

Training Tips for Uber Warriors

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6th generation warfare and beyond

The physical and mental well being of the Uber Warrior (UW) is of the utmost importance. With the heightened senses that a clear mind and supple body provide, the UW easily defeats the mentally and physically constipated, amphetamine soaked, technologically dependent, soldiers of the west. Not generally known is the damage the U.S. military inflicts on its own troops - burnout and paranoid psychosis result from inappropriate training methods and dangerous chemical 'combat enhancers', dextroamphetamine, etc. The strength of the UW resides principally in his/her consciousness, which in turn resides in a toxin free vital body.

The primary weapons of the UW are therefore the mind and body - with these two well-honed weapons he easily overcomes the enemy and reigns supreme. The following routines have been tested and proven over centuries, they remain at the pinnacle of psychophysical culture.



The real 'burning bush': 72,000 vital currents (nadis)

FOOD

There are no secrets to physical and mental well being; a visit to any US military canteen reveals the 'foods' (garbage) to which U.S. troops have become addicted - their diet is tantamount to slow death. Fuelled on rubbish they hope to overcome their enemy when they are clearly unable to overcome their own appalling and destructive 'living' habits.

Invigorating clean food is the physical fuel of the UW. In this regard ALL pre-packed processed foods are to be shunned, natural wholesome, seasonal foods from the region are to be consumed with

(optional) minimal meat, not exceeding 10% of total daily food intake. However, special circumstances do exist, e.g. operations in frigid regions, which require increased meat intake – the meats traditionally consumed by aboriginal peoples are preferred to other sources in the region but at no time should imported frozen, canned or preserved meats be consumed.

Fresh fruits, vegetables, grains and legumes remain the mainstay and ideal diet for the UW; deviations from the basic mainstay should be as brief as possible. The beverage for the UW is clean (or filtered) water, herbal teas and minimal coffee to be consumed as a tonic or for medicinal purposes only -- all other beverages especially popular western artificially sweetened, additive laden drinks are to be shunned. Eat moderately and only when hungry, never when distressed – remember, the wall-clock is a convenience not an indicator of when one should eat!

PHYSICAL AND MENTAL CULTURE

The body must maintain its elasticity/suppleness and tone otherwise it becomes a liability. Never forget the body is designed for movement. Western training methods emphasise muscular strength, which tends to bind and constrict the body whereas superior eastern methods are designed to, loosen, tone and vitalise. Short bursts of power are inferior to sustained energy output in the field – the field should be viewed as a marathon regardless of the duration of any given battle/operation.

Sedentary pursuits should only occupy a minimal period of the day. Deliberate, calm activity is characteristic of the UW regardless of all extraneous influences. It is the enemy that hysterically over reacts (often brutally) to situations that only require minimal corrective intervention. The inability to assess a situation is characteristic of the chemically driven technologically dependent dull soldier. Misapprehension or failure to quickly assess a given situation is a recipe for defeat – American troops excel in this regard.

The following routines have proven to be the most health endowing and invigorating movements known to man – the proof is in the pudding. The health benefits derived from these ‘movements’ have not been fully explored, however many benefits are known. These routines invigorate the nerves, muscles and endocrine system -- the heart and other vital organs are also vitalised through these practices.

Asian methods of physical culture are superior to Western methods. Of the Asian methods Yoga continues to reign supreme as the most efficient method of producing the widest possible spectrum of benefits. All the major organs, nerve ganglia, endocrine glands (including the thymus), the cerebral-spinal system and the muscular-skeletal system are conditioned and benefited. The UW should become proficient in the following postures (asanas):

Surya-namaskar . salute to the sun (warm up)
Sirshasana . headstand or Viparita-karani . inverted pose
Sarvangasana . shoulder stand
Matsyasana . fish pose
Halasana . plough
Bhujangasana . cobra
Salabhasana . locust
Dhanurasana . bow position
Vakrasana . twisted pose
Pashimatana . posterior stretch
Mayurasana . peacock pose
Savasana . corpse position

Uddiyana . abdominal 'fly-up'
Yoga-Mudra
Nauli . abdominal isolation
Simhasana . lion pose

[A qualified yoga teacher from a known tradition should be consulted on the proper manner of execution.]

Physical culture must coincide with mental culture; the human being is a psychosomatic organism, to ignore the development of one half of an entity is the height of folly and ignorance. The failure of Western troops is directly related to their lack of mental capacity, while this situation may not have been problematic in the past, the war is won today with skill and intelligence displayed on the field of battle regardless of the nature of that 'field'. The response speed required today in the field has made hierarchical military structures obsolete. A lesson America is only now learning.

The UW is victorious for very simple reasons, heightened mental and physical powers ensure the advantage over a duller enemy; this applies to combatants and strategists. All members of an operational unit are able to perform most of the functions of their peers; however, highly skilled specialists eg. mathematicians (IT related warfare), cultural analysts etc, continue to provide specialised task specific support. Genius is not yet a common phenomenon.

MENTAL CULTURE

Probably the most distinguishing features of western culture -- clearly evident in its military personnel -- are desensitisation and dissipation. Western culture provides the perfect environment for dulling the senses and depleting physical energy and neural vitality. The constant stimulation and 'cheap thrills' characteristic of western culture quickly dulls the senses. From a very young age westerners become desensitised to their immediate environment, their peers and themselves. This results in an inability to concentrate (focus) on a single subject/object for any length of time. A simple test verifies this appalling condition. The reader may care to focus on a spot on the wall for at least 5 minutes to the exclusion of intruding thoughts; in other words the mind must achieve singular focus for a fixed period without any fluctuations in concentration. Many are surprised at the fickleness of their minds when challenged by this simple task.

While it is true that mental dissipation is common to all cultures today, the west far exceeds other cultures, the constant bombardment from ever-increasing (competing) stimuli in the west provides for the dullest mentalities. The UW warrior therefore disciplines his mind as he would discipline his body. At dawn and dusk the UW collects himself and focuses the mind on a single subject/object to the exclusion of all else for a period of 90 minutes, slowly building up to 3 hours (the ideal).

When the mind is gathered in this fashion it eventually subsides and quintessence is achieved. Continued practice eventuates in total absorption. Absorption provides clarity and intuition far superior to the limitations of the empirical senses. Absorption in any object including another being results in the target object revealing all its 'secrets'; an intimate understanding of the object is achieved - in this way disciplined warriors of the past were able to 'see' their own nerve currents and even understand the motion of planets. Furthermore, this absorption known in the east as Samyama endows the UW with extra-sensory abilities. There are many benefits to this rarely achieved state, one of which is the ability of the practitioner to enter the mind of another - the UW is therefore able to wage 'war' in a highly effective field/space not available to the opponent.

A fully trained Uber Warrior transcends mundane conventions; rising above the constraints of morality and the poison oceans of fear and loathing the UW becomes completely fearless. Devoid of superimposed 'morality' the UW becomes the quintessence of morality; free of fear the UW is never inclined to violence, however, the UW wages war on those who attack harmony and peace and would destroy the whole world.

The full benefits of UW training can never be exhausted; there are wars, many 'wars' face us daily but cultivation prepares us for any conflict.

Never forget the war is won within before it is ever won without. America was defeated prior to embarking on its criminal enterprise in Iraq. The truth will be known soon enough and for those responsible there will be hell to pay. I would add a little warning to China; your greatest asset is also your greatest threat. You have taught the people to fight corrupt government and fight they do. Tread carefully otherwise they will overwhelm you - even today they are becoming impossible to manage - what will you do in the event of a minor crisis?

As for the rest - we are victorious!

We are One or we are nothing.

Peace.

<http://cleaves.zapto.org/clv/story-516.html>

Cleaves Alternative News. <http://cleaves.lingama.net/news/story-527.html>