. The cesspool of social media, especially from the radical side, is filled with men who speak of war, but very few train or hone their body to be prepared for war. Hell, most struggle to go to the bathroom or accomplish daily tasks. Our bodies have been wrecked by the poison we willingly consume. This must stop.

Now understand, we here at The Creativity Movement are not going to play captain obvious, or do what the hordes of simpletons of the “movement” do and endlessly bitch about a problem most of you know exists. We have been and always will be about solutions. This problem, we ALL face and I mean all, whether it be slight or severe, we all can improve. We will not achieve perfect unity in mind, body and spirit, however it is the journey that puts us on a higher plane of enlightenment. Said enlightenment when achieved on a collective level, will make our other goals much more manageable.

So what are those solutions? First off, as we have laid out, the mind and body are connected. Not in a theoretical way but actuality obviously. That may be the misunderstanding many have. You cannot have one without the other. Through medical science, they can keep your body alive while you are essentially brain dead, just like your mind can work while being completely paralyzed. One of the greatest minds in history, Stephen Hawking, was such a case of rare success of the power of the mind. In spite of what anyone can claim, he would give up half of his genius for a chance to be a normal, functional human. We all seek basic functionality, but we should seek ultimate functionality. To advance and flourish, to achieve greatness.

How to cleanse the mind. One must start off with disconnecting from everything artificial to your current environment. That means turn off every artificial stimulus around you, just sit in silence. If it helps, close your eyes and just sit in silence. Meditate for a few



minutes. Now open your eyes, look around you. Evaluate your surroundings. If the room you are in is dirty, clean it. If not, get up, jog in place or do some situps/pushups. Sometimes in order to cleanse the mind we must exhaust the body. Understand we are the beings that physically change our environment. Our body is the mechanism that follows the commands of the mind. If our minds are elsewhere, in an alternate reality, it cannot manifest our current goals. How many of us are in the middle of doing something and immediately lose track because our mind is elsewhere. This is the result of over stimulation from artificial sources that do not affect our immediate environment.

What can we do with our minds that are productive? First stop ingesting things that are cancerous. Many Ministers of Creativity spend their lifetime combing through the christian bible, pointing out the idiocies, contradictions and suicidal aspects of an alien race in order to use it, to educate and counter those we try to awaken. But too much of this is very harmful, once again poison for the mind. Carefully select what you read, even if it's for entertainment. Entertainment can be positive. When reading a work of fiction, it teaches our minds to envision what the author is writing, which is unique to us. For even if it is detailed, a character, a building, a landscape, etc. Each person will be slightly different. This breeds creativity, independent thought and perspective. For us racial loyalists I think it is important to broaden our minds. At least once a month you should read something outside the realm of racial issues. Physics, cosmology, biology, etc. Do not allow yourself to be one dimensional. If you like music, make a conscious choice of what you listen to. If you allow your ears to be raped by jungle niggerish nonsense, then your subconscious suffers. Just as we mentioned with food, eating for taste and not sustenance. Same can be said for music, if we listen to things or genres that are popularized, by jews mind you, or because we might like the way it



sounds, yet it is foreign to us, the effects may be severe. Not in the immediate sense, but over time it can corrupt. Movies, television shows are the same. As we know, they use visual simplicities to normalize our understanding to their ultimate goals. Miscegenation is something more tolerable on the television to normal people and this is to create acceptance in regular life. Just as they do with kid shows, that way future generations grow up not realizing it's abnormal because they've been programmed. Make a choice, even if it's difficult to not watch it.

The biggest problem our minds have nowadays is social media. We could once again, write an entire series on this problem. Just understand, limit your usage, strive to not trust people you do not know. Perhaps in the future we will speak on the major problems and persistent dangers of social media. But for now we will not jump down that rabbit hole.

How to heal the body. The easiest step is to simply move, as nature intended. Literally, the first step. Our bodies change under great stimulus, test the boundaries and get a feel for your limitations. Once you know where you are, push through that, past that. Run a block today, a mile tomorrow. You can do 5 pushups, do 50 tomorrow. So on, and always increase your stimulus, always set higher goals. Never accept mediocrity. If you see your body change, losing fat or gaining muscle, you will notice a much happier mind. Your limitations may also come from what you digest. If you are eating junk, poison and unhealthy things, it will affect how your body functions, in every way. Realize this and make a conscious healthy choice. Once you continue down this road you will find your body desires it, it needs it, it wants it and you will too. Pick up weights, concentrate on nothing else, find the mind muscle connection, feel the blood pumping, feel the exhilaration. Your body is a canvas and you are the artist, will you produce a thing of



beauty or feel shame? This harkens back to the discussion of love, learn to love your mind and body. Appreciate it, you only have one and you can lose it at any time. It is important to understand we face dangerous times, if your body is ill prepared to face danger, you will be victimized. We are all sick of seeing this, the constant videos and stories of our people being attacked and unable to defend themselves from nonwhite animals. Hone your body for war, at all times. Every great, successful white culture in history understood this. The spartans, vikings, just to give a couple, they commanded a great physical presence because their culture demanded it. This transcends sex too, both men and women should strive to achieve the best version of themselves as possible. There are those in The Creativity Movement who can help with this, to give positive instructions. All you have to do is ask.

Now to move on to the last part and to wrap up. I mentioned throughout this and in the title, the spirit. We do not mean spirit in some magical sense. Your spirit is a combination of unity between the mind and the body. It encompasses the connection that can only be had when the two are aligned. It is the transcendence to strive for betterment. The spirit of our people broke down into individualistic, personal ambition, that we should all seek. Not monetary value, but our very existence that cannot be bought, only earned. The spirit each one of us has that is connected to the soul of our racial kindred. Like turning on a light bulb, once the mind and body are connected you have light, that is the spirit. Do not let your light fade or burn out. Keep it glowing as long as you exist. Let it be a light for those to come to, to direct them how to turn on theirs. Now imagine a large collection of lights, slowly turning on, covering this entire planet, drowning out the darkness from those who seek to extinguish it. This ladies and gentlemen is how we win this Racial Holy War!!!

