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THE RED MANIFESTO



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1928

The RED Manifesto

*A Self-Help Book/Analysis/Critique and
“Satire” on Bettering Yourself*

By Yuri

*This Book is Dedicated to the Brave E-Fighters of the
Online Left*



"Objectively true and correctpilled" – Ian 'Vaush' Kochinski

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Introduction

“Give me just one generation of youth, and I'll transform the whole world.” – Vladimir Ilyich Lenin

The Youth of today are driftless. Pure alienation thanks to the advent of the internet, which forced everyone to lose social skills. This book is aimed at the real revolutionary class of the world, young men! However, if you are of any other background, hopefully this book will help you as well. Another thing to note is that this book is from a US perspective. So, if you don't understand something, its because you are from a clearly more stupid country. And lastly, there will be insults hurled at the reader. You deserve it, but don't be too harsh on yourselves, that's my job. Overall, know that there isn't science behind any of this. Not that most books are scientific. But there will be many claims that are pseud in nature. But self-help books are also just pseud in nature, so try and enjoy.

Background

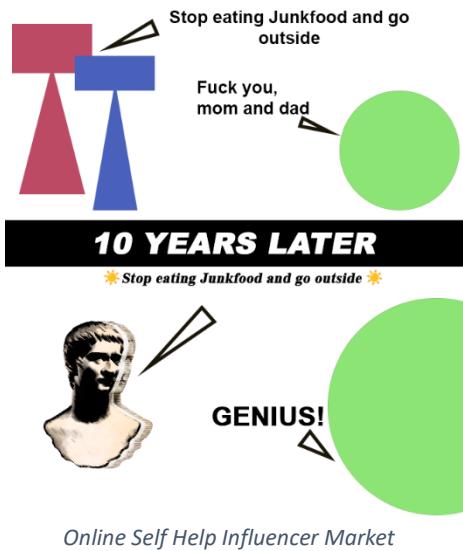
While many are claiming that there is a rise of what we can call “manosphere” influencers, it's actually been around for quite some time. We will say that it started off in the early 2000's when these blogs of pick-up advice starting popping off. You have things like MGTOW and MRA movement. Not really big, but not small enough to not take notice. You also have the rise of what we can call douche bros, people who came from body building forums, preaching the word of Zyzz and talking about their fizeek brah. Though I would say they aren't that bad as people make them out to

be. Sure, machismo reigns supreme, but to the level of the ones that came after it, it would make you wish for the days of spray tanned body builders.

Today

Now, we see the rise of these latest figures in the pantheon of masculinity. Andrew Tate, Sneako, Adin Ross. And a rising industry of these influencers trying to everything possible to get their own little slice of the pie of the youth. Specifically young boys/men. Why is that? Why are these young boys flocking over to these individuals? Some have a long lengthy diatribe coming from think thanks about how the young man has been promised a future and. But that doesn't seem to really be the case. Yeah, sure maybe they see the example of their father or are told by their father how a man should be and gave them expectations on how. But in terms of things like culture, and entertainment, there really anything tells young men that they need to do these things. And with the way the world is right now, for most men, that seemed unrealistic from the get go. So, at this point, they simply want to have the basic things in life. Like have a girlfriend, have friends, have sex. They want to live what they presume any young adult life should be like Essentially, this is the 21st century version of the white picket fence, wife dream. And for most men, this is the case. But there will always be a select few you can't even live up to those ideals. Or maybe they do and they feel like something else is missing? And the problem is that seems to be rising as the age goes by? Why? With the rise of technology, a thing that allows you to talk to anyone in the world, it seems it harder to talk to someone a few feet in front of view. Also take in that

vast abundance of activities that don't involve the social world, like video games, like TV, there is no need for someone to go outside. And yet, that is what we need more than ever. To meet people, to form connections.



Online Self Help Influencer Market

The Basics

This will be the equivalent of Jordan B Peterson's 12 Rules and other.

On Hygiene

I know for most people, reading this part will seem obvious. "What do you mean hygiene, that's something everyone has learned". But it should be said that many people do not learn about this, that they go their lives without doing the basic quality of life things. Or more importantly, they do know, they simply ignore doing them for one reason or another. However, for the vast majority of people, not doing this basic essential things

We are talking about brushing your teeth, flossing. What am I, your mother? Brushing and flossing are something that many people are taught about at such an early age. Hell, they sometimes take time out of school to teach kids the importance of brushing and flossing. And for good reason. It makes it so that the only teeth you have stay with you. Its less expensive to maintain your free naturally occurring teeth than it is to go to any dentist. Not only is there the health aspect, but there is the social aspect as well. Brushing your teeth prevents your mouth from smelling like the inside of a damp boot. And in turn, allows you to interact

better with the people around you. From the visual department to the smell department.

Taking a shower, using deodorant. This is something that you begin to learn and appreciate once you are of the middle age. Those awkward years where you know, and everyone else knows, but people are too awkward to actually say anything. So let me say spell it out:

TAKE A SHOWER YOU BUM!

It's the truth that some people think they smell alright when they don't shower in a while. Let me explain to you the concept of Olfactory fatigue. Essentially, when you are in a smell for quite some time, it begins to naturally fade away, due to that being the normal. So yes, while you might not think you smell, everyone else can tell. So showering regularly, and using deodorant can go a long way of making you smell decent at worst and suave at best

Getting a shave, cutting your hair. Now, these are less dire problems realistically when it comes to your hygiene. Again, if you follow the steps before, then beards and hair won't be affected. This is more on the looks department. It's the truth that at some point, the natural looks makes you look less like. Learning how and when its time to begin trim is a crucial part in making you look better and giving off suave energy. And again, this doesn't mean that you need to go military style, clean shaven and buzz cut. It means grooming yourself you make yourself look good so that you can feel good. You can keep the locks and magnificent beard, merely shape it so that you can get a bang for your bush.

Cleaning your room. Like one Jordan “The Lobster Man” Peterson once said “Clean Up Your Room”. One of the few sane things that man has said. Your room can omit an aura of the self. Pseud nonsense I know but give me a minute. When you look at a person, they can seem calm and rationale. But looks can be deceiving. The room, some call a private sanctuary of the self. This is where people hide their darkest secrets. Whether that is your goon stash, or a heart under the floorboards. Usually the way a bedroom is, is the order in which that person maintains their lives. So the best way to begin to change habits, is to clean your room. This might not seem like a lot, but it gives you a sense of control. It allows you to change something in this machine of a world. Not only that, but a cluttered room = a cluttered mind. Making it more clear and precise can help you be more focused, see what need and what you don’t. And gets rid of those damn plates and empty bottles in your room. So if any of this applies to you, make a start, throw some things away, put things back where they belong. Just remember where you put them.

On Sleep

One of the worst habits I see some people do. Sure, you have those who **NEED** their beauty sleep lest they become a spawn of the devil. But you have the opposite approach when it comes to sleep. The daywalkers. Those who get barely a fucking inch of sleep and then go about their day exhausted, low energy, low T and sleeping everywhere but their bed. Stop it. There isn’t really anything more important that you need to do that isn’t sleep. Gaming? Put the controller down you disgusting goblin and sleep? Work? Next

time, use your time wisely and do it before the sun sets? There are only a few legitimate reasons, but if you are reading this, let's be honest, you don't have one. You should be getting minimum 8 hours of sleep. Don't oversleep as well, that shit is not good for you either and it simply setting you off on the wrong foot. Now, what happens if you don't get a good nights rest. Well its simple. Sleepiness for one thing. You will be sleeping in areas that you shouldn't be sleeping. In the car, at work, maybe even while going to the bathroom. Now that might sound like a no-brainer, but a lot of people underestimate how much they can handle with no sleep. Second would be exhaustion, which is different from sleepiness in that it affects how you carry yourself and the acts you do. Essentially, imagine a flight of stairs. With a good nights rest, that flight of stairs, not a problem. With exhaustion, soon you are Sisyphus, carrying a boulder atop a mountain. It seems challenging. Running makes you more out of breath faster than before. Carrying things becomes 10x heavier. Overall, everything feel worse and everything feels harder to execute. Finally, if you don't sleep for extended amounts of times, delusion. Normally, this is reserved for people who go days on end constant with no/little sleep. They begin to see things in the shadow, they begin to hear animals talk spanish. They think that the feds are after them. You become a temporary schizophrenic. And all because you decided that you don't need sleep. Truly, the body telling you, 'hey, why don't to take a fucking rest for a minute'. And if at that point, you see some gnomish men wandering around your side eye, and you decide "I'll stay a wake a few more hours", then there is nothing else to do but to knock you out and force the sleep.

On Posture

Spine check. If you are sitting while reading this (which I assume most are), check to see how you are seated. Are you hunched over, like some sort of gremlin. Well, stop it. Back straight, shoulders back. For some of you, this will feel unnatural. But trust me that this is good for you and you need to be reminded of it. There are many people who are old and hell young who due to bad habits, gain back issues from simply their postures. It's time to put an end to that, so when reading the rest of the text, you will make a note to check how you are seated every once in a while. Not only that, when talking to other people, it gives you an air of confidence compared to when you are slouched. It allows you to look directly into the eyes of those who you are talking to, it shows that you are there, making a presence. Now, this isn't 100% lady killer move. Just because you have good posture does not mean you will be swarming to the brim with offers from babes and broads. But it does make you look better. To everyone. Colleagues, crushes. Not chiropractors, they want you to be slouched. But it makes you look better, it will make you feel better, its better for you in the long run against any spinal issues. There is no reason not to fix any posture issues you have.

On Exercise & Body



"Comrades, get ready for exercising!"

Working out is good for you. It makes you feel better, you are getting better by doing it. More people should do it. And I am not saying you need to be Hulk Hogan, this huge mass of muscle with a brain and two pairs of legs. But that regularly working that body is great for any person to do. And this applies from the most noodle armed and chicken legged person to the planet sized behemoths to the buff wannabe Schwarzenegger. Exercise is good. Losing weight is good. Gaining muscle ain't too bad. And all types of exercise are good.

It is known that there are rivalries between different types of fitness. You have the calisthenics vs body building. Cardio vs Body Building. Body Building vs Body Building. And while you can go on and on about how your vision of fitness

is superior than the others, I am here to say that all forms of fitness are important. It's a very fence sitting view of fitness yes, but there are so many aspects about fitness that one must consider, especially if you want to utilize such fitness. You need endurance to be able to sprint to areas faster. Muscle mass to be able to carry things well above weight. You need flexibility to be able to maneuver the world. Focus on one thing and your body won't be ready for all circumstances. That is the key to building the body through steel. To theoretically carry out the revolution. As docile bodies and flaccid muscles will sadly not be able to make a dent into the menace that is capital.

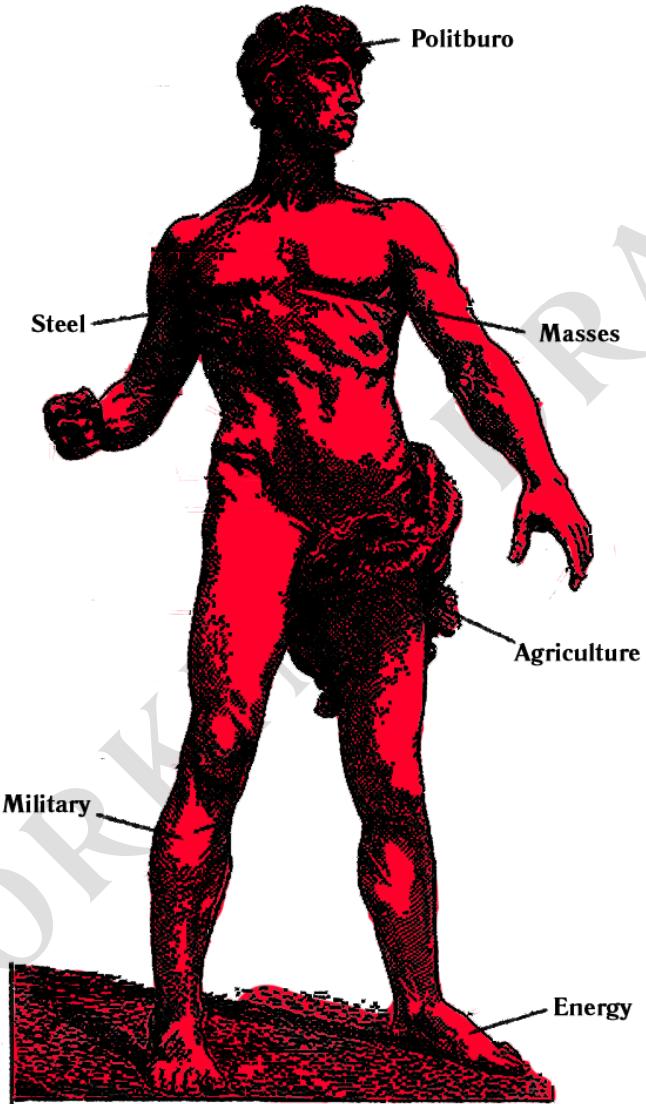
And again, not only should this be done to be prepared, it's also a good thing for you overall to work on the body. Doing basic fitness can drastically improve your life more than you think. Especially for those who are overweight, who have to deal with this constant ball and chain of weight, slowing them down, heating up the organs of the body, making you short winded. Losing weight, and being comfortable outside of said comfort zone improves the small things in life. Which you don't think is much in the beginning, as everyone does. But 1000 cuts can kill a man, and so 1000 nails can fix a ship.

Imagine this. Your body is like a state. Each part of the body is important to the running of the state. The brain, the decision maker of the body is the politburo. The different sections of the brain could be said to be different committees, with the presidium being the cerebrum, controlling the actions needed for daily life, like breathing and moving. But you need other things as well contributing

towards it. You need to develop industry as they say. Steel, Military, Energy. These are the muscles of the group. And they need to be pushed to the brim. Of course, don't over do it, as that will do damage in the long run. But you want it working efficiently, and to the max. You want to build them up, make them strong and durable, a well-oiled machine who is ready for the defense of labor. This is what your body is made for.

Next you have agriculture, the lifeblood of you in a way. Funnily enough, fertility gods of the past, were worshipped just as much for a good harvest as it was to bear good children. In any case, this area should be treated with care, it shouldn't be abused and you shouldn't be ashamed of it either. When seasons come, it will grow and be satisfactory. And for some, famine is a plenty, but the bountiful harvest may soon arrive.

And finally, the masses, the thing keeping you alive, making you human. Your heart. The thing that pumps you with red blood. The same red blood we as humans all bleed. No matter how hard they try and separate you, using their tricks and cunning deceit, at the end of the day, when you bleed, it's the same red as any other person. This also represent your empathy, which all humans have the ability to do. Many will convince you that humans, and the people are cruel individuals. That it is in their nature to be selfish, to be mean spirited. And yet, in spite of that, man is not that. They are more thoughtful than we give credit for. For every nihilist, there is an optimist. Do not give up hope.



On Food

Food is one of first go to when it comes to trying to do improve ourselves. And when trying to lose weight, people believe that is the only way you can do that. While eating healthier allows you to stagnate when it comes to weight and maybe even lose a few pounds, it is ultimately the losing of calories that will be the main determiner of whether you lose that weight. However, this isn't simply a dismissal of food. Rather, its an assertion of food. The types of food that you eat that is.



*"Eat diversely, regularly and moderately.
Getting fatter means getting older!"*

There are many people who have this strange idea of the ideal diet a human should eat. There is a trend of what can be called a carnivorous diet. Essentially eating meat, meat and more meat. They do this because they want to be a man's man and so they believe that protein is all they need. Which is not good for them. You can tell because usually it leads to more problems than they would care to emit.

Look, it's the simple truth that humans are omnivores. Our teeth structure is made to be able to bite into meat and crunch healthy greens as well. Why do you think our prehistoric ancestors were hunter gathers, not just hunters. It's simply due to the fact that for many years, meat was not something as accessible to humans as our modern lives likes to betray it. Hell even in industrial America, meat was not this grandiose thing that everyone ate. It was a part of the meal, which included vegetation as well. To simply put, the best way to eat a healthy life style is to understand the relation between you and the food you are putting into your body. And its just common sense at the end of the day. What do you think the sugar filled, chocolate wafer will do? What do you think the carrot will do for you? Now the argument is really facetious, of course the carrot will be good for you. And yet, at the end of the day, people will choose the unhealthy option over the healthy? Why?

Well, there is several factors, such that for a while now, things like fast food and unhealthy options are less expensive than the healthier option. It doesn't seem like a lot at first glance but you slowly add up those costs and soon, the unhealthy option looks better than the healthy.

Not only that, but it's a sort of will thing as well. Simply put, you can't stop yourself from choosing and eating the unhealthy option. The ball must start rolling at you and the simple truth is you can begin to stop the bleeding of this issue simply being telling yourself. "I will not eat this unhealthy option". And this means 2 things.

1. You can still eat good food

Just because you decide to give up unhealthy food, doesn't mean that you need to eat like a rabbit the rest of your life. Look at recipes and foods that are nutritionally healthy and are easy to cook. Again, as stated before, these foods are more expensive than the unhealthy option, but in a strategic way, you can try and mitigate that. Yes, they are now as high in things like calories, but you can make them better for you. Again, these meals shouldn't just be an assortment of vegetables, you are an omnivore after all. Look for good carbs, look for good fat. Study what is and isn't good food. Some are obvious, such as sugar laden snacks. But some are more curious to find, such as the use of seed oils. There are many changes in the science of health, so be on the look out for that.

2. That food is gone forever

While this may sound contradictory, you can still eat those unhealthy foods. It's a matter of fact that there are plenty of healthy people who do eat those food. Its just a fact that at some point, you need to stop and not eat them for a while before you begin to eat them again. These foods caused you to have habits and bad ones at that. It should be quite some time before you pick up your next sugar filled snack. The key is to create a habit and environment of rich, healthy food that can be an alternative to any unhealthy food you brought into your house. When deciding on a snack or something to eat, there should always be an option just out of view that allows you to say "I think I'll have that instead". Else, it's a spiral of continuing weight gain and metabolic disaster.

Red Fitness & Sport



"Sport is health, will power and bravery!"

If you look at the modern landscape of the left and its regard to fitness, it's a bit of a mixed bag. Firstly, there is what I will call the caricature that the right presents. That anyone to the left of adolf hitler is a scrawny little soy drinking bitch and they can easily get their ass handed to them. This goes from any liberal you can imagine to what they describe as the far left. Now, is this the case. I will say that all caricatures come from truth and it is true that there is a segment of people on the left that are not the most fit. Whether it is due to scrawniness or because of obesity, it is true that. However, that could also be said for segments on the right. There will

be your lard ass uncle who chugs 5 whole beers. And the pencil necked dorks of the RNC/Think Tank types. But ok, maybe it's more prevalent in areas. It said that Antifa are usually these types of people. Now, I agree on the idea that there does tend to be a tendency for the left to dismiss athleticism. Or at least it is more prominent than the right tends to do. And this isn't the way. The left needs to be more fit. An example would be the Jugendwiderstand. A maoist group from Berlin who would emphasize fitness as something they did. Many of their photo ops were in gymnasiums or basketball courts. And this, going back to the red sports movement of the 20s and 30s, is a good way of promoting unity, comradery and social skills. Allowing yourself to grow along with your comrades.

Now, after all of this, what does this mean. Well, we should encourage people to be able to fit and trained. A new culture must emerge to lift up those who. The problem that simply faces everyone is that class consciousness is at an all-time low. It's a simple matter of fact that most people don't think of themselves as workers but as other things, the biggest being the consumer, the customer. Your existence is to do nothing but consume. Eat the burger. Buy the latest clothes. Buy the latest trend. The endless consumer. There is no more meaning in people's lives. There's nothing to strive for. So, a new awakening of future should be something that the Reds should capture. The early 20s and 30s, there was a spirit for what can be referred to as Red Sport, Proletarian Fitness. This idea of brotherhood and humanity through the act of sport. A sense of joy that most don't experience except for childhood. A love for the game, not for competition. Not

to say that you can't try to best one another bit this idea that at the end of the day, no one is really losing. True sport. This spirit we must bring back. Events and games after grueling days of work. A game that is ultimately is meant to be fun, to be enjoyed by the people. I have experienced this type of joy and it wasn't with who you expected with. Workmates who would once work was done, meet up to relax and maybe grill. And sport to play, Volleyball. They had a net, and a ball and teams. The joy on these men's faces as they played these games. You would think they were young men, no older than 14. But they played the game, and they were even very compleptive about it. But people knew at the end of the day, it was just that, a game. Those smiles, that atmosphere, those are things that need to be replicated when it comes to introducing a new way of looking at sports. It isn't something that you need to do with just friends or family. It's something that man should be able to do with each other.

Something else that is already a norm in gyms when you look at it, but should be embraced is comradery. Now, this is not a new thing and not even something that is exclusive to the left. But we as Reds should embrace this idea of going to the gym with all your brothers. Supporting each other. Lifting one another. Playful competition, much like what was said above, but at the end of the day, wanting to see one another improve. This ideal again, not new, but should be embraced by you and the left full heartedly. You should be rolling up with your band of brothers and just working out that steel, taking turns, talking about your sets, your lives, just connecting. And this paragraph, a tad strange. Its an endless loop of the same point over and over again. But

it cannot be emphasized enough. To understand your fellow man, you need to build these connections. And the gym can be this place where you can be intimate with others. It allows you to build trust, as some of the things you do require you place your life in the hands of another. To test your self to lift that bar once, twice, maybe three times. And if you go for the fourth and fail, you have someone right there ready to help. And you have people there ready to slap you in the back, make you understand the true change that has sparked within you. That is what I call true solidarity, and is something that is needed more and more.



MARX V. LENIN

Now, this is not a debate about the theoretical understanding how both viewed things like socialism and communism and their respective works. You can go to any other number of uneducated person to talk to

you about that. No, this is more an analysis of the character and lifestyle of the two men and how they mirror the modern debate on how we as Reds should act in our lives. This isn't Great Man Theory, due to the fact that realistically, you can swap any of these people with other figures with same lives. But for this example, we will use these two.

Marx

The 'literally me' of Red spaces. A man of great intellectual vigor. But the lifestyle he lived; it was not of someone who let's say was active. There was an account by a Prussian spy on him who claimed that he is what the average person who is reading this is like. Unhygienic. Wearing the same clothes days on end. A drunk. Sleeps all day long. A real slob of a person. You have to read it to truly get a grasp of the life of this man.

"In his private life he is a highly disorderly, cynical human being and a bad manager. He lives the life of a gypsy, of an intellectual"

Bohemian, washing, combing, and changing his linen are things he does rarely. He likes to get drunk. He is often idle for days on end, but when he has work to do, he will work day and night with tireless endurance.

For him there is no such thing as a fixed time for sleeping and waking. He will often stay up the whole night and then lie down on the sofa, fully dressed, around midday and then sleep till evening, untroubled by the fact that the whole world comes and goes through his room.”

If you related to at least two of these topics, let's just say there is a reason this book founds it way. And this isn't to disparage his work like many do when talking about Marx. Like the man said in the anecdote, when the time came to cook, he was bringing heat to the kitchen. So yes, he did have this intellectual genius for understanding the relations between capital and labor, capital and humanity and capital and yourself. And yet, he lived a life that was somehow bourgeois as much as it is lumpenproletariat. A life of slothfulness. A life that is ultimately unproductive. And this is sadly a life emulated by many people. And there is countless reasons why that is. Whether that is due to. But there is simply a subset of people who made it a habit rather than

Lenin

A controversial figure for many. Not to say Marx doesn't have his detractors but with Lenin there is a more ideological divergence with his teachings. You obviously have the talks of reactions, who will hate any figure. But you will have Kautsky, leftcoms, anarchists, etc. Groups with different ideologies who either adore or despise the man. But that's

for his ideological work. Let's talk about his lifestyle. Lenin was a revolutionary through and through. He put his money where his mouth was. He wasn't simply trying to write the theory, he tried to live it. He did so by living a fit life style. The article "*The Sporting Life of V. I. Lenin*" by one Carter Elwood is the most famous account of Lenin's enthusiasm for fitness and sport in general. One famous account goes like this.

When Nikolay Valentinov arrived in Geneva in 1904, one of the first persons he met was Lenin. He was immediately impressed by his fellow Bolshevik's muscular build and his interest in all forms of sport and physical exercise. Lenin, when he heard that Valentinov had once been a champion weight-lifter, insisted that he demonstrate the proper ways to lift weights. Lacking equipment, Valentinov used one of the Ul'ianov household brooms to make his points. Lenin then replicated the moves, much to the amusement of his mother-in-law. "Don't disturb us," was Vladimir Il'ich's response to her laughter, "we are engaged in very important business."

Now this is the one that is most well known, and for good reason. It shows his dedication to this idea. And you can tell by the fact that he did many other sports, such as small game hunting., swimming, gymnastics. He was a modern sports craze. And if I may remind you, Lenin was not simply a brute that was all about pumping that steel. Many will disagree but one undeniable fact was that man was a smart man. He could formulate understanding and analysis of things like imperialism, how to shape Marxism and Communism into a framework for which the Russian people could adopt. Hate his methods, hate his work, the man was smart. And it's this distinction that sets apart a Marx from an

Lenin. Lenin not only has the theory, but has the praxis as well. A body sculpted to be able do the theory. And it wasn't even just him that was of this mindset and lifestyle. You had Mao Zedong, leader of the Protracted People's War. He wasn't even a communist yet and he still advocated for type of living in his work. Truly, this idea of preparing the body to execute what you want into practice is necessary. Again, this isn't about one person. And that is what a Red should be. They should mold the body to be an instrument in a project larger than them. A tool for the worker and a weapon against the capital. But its only through being a Lenin can you truly achieve such a state.



5 Year Plan

The 5-year plan was this concept of transforming this backwards, mostly agricultural state into an industrial power. There were goals/quotas that were set every 5 years that a country would place on itself to further strengthen itself and develop industry. Basically, you want to copy

this model to this extent. Of course, 5-year plan may be a little too extreme for someone to take by itself. A lot can happen in 5 years, much like a lot did happen with a span of half a decade for a nation. But you do want to create a plan for yourself to be able to follow.

A good one would be a 2-year plan. A 1-year plan is good for seeing something at the end vs something at the beginning. But for some things, it might not be enough to know if you are making permanent change. So, a 2-year plan makes sure that not only have you finished 1 year of this plan, but that it actually worked by the advent of the second year. And you can have 3 checkpoints to observe any errors in

your way and correct them. 6 months in Year 1. End of Year 1. And halfway to Year 2. Once you hit the end of the second year, you would then evaluate, based on past data and a comparison from the beginning of the year to the end of the year whether you had succeeded or not.

Now, how would you keep this data. Well, a journal of course. It doesn't need to be this leathered book you write down with a quill and ink. Any notebook will do to write down your progress. Hell, you can use your phone with the notes feature or an audio log. And you don't have to write everything down, just write down big milestones, noticeable changes, mistakes you have found along the way and of course your 6-month period evaluation of yourself and your body at that point. This will allow you to look back at the progress that you made, as well as to remember what you might be doing wrong from past evaluations. You want them to be concise and yet detailed. You don't want yourself to get confused by your own writing by using jargon. But you don't also want to be super vague to what your progress is. Its about striking the right balance.

Now the question is, what do you evaluate, what do you write down about and how to determine failure and success. Here are some obvious things you can

- Weight
- Energy
- BMI
- Mental Stability
- Posture
- Hours of Sleep

Some of these things are material and things you can measure. And some of these things you simply cannot measure. While you should always base yourself in the material reality we live in, it's a fact that we as humans have irrational inclinations. Things like feelings and energies might change your perspective on things. Hell, you can think you took something to make you feel better, Placebo Effect, when in reality nothing has changed. And yet, that can somehow improve the brain. Man, truly what a specimen.

On Self-Discipline by Alexander

"Make porky cry with self-discipline"

"Unironically the funniest thing proletarians in any nations could do to piss off porky is take his advice? What do I mean by that specifically? Save money. Stop buying things you don't need. No more video games. No more drinking. No more smoking. No more clubbing. No more nights out. No more fast food. Ride a bike or walk instead of taking your vehicle, if possible. ~2000 calorie a day diet (adjusted more or less based on your size). Drink only water. Exercise frequently to decrease the chance you'll need expensive medical care later on. Stay out of trouble. Dress in modest, inexpensive clothes. Don't replace anything until it's totally worn out. Allow yourself no "Creature comforts." Forage and hunt for food rather than buying it if you live in a rural area where that's possible."

"But Alex this is just fiscally conservative hogwash. porky pays us starvation wages! You're life won't be much better if you do this stuff!"

"I know! But their life will be worse. You know how suicidally depressed they get when we don't buy their products?"

"This isn't revolutionary"

"I know, it's just funny"

"Self-discipline is reactionary"

“Nonsense, the amount of discipline and coordination needed to carry out a successful socialist revolution is hundreds of times greater than the amount of discipline it takes to stop buying shit you don't need and take good care of your health. It'll also piss off porky because you'll live long enough to collect your pension or social security or whatever, if you're lucky enough to have that. They count on people dying before then from preventable conditions.”

“I'm not doing any of that stuff, I'd rather live a short happy life”

“That's ok!”

Thoughts

I found this an interesting thing that an Anonymous Author wrote about what I would call Personal Degrowth (P-Degrowth). Degrowth seems to be an new fad brewing among those who work in regards to climate and some. And its used by reactoids as a scary buzzword. Now the difference between degrowth and p-degrowth is the advocacy. The degrowth is a system n which you slowly roll back production to a level that is at the best balance between having enough for everyone without wasting. P-Growth, is somewhat of a similar concept in the sense that its cutting back on basically living a good life but not living a gorging life. And you do this to spite the consumer companies who need you to buy buy buy. Now there is some merit in the notion that if you stopped consuming, it would probably affect the bottom lines of these classes. This is due to the simple truth that in these developed countries, there is no manufacturing base. There.

But the question is, would it be recommended. Now while Alexander does say at the end, it is your own choice, many will still question whether its fine to feed tophat's insatiable lust. And there is serious questions about it. I would say the problem with p-degrowth, much like any other forms of degrowth, it would need to be on a massive scale to truly be able to make a difference. That's not to say you get a free pass to yell "No ethical consumption under capitalism" while soydancing at the next Nintendo game. But that you don't need to be this amish person, who does nothing but wake up, work, and go to sleep. Yes, enjoy whatever it is that makes you content, but remember that these things are obviously made in a harmful manner and the world needs to change that.

On Incel vs Volcel vs Revcel

Incel

The classic of the two, the incel dates back to the early days of the interent. The interesting thing is the original definition and the transformed definition. Lets start with original, which is simply “Involuntary Celibate”. The whole premise is that you are a virgin, and you are a virgin. Now, for the transformation definition, you have this strange shift over time. Originally, it was this ostracized set of people who were talking about the struggles of not finding connection in this new growing world. They were weird, but nothing to the extent that it is today. You had the extremist, who were highlighted when talking about the problem. This leads to a flux of new people who see thise “suber cool and based” movement arising, and begin to joing for said reason. Soon the extremist are the ones in charge. There begins to form a cult, a cult of inceldom. The idea that actually, it was better to be an incel than be a sellout. If you’re situation improved in any way possible, they put you in trial and excommunicated you. Now, Incel no longer meant involuntary celibate. It became an identifier, a badge to wear with honor.

Volcel

Celibate. The name for a volcel is just called being celibate, but people have become so rotted by lingo and jargon that the word VolCel was born. Essentially, it is the opposite of an Incel, so voluntarily celibate. And for the most part, unlike its

reactionary brother, this one is more apolitical in nature. There can be political underlining of it, such as those who try to stick to a strict adherence to the bible. But again, technical term of voluntarily celibate, not the made definition. So for the most part, Volcel means you'd decide to not have sex for whatever reason. Does it carry the same connotation as Incel. Obviously not. As Volcel, much like Incel, is its own identity, but one that ultimately faults to the notion that it is dependent on inceldom. To be a volcel is to be an anti-incel, as

Revcel

Now, what's the difference between a volcel and a revcel. So both voluntarily are celibate. However, as the name suggests, the revcel does it for a purpose. It does serve its purpose on a way. If all members in an organization stucked ardently to revolutionary celibacy, it prevent any schism or complains that occur when romance enters the conversation. The truth of the matter is, you can end on good terms, or on bad terms, and depending on how bad it could get, it might split the org in half. So a strict no romance inside the org could be useful. Not to say that love is prohibited. If you and a spouse join, it should be fine. Given you made that arrangement outside, therefore less connections, therefore if something happens, it might be easier to deal with.

Ending Thought

If you identify with any of these things, I would say it's not good for you. Having this mentality of having to stay a virgin, whether its due to you making yourself a very unlikable person, because you believe in waiting until marriage or until

the revolution, is ultimately something that you shouldn't fret about. Or at least make an identity. The truth is in the 21st century, dating and building bonds is a tricky and difficult task at hand. There is plethora of reason, and its sad to say some are in fact things these people say are the reason. Looks, height, rooster size. Things we can't control and yet are judged. But to say these things are the only factors in a relationship is ludicrous. Why do you think that many of these people eventually leave. Because at the end of the day, a shallow connection. And those who don't, there is clearly something there keeps them together. Now, this isn't simply a 'be yourself champ'. You have to make yourself seem likeable and approachable. Be funny, be confident. You do need to work on social skills, being able to talk to people. So if you want to get to that level, start with family, then friends, and then maybe someone who looks nice. You need to be able to use these skills not just in securing love, but in securing a future. Cheesy, but it's the truth.

Closing Thoughts

The world is a very differing place compared to even a few years ago. Especially with events like the 2020 Covid Pandemic and the rise of technology and social media, the landscape on how to be as a person has dramatically shifted. More people are weary and anti social than before. There isn't as many places to visit with your friends. Many people feel as if they don't have as much meaning as they did before. And they don't feel adequate. Hopefully with this book, you can get some understanding on where to set your sail when it comes to navigating the rest of your life. It should not be followed to a cultish degree of course. Like many books and theories before it, critique is the best thing that can occur, to improve our works and make your arguments stronger. And in a way, some of the things that were said apply to yourself as well. Things like keeping a journal to keep track of progress and seeing what worked and what didn't. This is in a way, a self critique, a self struggle session to be honest with one self and see "What doesn't work and what does". You should always strive to be the best you and should strive to make any movement you share the best version they can be. This likens to a quote by Jordan B Peterson, a man. "Set your house in perfect order before you criticize the world". This quote has some truth to it. You shouldn't be worried about the world if things are falling apart at home. Realistically if that's the case, you most likely wouldn't be thinking about this if your life was just a never ending spiral of bad events. But to be perfect? Who decides that? What does it mean to be perfectly in order? A impossibility, I'd wager. No, you should always be better before you criticize

the world. Because anyone can criticize. But unless you better yourself, its hard to feel as if you can make a difference. But if you make yourself feel better, if you are better than the previous self, than that means you have the capacity to grow. Therefore, understand how the world also has the capacity to grow. Allowing you to make thoughtful critique, rather than yelling from the balcony. And this isn't about you as one person can change the world. But that if you as one person, can become better, its possible for someone else, and someone after them. Humanity can get better, ergo, the world can better.



“I am nothing but I must be everything.”
Karl Marx