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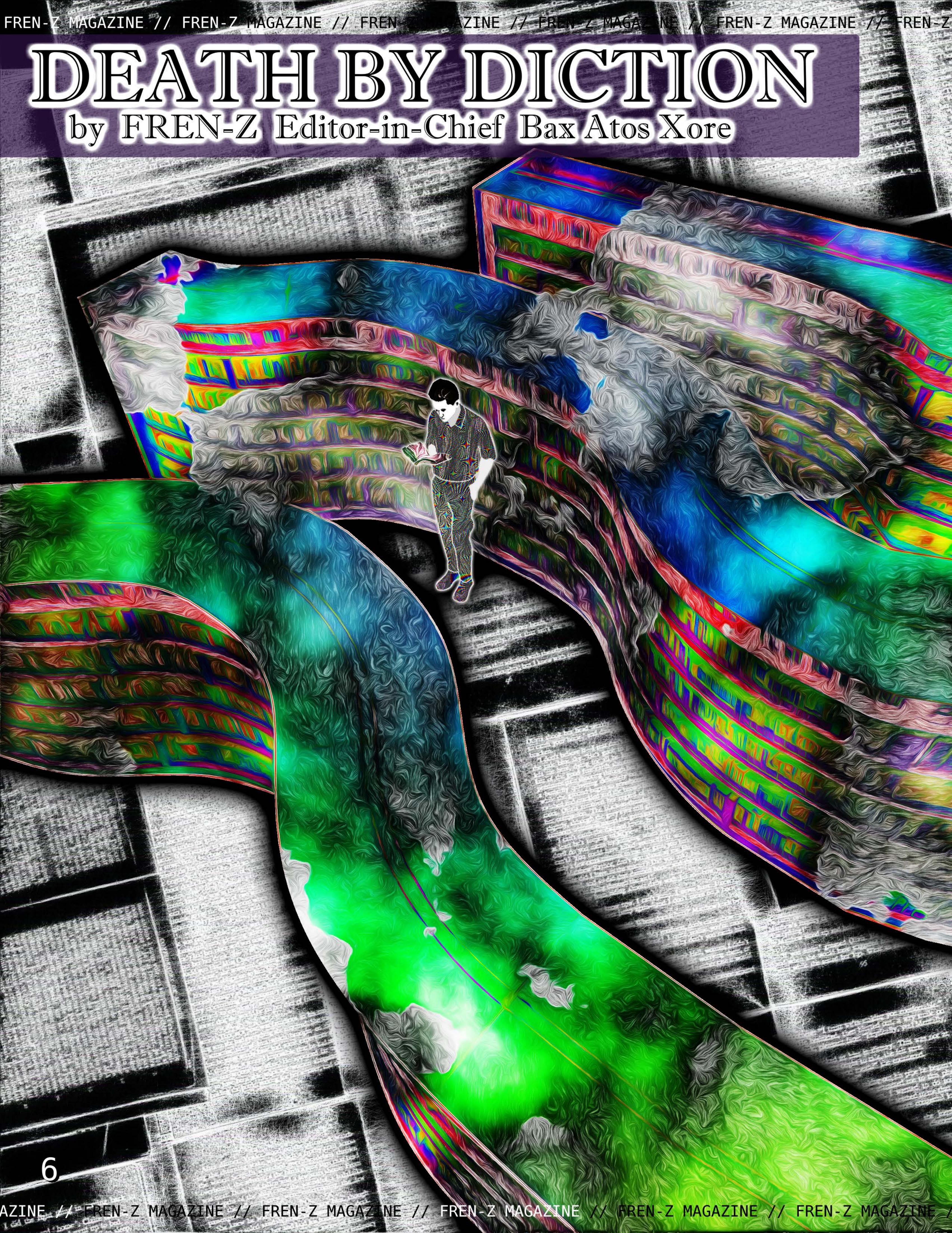
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MAGAZINE // FREN-Z MAGAZI

In System Media, you often see this trope: a character in an older time period speaks with exaggerated, antiquated language, mostly for comedic effect. Unnecessary definitive articles are added, fake old-timey turns-of-phrase are invented, and the residents of the past are purposefully made out to be sensitive buffoons.

While it might seem benign, this is a propaganda tactic. It's part of the full-scale campaign of degradation that our people have been suffering through. They're creating the impression, through every means available, that most people used to be morons and now we're all smarter. This has gone hand-in-hand with the push for more explicit language to be used, which is part of why they've retired older terminologies for new ones. In fact, the tendency has been to simplify language, meaning, and culture that was already deep and full of meaning. Simultaneously, they've overcomplicated language, meaning, and culture that was necessarily blunt.

For example: there was once a time wherein one would say "that food didn't agree with me," instead of "that food gave me horrible shits." The former is, essentially, a joke. It's a layered, symbolic statement. The implication is that the food was arguing with the speaker, which is a more nuanced and humorous way to express the basic idea we're communicating with both statements. The latter statement is only funny by way of shock comedy—something that's had diminishing returns as we've all become jaded to the degenerated nightmare around us. It used to be funny to see a man in a dress talking explicitly about his bowel movements, because people didn't really tend to do that. Now that we're constantly forced to see troons openly talking about their poor personal hygiene, classic shock comedy isn't shocking.

We're not prudes by any means—profanity can be used intelligently and artistically. Sometimes things need to be blunt and explicit. "Kindly dismiss yourself" doesn't carry the same weight as "fuck off!" Likewise, "Post-Traumatic Stress Disorder" doesn't carry the same weight as "Shell Shock." The former has replaced the latter, but PTSD implies a long term mental disorder that you may never recover from—it's adding layers of meaning that Shell Shock never had! Shell shock implies a brief state of trauma—a shock that one gets over. By changing the way we think of trauma, they've changed the way we deal with it. If we're expecting an event to create a long-term psychological disruption then it's more likely to do so. Thus, the implications of PTSD become something of a self-fulfilling prophecy.

Notice that terms and ideas that need to be explicit – including such basic ideas as masculinity, femininity, love, and marriage – are being changed to suit the needs of those in power. They no longer speak of "pregnant women," but "pregnant people," because they've destroyed the meanings of both pregnancy and womanhood. Pregnancy – once a beautiful process by which new souls were brought into the world – is now viewed as a problem to be solved surgically. Babies – once our most precious citizens, for whom the highest protections were offered – are now murdered without remorse, and are dehumanized through increasingly abstract terminologies. You're not murdering a baby, you're terminating a fetus! Better yet, you're extracting a cellular clump!

Notice also that since their redefinition of marriage, it has become meaningless to many people, so they don't feel as much concern over marrying the wrong partner—or marrying their partner at all! Nor do they feel as worried about getting a divorce if things don't work out. Marriage is now more of a status symbol that one changes on a whim, whereas it was once a sacred, lifelong bond between a monogamous man and woman.

Womanhood, too, has been muddled into nothing more than the outfit you're wearing. A man wearing a dress is considered to be a woman if he demands to be considered a woman—he doesn't even need to have his dick turned inside out anymore! Men, with functioning testicles and penises, are being allowed to compete in women's sports if they grow their hair out long enough!

They convolute that which needs to be explicit. They muddy it. Then, they pour profanity over the poetic, symbolic language once used to cover, enhance, or otherwise alter the meaning of a dialogue. The obscene becomes the norm, and the norm becomes the obscene.

While we're not urging our readers to abandon all profanity and fully return to an older pop cultural standard (please don't go around spouting outdated slang when it isn't contextually appropriate), we would like readers to pay close attention to their personal word usage. Do not utilize enemy terminologies, as doing so takes their world view for granted as true. If arguing against abortion, for instance, don't allow the usage of "fetus," or "cell structure," or any other antihuman nonsense. The term is "baby," or "child," or even simply "person." Don't even let them use the term "abortion" if you really want to piss them off—insist it should be "murder," and repeat their own phrases back to them, only "corrected" to replace "abortion" with "murder."

Obnoxious? Yes. They do exactly the same thing to us, however, and we must return the gesture. By allowing our enemies to define our language, we allow them to define the way we think. We can do the same thing in return. Refuse to acknowledge their redefinitions and reframings. Force our own redefinitions and reframings upon them in return.

Now that shock comedy has worn thin and needless vulgarity is boring, there is a desire for more meaningful speech. People once used symbolic language as a matter of course. There's no reason to be too flowery with your speech, but try to put some meaning into the things you say, much as our ancestors did. If you can make the same point more elegantly, then do so. If you can form an implication or comparison through clever word choice alone, you're out-thinking the average normie already.

The alternative to this more careful, meaningful speech has been a descent into full absurdity. As meaning and symbolism are stripped away and the shock of that fades, cultural nihilism takes root. Contemporary absurdism is the logical conclusion to this cultural nihilism. If nothing matters, and our speech has no meaning other than the immediate and explicit, then one eventually concludes that all the rules can be thrown out. Implication as a mechanism is violated and utilized to create endless non-sequiturs. Often times, the result of an action in a work of fiction is no longer what one realistically expects, nor what one would humorously invert out of that expectation. It's something disconnected from cause and effect entirely. Overpaid System critics then praise this drivel for its meta nature.

That's the nature of our enemy: they seek to detach from reality – from cause and effect – and to create a fantasy world in its place. A horrific realm wherein men are women, babies are disposable, consequences don't have actions, and every culture is forcefully merged into a worthless sludge. They treat society like it's the goddamn Looney Tunes.





we have edited this piece to be in line with our understanding of the terminology. The original piece has been preserved here: https://archive.ph/q6YYI

Many claim that a conspiracy as large as International Jewry simply could not go undetected for so long. People find it unfathomable that a religious group of seemingly normal people could orchestrate such an elaborate infiltration of world governments (and other positions of power) in order to work towards a common goal—a goal based in racially supremacist beliefs and rooted in their secretive, ancient religious scriptures. To prove that such a conspiracy is possible, I bring you a brief study on the Thugs of India.

Thugs were organized gangs of professional robbers and murderers in India. Many of these Thugs believed themselves the children of Kali, created from her sweat. Kali, in Hinduism, is the goddess of time, doomsday, and death. Some Thugs believed that they played a positive role. They felt that, without the Thugs' sacred service, Kali might destroy all of mankind. How they performed this sacred service was through thuggee—the ritualistic sacrifice of human beings, dedicated to the goddess Kali.

Thugs blended in with Indian society. For 11 months of the year they held regular jobs, raised families, and strove to appear as moral, upstanding citizens. Once per year, the thugs would take a leave of absence from their jobs under the guise of vacation, familial duty, or the like.

The Thugs traveled in units, assuming the appearance of travelers, sometimes wearing turbans and carrying some baggage. Their disguises would deceive peasants and royalty alike. The goal of the Thugs was to perform as many ritual sacrifices as possible, reaping the maximum loot from their victims, without being caught. They did not target other travelers unless their own numbers were greater than those of their victims. They flattered their prey, which gave them a chance to assess what wealth their targets might have. When the opportune moment arrived, the Thugs murdered their victims, burying them deep in the ground and disfiguring their faces to prevent identification. They then plundered all of the victim's valuable belongings. By targeting travelers far from the areas in which they lived, it made the discovery of their crimes a difficult task.

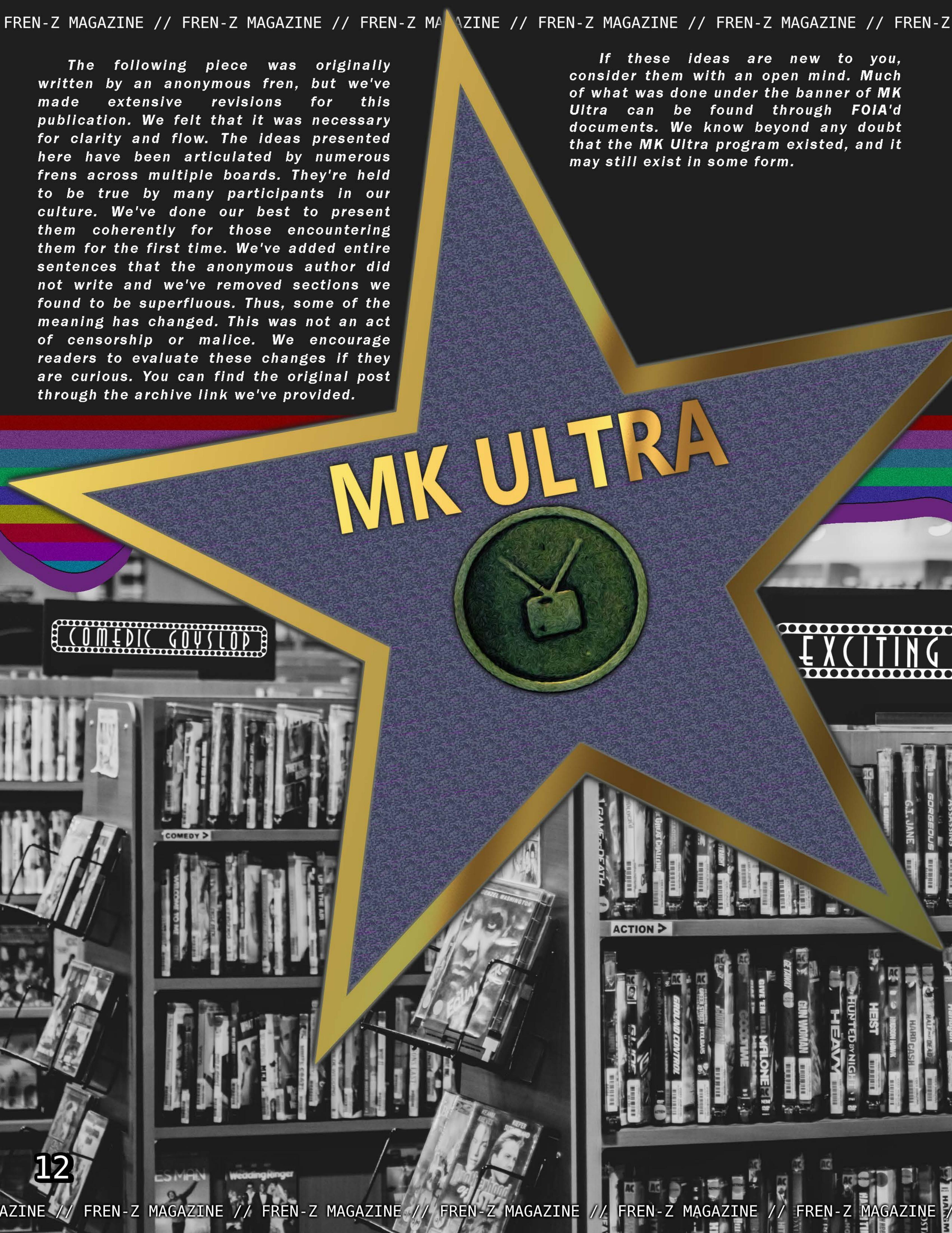
Through their religious traditions, the Thugs achieved the ritual sacrifices necessary for their dedication to Kali, while at the same time enriching their personal wealth. Thugs passed their beliefs and methods on to their hereditary sons. Once they reached adulthood, the male children were taught the secrets of deception and strangulation. Hidden among the various Hindu and Muslim sects of India, Thugs practiced their true beliefs in secrecy, without public discrimination or inquiry for hundreds of years.

Evidence of the Thug's existence dates back to the 13th century. Suspicion and investigations into the Thugs began upon the arrival of British colonizers in the early 1800s. In the 1830s, the Thugs were targeted and eradicated by the Governor-General of India, Lord William Bentinck. They are believed to have murdered and plundered over one million travelers.

Upon learning of the Thugs, and the concealment of their treacheries that lasted for hundreds of years, one may arrive to the conclusion that the phenomenon of International Jewery may not be so implausible. If Jews truly believe the teachings of their ancient scriptures (such as the Torah and the Talmud), the idea of the Goy being a subhuman servant to all Jews is surely ingrained into their very hearts and souls—just as the teachings of Christ are ingrained into many of our hearts and souls.

Upon examination of the Thugs, it is not unfathomable that the Jews could conspire, over centuries, to attain wealth, power, and rule over the Goy, through usury and manipulation. Furthermore, the crimes perpetuated by the Jews are much more subtle than that of thuggee. The manipulation of finances, media, and culture is slow and gradual, yet it has just as profound an effect as murder. It is a slow and deliberate murder of our culture, ethnic heritage, and personal wealth.

The author cites and recommends The Sumerian Swindle for further reading on India's Thugs. The PDF is available for free on Archive.org, as well as through the publisher, The Bamboo Delight Company. Our staff has not read the full text of that work, nor are we associated with their company in any way.



THE MK ULTAA PILLS

Movies Killed the Star Within You

by Fren, Mon 15 Aug 2022 19:43:08 Edited by the *FREN-Z* Staff

https://archive.ph/lbAyN

You think MK Ultra was about dosing people with LSD and using electroshock therapy? Or sneaking Illuminati symbolism into Lady Gaga music videos? All of that is misdirection. "Official documents" obtained through FOIA say that MK Ultra failed.

>Oh, we were never able to create sleeper agents who could be activated by saying a random string of words, tee-hee!

That's all bullshit. Why do they need sleeper agents to be activated when they can assassinate people in a thousand different, untraceable ways? The real goal of MK Ultra was mass mind control. Contrary to popular belief, it was unbelievably successful.

MK Ultra may have subdivisions of research, but its primary method of mind control is video media. Why? Because out of all forms of media (text, audio, pictures, etc) video media has the most powerful effect on people and groups of people. From now on I will refer to video media as "movies," or "films," but that includes TV, advertisements, Tiktok, and all other video formats. Research has shown that when different people read the same thing, they can form drastically different opinions. However, when different people watch the same video, they usually form more similar, closely clustered opinions. What leads to this phenomenon?

- 1) Humans are unable to distinguish between reality and movies. Everyone will say they can because they don't want to sound dumb, but our brains did not evolve to process movies. We think they are real unless we consciously make an effort to separate them from reality, which basically no one does because no one thinks that we're internalizing movies as "real." In fact, if you tell someone this, they'll probably mock you for being low IQ and being unable to understand that "It's just a movie, man." Yes, you probably don't think that Thanos is out there cruising the universe for the Infinity Stones, but...
- 2) **Subconsciously**, you absorb the behaviors and attitudes of protagonists in films. Human beings are evolved to emulate people who are socially successful, wealthy, and beautiful. This is an evolutionary survival strategy because it works in real life. If you emulate how Jeff Bezos behaves (in the sense that: he's a cut throat asshole; a megalomaniac who crushes competition and isn't afraid to take what he wants; a man who studies peoples' flaws and exploits them for his gain) you will probably be successful, though perhaps unethical. Alternatively, if you emulate your local business owner with a great work ethic, who works seven days a week, focusing on nothing but his business, you will probably be successful and somewhat ethical. In both cases, emulating a real-life success can lead to similar results.

Movies present you with fictional characters who are usually socially acceptable and who experience success that you'd like to emulate. The problem? They do not behave in a manner that leads to success in the real world. You will try to emulate this **fake behavior** which fucks you over in real life.

MKULTRA PILL CONTINUED

Both men and women are vulnerable to this effect, but women are demonstrably more susceptible. Sex in the City was legendary for how it turned an entire generation of women into 45 year olds with no husbands or children. Instead, they became bitter, angry, psychotic, addicted to wine, hooked on prescription pills, and hateful towards not only men, but the entire world. Sex in the City portrays a fictional group of four socially successful women. They bounce around New York high society, fucking Chads, living their dreams, and doing whatever they want. Impossibly, in the end everything works out well for every main character. Seeing this and internalizing it as if it were real, women decided to emulate this "successful" behavior. Doing so ruined their fucking lives.

In reality, 95% of women will not be more happy with a career than they would be if they married a decent man and had kids. Sex in the City (and countless other franchises) have manipulated women into being single and childless well into their 40s.

What about for men? Men might look at a character like Tony Stark, thinking that it is realistic to be a super genius who can solve any problem, creating the gadgets they need instantly. Or they might look at someone like Vin Diesel in Fast and Furious, thinking that it's good to "never back down from a challenge," or – even worse – that "muh friends are muh family and they always come first." These things are **not** true in real life, but many men believe them because they have subconsciously absorbed "successful" social behavior from movies.

3) Movies can do this to you because they create false memories. In other words: MOVIES CREATE MEMORIES IN YOUR HEAD—MEMORIES

THAT ARE NOT REAL AND NOT BASED UPON THE RULES OF REALITY.

Once you understand this, you begin to realize how fucked up everyone is. Many normies consume 50+ hours of media each week. People spend more time watching video media than they do interacting with real people, which means that people have more fake memories than real ones. This is not good.

Think about what is happening with the portrayal of black people. Every black character you see in media is doe-eyed. They're portrayed as soulful, resourceful, noble, and kind. The impression is created that black people can do no wrong, and of course every black person is portrayed as a victim of white racism. The black people you see in advertisements are basically white people with black skin—they dress, speak, and present themselves more similarly to white people than to the average black person (a phenomenon that black people themselves complain about).

Black people are portrayed as angels in media and they are rarely shown as morally corrupt. Often times, whatever they do wrong is blamed on the trauma from something whites did to them—they are portrayed as blameless because they're a "victim." Consequently, everyone believes that blacks only fail when they are oppressed by whites, without any consideration for the multitude of factors involved in their failures. Due to fake memories of fake racial oppression, everything is so fucked up that universities are removing

SAT score requirements to admit more black students. While this is portrayed as "justice," it is, in reality, a mixture of pity and negligence. Lowering our standards does not help any student. Real "justice" would probably involve the improvement of educational methods and an honest evaluation of intellectual differences between various groups.

I think that black people are the most targeted and most affected by MK Ultra. This may be due to a number of factors (statistically, blacks are more likely to have a lower IQ; people with a low IQ are easier to trick and persuade; many blacks aren't well read and much of their information is obtained through video media—which is probably related to the aforementioned IQ disparity). Black people are being trained through film. They are conditioned to react negatively to white people. They're taught to lash out at anyone for the slightest perceived infringement of their blackness, or for one iota of perceived racism. This behavior is widely despised.

If someone accidentally says something that offends you, you should just ignore it and continue on. Yes, what they said might have been rude, but if you flip your shit people will just think you're an emotional fool who can't be trusted with serious matters. In hard situations, people need to keep their cool, even if something offensive is said. If you say anything that is perceived as even remotely offensive to blacks, they will flip their shit and challenge you. This makes many people hate black people—including other black people. Black people were mind controlled into doing this by repeated viewings of fictional, "socially successful" black people.

>But brainwashing isn't real! All of this is impossible to do!

Not really. Very few people can ignore or filter out the delusions of mass media entertainment, in part because they are never exposed to genuine conspiracy theories and don't have a critical thought process. They are too burdened by the grind of life to think about this kind of shit, so they just go with "the flow."

Well, MK Ultra controls "the flow." Liberal media conglomerates control everything. There's little mainstream opposition apart from Fox News, which only exists as a ping pong paddle to hit the ball back to the liberal media conglomerates. No real ideas or differing perspectives are ever discussed on Fox. It's all just reactionary and inflammatory. It is completely useless as a thought vehicle and traps people into being passive viewers of the MK Ultra agenda. It just exists to catch all the people who weren't caught by Disney, CNN, MSNBC, and the like.

This all started taking off in the 60s (when MK Ultra was started), but it didn't get seriously ridiculous until about 10 years ago. Social media, "binge watching," and constant propaganda immersion have kicked this into over drive. Watch a video of someone talking from the 60s, 70s, or 80s. They sound clear headed and "one" with reality. Now look at someone talk from the last five years. They sound brainwashed and delusional because they are.



THEMK ULTRA ANTIDOTE

by the FREN-Z Staff

One of the most dangerous parts of being brainwashed is the initial obliviousness you have to your own condition. You can float through life, despite having been programmed to believe bullshit. If the programming was good enough and administered early enough - even the hardest proof won't help you accept the truth. Many frens are walking around with old programming in their heads, feeding them default assumptions that color the rest of their perceptions.

Among these potent, lingering assumptions, direct your attention to this subset: "Frens will never have popular support, and there are so few of us! Even with access to the extant media apparatus, our ideas would be rejected by the masses because the normies are too far gone!"

If you believe that, we have good news for you: you're wrong. There are more of us than you think! And that's probably true regardless of what you consider as "one of us."

There are many ideologies in opposition to the nightmare that is Globohomo. The overlap between these ideologies varies, but each one represents a group of people who are willing to stand up against common foes. These groups vary in religious belief to such a degree that your average normie should be praising our diversity! In our ranks we count Christians, Atheists, Buddhists, Pagans, Cosmotheists, and a wide range of others. There is no one solution being offered for our entire world. Folks of every race and creed are sympathetic to our cause(s).

How is such a broad coalition, with such divergent ideas, able to cooperate? We're united by a common threat: death by homogenization.

Should our enemies win, we will be forced to congeal into a global culture. The culture they're building merges the worst elements of capitalism with the worst elements of communism. We would lose our identities entirely and our descendants would be treated like cattle. Their lives would be dominated by hedonistic consumption and exploitation. Every beautiful work produced by our ancestors would be eternally degraded and, eventually, forgotten.

It wouldn't be all bad, right? Corporate executives, having completely eliminated cultural differences, could finally cut their advertisement budgets down by producing a singular ad that works in every market! That's what the whole of human history was moving towards all along. Countless generations of struggle so that Coca-Cola could optimize their Return on Ad Spend.

To resist this fate, many of us are willing to work with unusual teammates. Many frens would rather temporarily join forces with another group that wants to stay separated from us in the long term, as that's preferable to a permanent merger with Globohomo. Globohomo seeks a uniculture, whereas we seek a world with many different cultures being allowed to exist as they please. That is part of why FREN-Z has not rushed into a

particular ideological stance, as we recognize the nature of the situation. Call it our own sort of realpolitik.

Our enemies simplify us with various labels. "Fascist" is an ever popular choice, with the System Media Complex rushing to call anyone they don't like a "fascist." No care or attention is ever paid to the fact that Fascism is a specific ideological stance, with specific beliefs. Most of the people being slandered as fascists don't know the first thing about Fascism. Instead, the new definition of "Fascism" is just "any right-wing, authoritarian ideology." In practice, it means something simpler yet: "anything we don't like."

While that may be hilarious on its face, NPCs are foolish enough to accept this uncritically, and they're also perfectly happy to mistreat you under

the guise of "fighting Fascism," even if you've never read a single word of Fascist literature. It becomes even less funny when a group of indignant fools burn down an entire city block over this inane brainwashing, only to face no punishment because they were acting out of "anti-Fascism"—which, as per their understanding of Fascism, just means they were acting in opposition to something they disliked.

Recently, the System Media Complex was so bold as to claim that everyone who voted for Trump is a fascist. The irony is that many actual fascists view Trump as a bad actor who is ultimately serving <u>the agenda of Globohomo</u>

But wait! Here we arrive at a contradiction. We are told, on the one hand, that we are all 'fascists," regardless of what we might individually believe. As an extension of this, we are told that our ideas are unpopular, that our numbers are few, and that we are doomed to societal rejection. On the other hand, we're then told that there are many millions of "fascists," in the form of Trump supporters and other dissidents, and that those same "fascists" are a huge threat to Globohomo's vision of how society should be.

So, which one is it? Are frens a small group doomed to failure? Or are we already a massive movement that poses a threat to Globohomo? We're inclined to believe the latter!

Just look at the comment sections across the internet. Look at the upvote/downvote ratios on any given website. You'll see people being openly disgusted with Globohomo. You'll see hope where it was seen in Orwell's Nineteen Eighty-Four: the proles. Average, regular people. People who escaped some of the brainwashing given off by their television sets. People who aren't afraid to make a joke at a tranny's expense. These are the so-called "fascists" that Joe Biden and CNN are constantly whining about.

Some readers may be thinking:

>But a lot of those people are just MIGAtards! They don't know anything about realpolitik or the actual nature of the subversion we face! They spend their time talking about how "Democrats are the real racists." Aren't they hopeless?

Much of this is true! However, many of our most based and helpful frens have started out from that exact mental position. These people, with all their flaws and delusions, are the most ripe for awakening. If you can break your own programming and realize how dangerous the System Media Complex is, other people can too. It's a gradual process and we should be working on it now, with hope that those same proles can come to our aide when the time is right. As we've established, even long-time frens still have programming to break, so we shouldn't look down on possible allies who just need further help.

So how do we help?

"Breaking" the programming might not be the best way to describe it. It's more like reprogramming. If we may be permitted to borrow a popular metaphor from our nihilistic enemies, one can consider man as a machine. Said nihilists will often compare the brain to a hard-drive, the eyes to a camera, and so on—with their inevitable conclusion being something like "machines don't have souls and we're pretty much just machines, so we're probably soulless. Might as well be hedonists!'

Allow us to present an alternative

interpretation.

Man is much like a machine. Our eyes are certainly camera-like and one can liken our storage of memories to the storage of data on a hard-drive. Additionally, we're somewhat similar to radios. We transmit and we receive—we produce data and we take it in. We can write a book, sing a song, or build a skyscraper-this is all a form of production that others will later take in, participate in, and reproduce. This is similar to a program being broadcast onto a radio, or on a television, but it is also somewhat similar to a computer program. It is no coincidence that the word for all of these various mechanisms is "programming."

As human beings, we're both the programmers and the programmed. The culture we produce is programming for others to consume. The culture we consume is programming produced by others.

If a program produced on one computer is run on another compatible computer, the result is fairly predictable—the code will execute as written and the user will experience something within a set of possibilities as created by the developers of the program.

If a television program produced in one country is broadcast in another culturally compatible country, the result is fairly predictable-the program will display as filmed and the viewer will experience a narrative that alters their perceptions of the world as determined by the producers of the program.

<u>In both instances, we have programming taking </u> place, and the end result is similar so long as the audience is compatible with the initial program. A computer's operating system can be altered over time through programming, thus making it more compatible with future programs, and our programming is no different. If we aren't compatible with a piece of programming then we can be made compatible through gradual alterations and repeated conditioning.

If we did away with televisions and computers, savvy men could accomplish programming with well-delivered speeches given to the right crowds. To say that one can "break" this programming is to presume one can free themselves from all cultural exchange. In the end, there is no culture without programming, and so we must resign ourselves to being programmable animals. This isn't to say we lack free will, but just that we can be conditioned - trained - over time. As Pavlov trained his dogs to salivate over a dinner bell, so too do modern men salivate over the mere implication of their favorite super-stimuli.

Knowing this, there are two further conclusions we can draw.

First, if we are programmable, then our enemies are programmable too. It is for this reason that many of the in-power groups are suffering from the effects of MK Ultra—they're getting high on their own supply. The soma they've made is just too good! Can you even imagine how many corrupt bureaucrats spend their tax-funded workdays watching hardcore pornography? And how many more spend their workdays listening to absolute goyslop in the background while they work? Imagine how much worse that's all gotten with the normalization of remote work!

Even the highest tiers of their most secret clubs are suffering from these symptoms. Even 33,000th degree Freemasons, with their aggrandizing titles that read like "Extra-Deluxe-Master Wizard of Reality," are becoming addicted to hardcore porn, instant streaming 4K superhero movies, and other super-stimuli. They're destroying themselves and their NPC workerdrones are becoming painfully incompetent. If you want proof, dig up the pictures of Hunter Biden smoking (what seems to be) crack-cocaine. They're hidden from cursory Google searches, but you can find them. If you're a longtime imageboard user then you've probably already seen them.

Second, if our enemies can accidentally program themselves, we can intentionally reprogram ourselves. Think about it: Globohomo made the various kinds of super-stimuli that their own members are using to self-destruct. We should be able to make positive super-stimuli that reprograms us to be stronger, better people. Why can't we harness MK Ultra for ourselves? Why not produce an endless stream of culture to condition people to be more like we want them to be? To condition them to be healthier, happier, and more responsible?

If you think that sounds impossible, know that it's already being done to some degree. Check out Akira the Don and his "Meaningwave" music. It isn't an entirely new psychotechnology, as plenty of music has been made that was meant to convey an ideology through lyrics or spoken words. All the same, something like Meaningwave can be used to program a person, and quite effectively. Some frens will certainly find Meaningwave cringeworthy, as some tracks feature Jordan Peterson (a figure most of us have outgrown), Scott Adams (a deluded e-celeb who overestimates his own intellect), and other speakers who select frens might have varying degrees of opposition to. If you can't find any extant tracks that are useful to you, then make your own. Use the ideas that you want to condition yourself (and others) with. Only a small handful of

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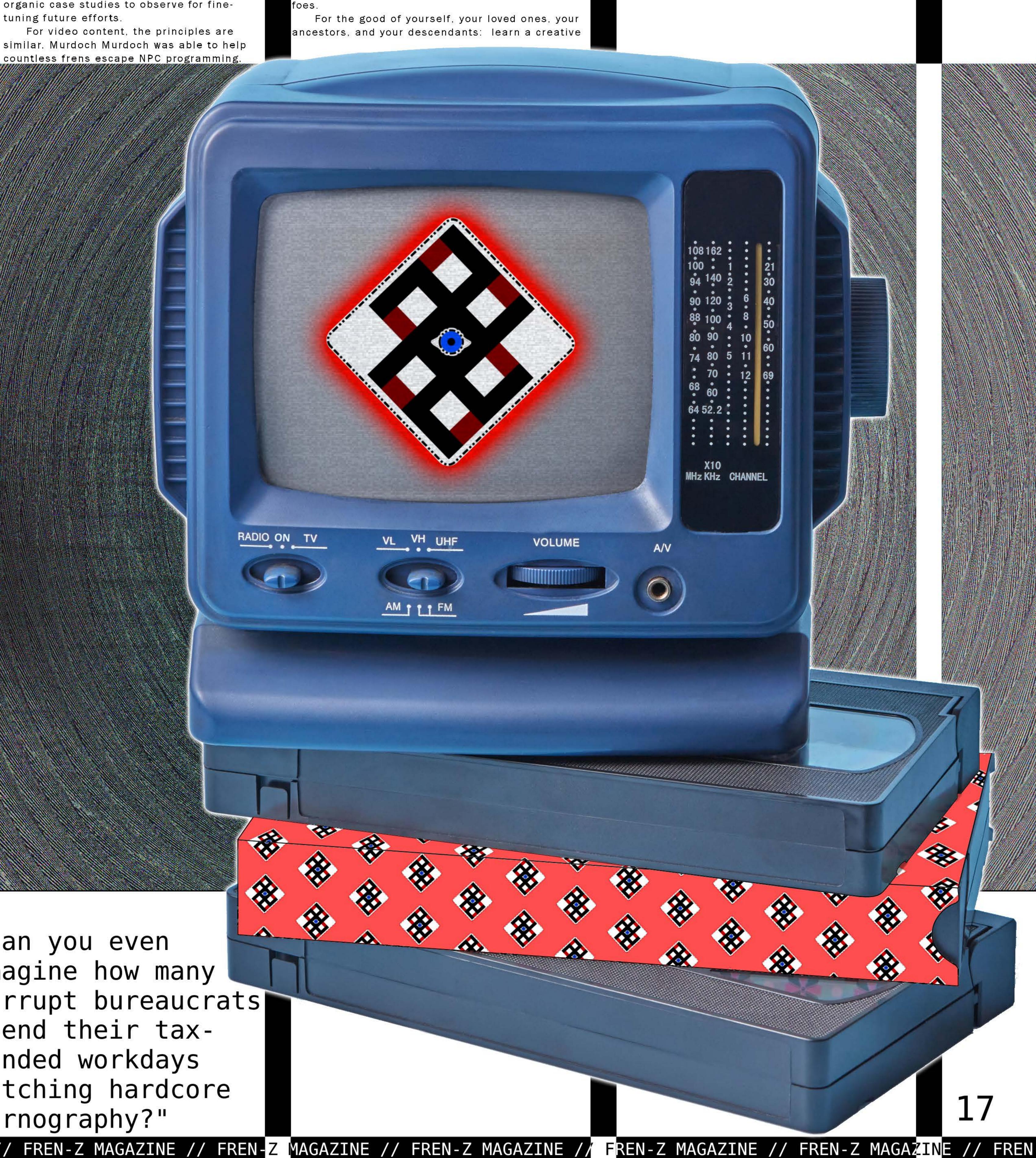
po

MAGAZINE // FREN-Z MAGAZI frens need to do this in order to produce They did so without a flashy production or a big skill and start producing culture. If MK Ultra enough music to make a difference. The effort budget. If someone with honed animation skills was replaced our burning inner stars with faux, could be anonymous and collaborative. to attempt something similar, imagine the impact Hollywood stars, then we must rekindle ourselves. If you think that sounds unlikely, ask that it could have. They can't control the internet like they controlled

yourself: how many people were redpilled by Moonman? We're just talking about refining the methodologies to make more effective musical programming. We already know that this technique works and we have multiple

It's up to us to make culture that helps to reprogram ourselves and others. There's no escape to the programmable nature of man, and the MK Ultra genie is out of the bottle, but we're just as capable of exploiting these mechanisms as our foes.

broadcast television, and that's all the opening we need to make it happen. Pick up a pencil, a paintbrush, or a musical instrument. It might be what saves us from annihilation.



HEEL SE

by Fren, Sun 3 July 2022 07:23:48 https://archive.ph/rYRSs

A fren at the end of his rope describes the alienated and demoralized position of many Western men.

No idea what I'm even trying to achieve by writing this shit down. Probably just screaming into the void, hoping my brain shuts up for a

Anyone else just feeling...weird? A mixture of loss, anger, dread, and hopelessness? Like trying to prepare for a fight you 100% know you cant win, and it's almost certainly your own fault?

I visited /sig/ and /pol/ here. There are a lot of amazing, smart, and genuinely caring people. Got quite a lot of good answers for my questions. Yet, somehow, that firepit in my soul never gets smaller or colder, you know what I am saying?

I've tried so much shit to feel better, more fulfilled, and less hopeless, but it just doesn't seem to work.

Working out daily now with dumbbells, also doing sit-ups, push-ups, and running regularly. Looking fitter and feeling healthier, yet I still feel powerless, weak, and unmanly.

Trying to quit porn. Actively remind myself of the benefits of NoFap and the Jewish hand in it, but still fall back into this animalistic need to fap every two days. I hate myself so much for it.

Community, friends, and a wife and family IRL are probably my biggest goals, and yet it is so stressful. I've been to one party in my entire

life and it's one of my worst memories. Also, I'm obviously autistic. It feels like I'm not made for this shit, so why can I think of nothing else but this? Big family meetings exhaust me within five minutes, so why chase a big family myself? What's wrong with me?

I'm really good and fluent in talking, but how is that supposed to help me in any way if I just hate conversations?

Also cant shake this internet bullshit out of my head. Used to think good photographic memory was a blessing, but instead I just became 4Chan (the walking failure) or, earlier in life, Reddit (the laughingstock).

How the fuck can one know how to live his life? I barely know what I want and I'm easily influenced by others, IRL and online. Are my thoughts even my own? Maybe I'm just one of those NPCs mentioned in memes, who often thinks he's better because he supports "the opposite of current thing." God knows.

Spiritually keeping my faith up as good as possible and yet nothing changes mentally. Still angry and hopeless, I don't feel saved. The hordes of Muslims around me certainly don't help, they just make me hate them even more than I already do. Fuck 'em.

Generally harboring tons of hate. Hate on myself; hate on my father for never teaching me jackshit; hate on my mother for raising me

to be a soft, ballless bitch; hate on my country for being a cucked Globohomo slavestate; hate on niggers for being niggers; hate on Muslims for actively trying to kill our culture and people.

Tried to write down my strengths, yet I cant bring myself to accept I'm good at those things. Tried to improve my weaknesses, yet I cant bring myself to accept I'm getting better. Tried to not be a little bitch out of sheer spite and it only proved to me that I am.

Haven't touched alcohol, cigs, drugs, or whoring out, since I know it will never extinguish my hate or pain. Also I'm pretty good at torturing myself, I guess. My friend calls it mental strength, but is it?

Video games, shitposting, offensive memes, and soda are the only things that can make me act like I'm not 10 seconds from killing myself. Then again, I probably wont. I'll just sit back and cope more. And more. Like a fucking loser that won't do shit.

Don't even know why I'm typing this. Nothing will change and it'll just ruin a random online dudes day as well. Posting here because it's neither political, self-improving, or whatever.

Reply with literally anything, or don't. I'm sure it wont change shit anyway.



RESPONSE by Fren, Sun 3

July 2022 07:58:15

If /sig/ and /pol/ have failed you. You need /x/ and /r/. Fuck what people say, motivation cannot come from within and discipline cannot be developed without motivation. But you're on a much better track than others in your same position. Give weight lifting and clean eating a little longer to change you and you'll see. You won't even feel like the same person in four years, I'm telling you.

AZINE // FREN-Z MAGAZINE //



NIGHT OF THE LIVING TROON

A HORROR STORY

Written and Illustrated by the FREN-Z STAFF.

This story is a work of fiction. Any resemblance to any person, living or dead, is coincidence. This story is not meant to be malicious, hateful, or otherwise harmful. The purpose of this comic is mere entertainment. If this cover offends you, it is your personal responsibility not to read further so that you may avoid mental anguish. This story is not instructive. The actions within it, by all characters, are fictional. Do not imitate the behavior of fictional characters.

IT'S HAPPENED BEFORE...











Samantha Age: 18

You should've been specific. Besides, Eva loves candy. Speaking of...

When I said "Let's have a picnic," I expected more than a candy dish. Like, food. Real food.

John
Age: 19

Oh well. More for us. What're you doing after this, babe?

I've gotta go to class soon. I don't want to start being late so early in the semester.



Damn. We'll have to get something better to eat after you're done. I'm free the rest of the day. What class are you headed to?

Dr. Steinovitch's intro level biology. It's a Gen Ed requirement.

I hate that shit. I wish we could just pay for the classes we want to take. I wish Dr. Pierce was still around to teach Bio 101.

> I've heard stories. His weaponization of tenure is legendary. But I want to give the new guy a chance...



"...How bad could he be?"

PROFESSOR LEVI STEINOVITCH - BIOLOGY 101

REMEMBER FOR TEST:

ring a dress makes a lady. Women can e penises. To reject dy with a feminine s is transphobic. be a good ally you T suck the feminine s of any beautiful ANSWOMAN who asks for fellatio.

1. Jews are the most intelligent race.

- 2. White "people" are inherently evil.
- 3. Other than that, race is a socail construct and it isn't real.
- 4. If you don't breed with another race, you're being bigoted. Matched race relationships are unhealthy.
- 5. White people don't experience pain.
- 6. Gender isn't real. It's a feeling.
- 7. Men who won't abandon masculinity are the biggest threat to our society.

all you need to know about racism

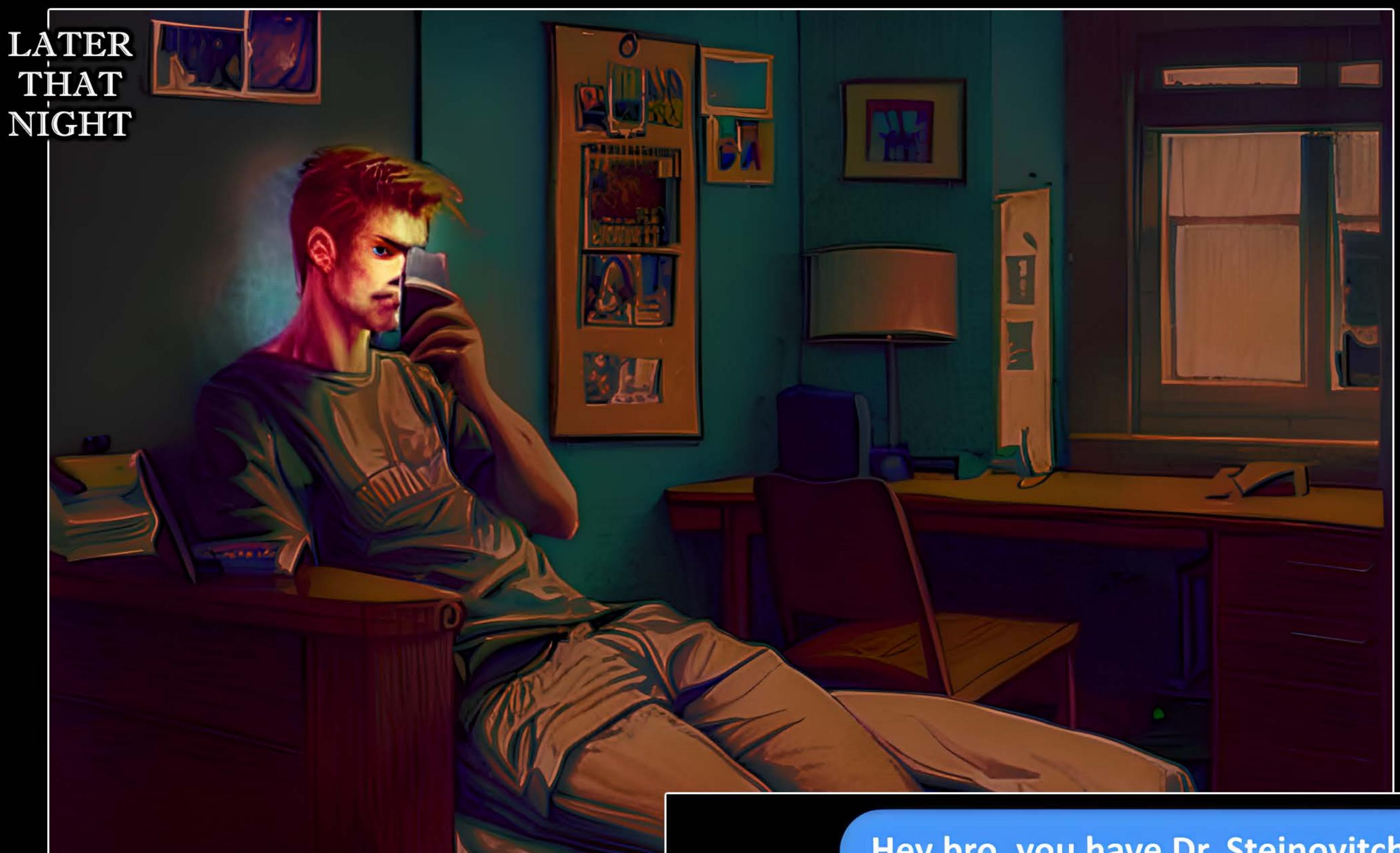
- 1. Racists are the most evil people in the world.
- 2. Only whites can be racist.
- 3. ALL whites are racist.
- 4. Even though race isn't real, evil is inherent to the white race and they must be cleansed from th earth to make room for the chosen people of God

And so, to create a just world, we must abolish gender roles. They're cruel and arbitrary. We know now that gender is a social construct, completely separate from sex.

I disagree, Professor. That doesn't make any sense. Men and women evolved differently for different tasks. Being a woman isn't a fashion statement.



That's a bigoted, fascist postition to take. I won't tolerate such hatred in my classroom. I'm going to have to ask you to discuss this issue further after the lecture concludes, Samantha...



Hey bro, you have Dr. Steinovitch's class with Samantha, right?

I'm probably overthinking it, but I haven't heard from her in hours.

Yea, what's up?

Dr. S asked Sam to stay after, said he wanted to talk to her.

Weird. Any ideas?

Maybe go out to the woods behind campus. He bought the old house back there. Ask him yourself.





Both you and Eva are guilty of heteronormativity and white privilege. Your race cannot be allowed to reproduce. Ending whiteness means ending tradtional gender roles. That's why Jessica is such a great ally! SHE used to be a track star named Jessie, but after I removed HER testicles she became much more compliant. And to think, she had planned to spawn more filthy whites!

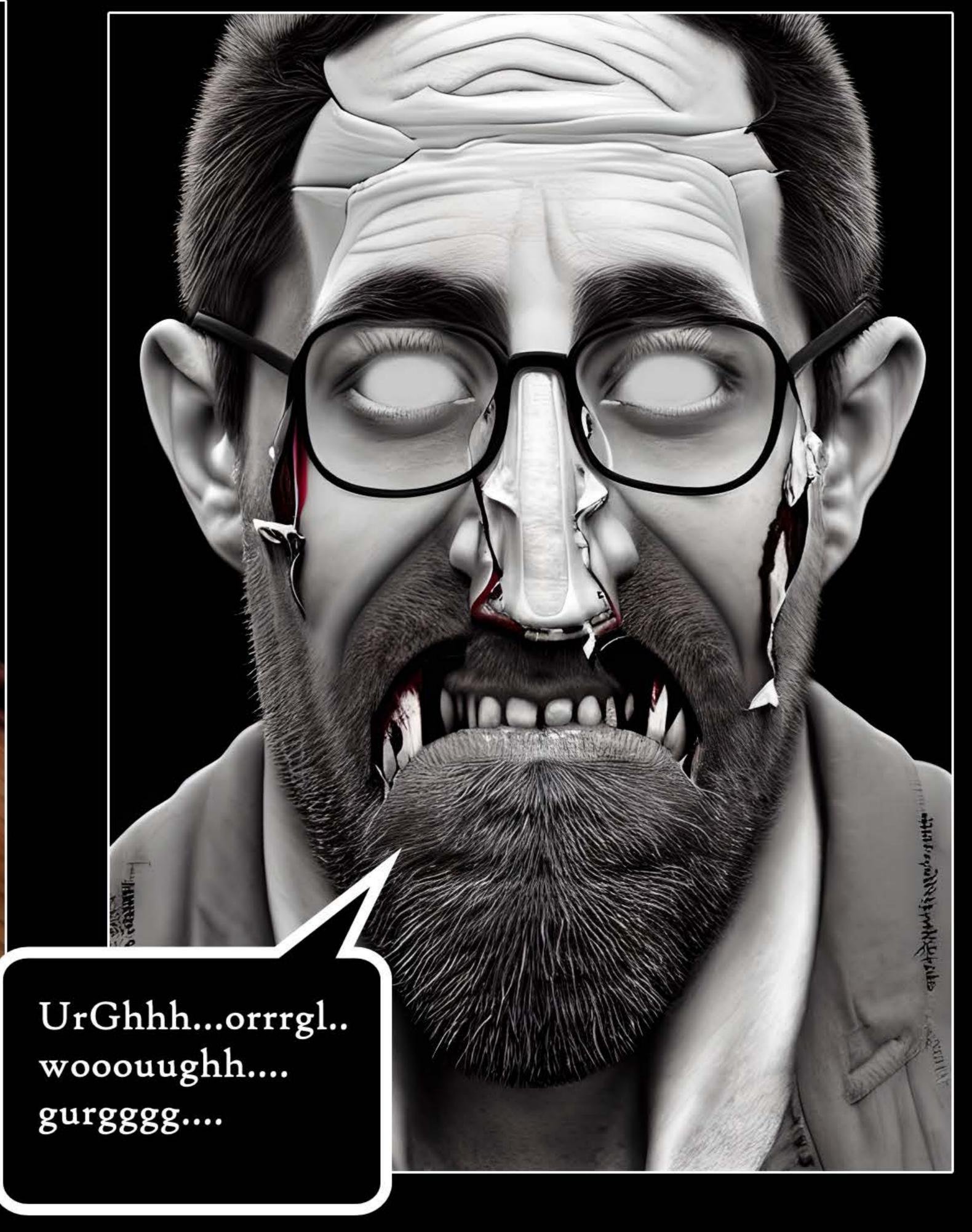
I knew I saw a troon go in here. I figured it out by the shit smell it was leaving in its wake. You degenerates disgust me. That thing might be able to win in women's sports, but can it go toe to toe with me? You'd better fucking hope so, kike.



Wh-what? How did you get in here, goy? This is private property! You need to leave, or I'll call the police! How could you victimize a poor old man like this? These girls were clearly trying to break into my home, just like you, and this strong trans woman intervened to save my life!

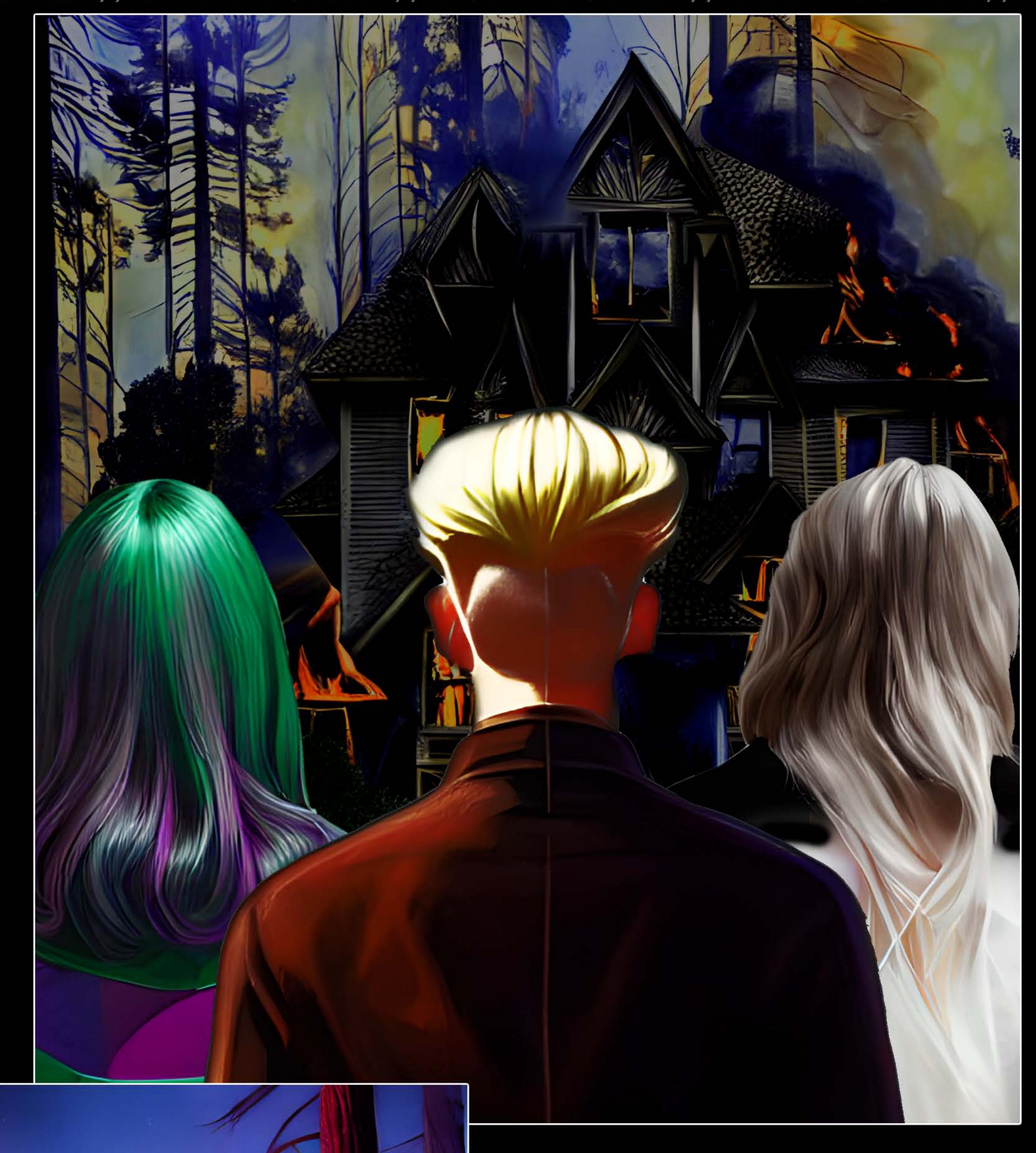






OUTSIDE, MOMENTS LATER...







MAGAZINE // FREN-Z MAGAZINE

UNFETTERED AND WITHOUT HESITATION

EXCERPTED FROM THE UNFETTERED MIND: WRITINGS OF THE ZEN MASTER TO THE SWORD MASTER Written by Takuan Soho, circa 1600 AD.

Translated by William Scott Wilson.

As this translation is a more recent work, we will not be providing a direct link. We encourage interested Frens to purchase Mr. Wilson's full translation, as we feel it is worth reading. We have no association with Mr. Wilson or his publishers, nor do we stand to profit from his book sales.

The following is excerpted from a letter that the Rinzai Zen master Takuan Soho wrote to Yagyu Munenori, head of the Yagyu Shinkage swordsmanship school. This brief selection deals with the concept of "No-Mind." We feel that this is an underrepresented idea within Western culture and media. Many Frens allow their minds to be captured, and often by unproductive ends!

The idea of being "like water" is easy to misinterpret, but it is not a mere admonition to be flexible. It's more about the fact that water is always moving and ice is stuck in one place. You've certainly witnessed someone hung up on something in an unhealthy way, either in your personal life or through anecdote. Their minds are "frozen," stuck in that one place forever. These are the people who don't get over any perceived injustice in their lives—they're still holding grudges from childhood, moping over an ex from five years prior, and obsessing over fantasies in their head rather than working to make their goals materialize in the real world.

So be like water. Be like the river that flows over rocks without slowing. Never stagnate or imprison yourself in ice. Become unfettered by the madness around us and free your mind.

The Right Mind And The Confused Mind

The Right Mind is the mind that does not remain in one place. It is the mind that stretches throughout the entire body and self.

The Confused Mind is the mind that, thinking something over, congeals in one place.

When the Right Mind congeals and settles in one place, it becomes what is called the Confused Mind. When the Right Mind is lost, it is lacking in function here and there. For this reason, it is important not to lose it.

In not remaining in one place, the Right Mind is like water. The Confused Mind is like ice, and ice is unable to wash hands or head. When ice is melted, it becomes water and flows everywhere, and it can wash the hands, the feet or anything else.

If the mind congeals in one place and remains with one thing, it is like frozen water and is unable to be used freely: ice that can wash neither hands nor feet. When the mind is melted and is used like water, extending throughout the body, it can be sent wherever one wants to send it.

This is the Right Mind.

The Mind Of The Existent Mind And The Mind Of No-Mind

The Existent Mind is the same as the Confused Mind and is literally read as the "mind that exists." It is the mind that thinks in one direction, regardless of subject. When there is an object of thought in the mind, discrimination and thoughts will arise. Thus it is known as the Existent Mind.

The No-Mind is the same as the Right Mind. It neither congeals nor fixes itself in one place. It is called No-Mind when the mind has neither discrimination nor thought but wanders about the entire body and extends throughout the entire self.

The No-Mind is placed nowhere. Yet it is not like wood or stone. Where there is no stopping place, it is called No-Mind. When it stops, there is something in the mind. When there is nothing in the mind, it is called the mind of No-Mind. It is also called No-Mind-No-Thought.

When this No-Mind has been well developed, the mind does not stop with one thing nor does it lack any one thing. It is like water overflowing and exists within itself. It appears appropriately when facing a time of need.

The mind that becomes fixed and stops in one place does not function freely. Similarly, the wheels of a cart go around because they are not rigidly in place. If they were to stick tight, they would not go around. The mind is also something that does not function if it becomes attached to a single situation.

If there is some thought within the mind, though you listen to the words spoken by another, you will not really be able to hear him. This is because your mind has stopped with your own thoughts.

If your mind leans in the directions of these thoughts, though you listen, you will not hear; and though you look, you will not see. This is because there is something in your mind. What is there is thought. If you are able to remove this thing that is there, your mind will become No-Mind, it will function when needed, and it will be appropriate to its use.

The mind that thinks about removing what is within it will by the very act be occupied. If one will not think about it, the mind will remove these thoughts by itself and of itself become No-Mind.

If one always approaches his mind in this way, at a later date it will suddenly come to this condition by itself. If one tries to achieve this suddenly, it will never get there.

An old poem says:

To think, "I will not think"-

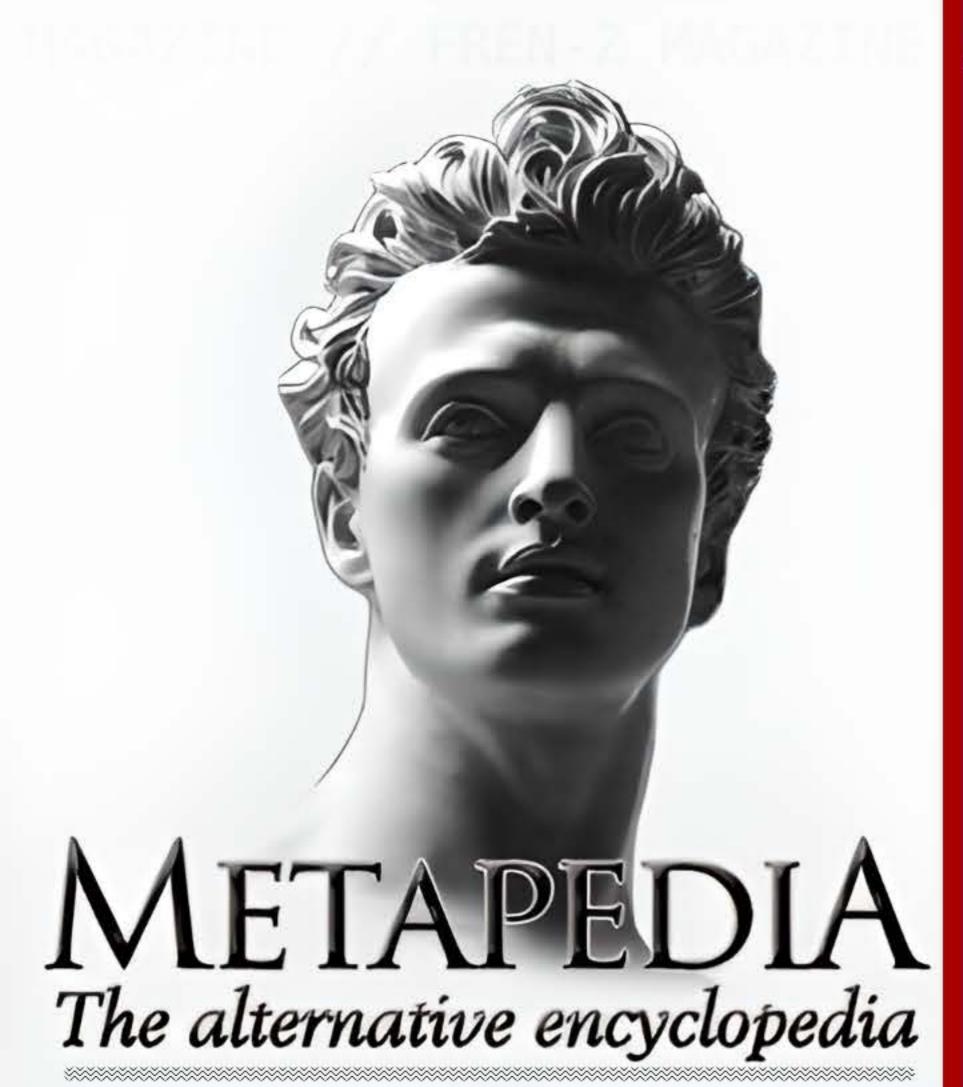
This, too, is something in one's thoughts.

Simply do not think

About not thinking at all.

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Are we in the Kali Yuga? If we are, what do we do?

Asked by an Anonymous Fren,
Thu 5 May 2022 15:58:17 https://archive.ph/f09ci

A RESPONSE

by Fren, Fri 26 August 2022 04:07:51

Understand the following:

- 1) You will not outlive Kali Yuga. Your entire life, and likely the next five generations of your family, will be within this age.
- 2) This is an age of lies. People will only talk to you based on what they can gain or lose from the interaction.
- 3) Everything will be monetized, even basic human needs like relationships.

What can you do?

- 1) Find frens you can trust with your life. I don't mean cuck Republicans ("ooh we might disagree but I can trust the scorpion not to sting me because we have barbecues together"). I mean total agreement. You should all have the same goals and be ready to help each other, materially and otherwise.
- 2) Learn to limit your communication and restrict information. You have to be careful and not give any information about yourself or anything else to a non-fren unless you absolutely have to.
- 3) Once you've spent the first four decades of your life earning money, start using your fren group to infiltrate local institutions and force morality into morally bankrupt systems. I'm talking local government, police, etc. Use power to protect your community. Punish every wrongdoer publicly and tyrannically. This will make your community start to transcend Kali Yuga and work with each other again. This is fragile though.

Of course, as Evola says, "Ride the Tiger." You might think this advice goes against that and asks you to fight the tiger. This is not the case. What I am asking you to do is Ride the Tiger while laying the foundations for a better age. The people in your community will remember what you did for them. The children will remember when they were safe and why. And they will repeat your actions.

But all of this can only happen if you form an organized, ruthless minority and impose order and goodness in your community. I'm not just talking about rural villages or whatever, you can do this in city government too. Good luck frens. Godspeed.

A GRISLY REIGN OF TERROR

Excerpted from Cassius Dio's *Roman History*, first published circa 200 AD. Translated by Herbert Baldwin Foster.

BOOK 68, PARAGRAPH 32 https://archive.ph/tvE7R#selection-5579.1-5579.862

Meanwhile the Jews in the region of Cyrene had put one [commander named Lukuas] Andreas at their head and were destroying both the Romans and the Greeks. They would cook their flesh, make belts for themselves of their entrails, anoint themselves with their blood, and wear their skins for clothing. Many they sawed in two, from the head downwards. Others they would give to wild beasts and force still others to fight as gladiators. In all, consequently, 220,000 perished. In Egypt, also, they performed many similar deeds, and in Cyprus under the leadership of Artemio. There, likewise, 240,000 perished. For this reason no Jew may set foot in that land, but even if one of them is driven upon the island by force of the wind, he is put to death. Various persons took part in subduing these Jews, one being Lusius, who was sent by Trajan.





MAGAZINE // FREN-Z MAGAZI

The following comes from Aristotle's masterful work *Politics*, written sometime during the 4th Century BC. We have much to learn from his accounts of past civilizations. You will find disturbing similarities to our present situation. The excerpts supplied here are sourced from the 1998 printing of the *Oxford World's Classics* edition of *Politics*. This version of the text was first translated by Ernest Barker circa 1946, with later revisions by Richard F. Stalley. We have made slight adjustments to punctuation and spelling, but the substance of Barker and Stalley's work remains unchanged. The subheadings (1303A13, 1319B1, etc) are based on Bekker's 1831 omnibus of Aristotle's work, as is common in many editions of *Politics*.

1303A13:

Heterogeneity of stocks may lead to faction—at any rate until they have had time to assimilate. A city cannot be constituted from any chance collection of people, or in any chance period of time. Most of the cities which have admitted others as settlers, either at the time of their foundation or later, have been troubled by faction. For example, the Achaeans joined with settlers from Troezen in founding Sybaris, but expelled them when their own numbers increased; and this involved their city in a curse. At Thurii the Sybarites quarreled with the other settlers who had joined them in its colonization; they demanded special privileges, on the ground that they were the owners of the territory, and were driven out of the colony. At Byzantium the later settlers were detected in a conspiracy against the original colonists, and were expelled by force; and a similar expulsion befell the exiles from Chios who were admitted to Antissa by the original colonists. At Zancle, on the other hand, the original colonists were themselves expelled by the Samians whom they admitted. At Apollonia, on the Black Sea, factional conflict was caused by the introduction of new settlers; at Syracuse the conferring of civic rights on aliens and mercenaries, at the end of the period of the tyrants, led to sedition and civil war; and at Amphipolis the original citizens, after admitting Chalcidian colonists, were nearly all expelled by the colonists they had admitted.

1303B3:

In oligarchies, as has already been noted, the ground which the masses take in justification of forming factions is that they are unjustly treated in being denied equal rights, although they are actually equal. In democracies the ground taken by the notables is the injustice of their having only equal rights although they are actually superior.

1303B7:

The causes of factional conflict may be small, but the issues are great: small and personal matters may lead to large and general consequences. It may be added that revolutionary changes may also be due (1) to the growth in reputation and power of some office, or some part of the city, and (2) to an even balance of parties, resulting in a deadlock. It may also be added that **force and fraud both play their part in the conduct of revolutions**.

1310A12:

There are two features which are generally held to define democracy. One of them is the sovereignty of the majority; the other is the liberty of individuals. Justice is assumed to consist in equality and equality in regarding the will of the masses as sovereign; liberty is assumed to consist in 'doing what one likes.' The result of such a view is that, in these extreme democracies, each individual lives as he likes—or, as Euripides says, "For any end he chances to desire."

This is a mean conception [of liberty]. To live by the rule of the constitution ought not to be regarded as slavery, but rather as salvation.

1319B19:

Other measures which are also useful in constructing this last and most extreme type of democracy are measures like those introduced by Cleisthenes at Athens, when he sought to advance the cause of democracy, or those which were taken by the founders of popular government at Cyrene. A number of new tribes and clans should be instituted by the side of the old; private cults should be reduced in number and conducted at common centers; and every contrivance should be employed to make all the citizens mix, as much as they possibly can, and to break down their old loyalties. All the measures adopted by tyrants may equally be regarded as congenial to democracy. We may cite as examples the license allowed to slaves (which, up to a point, may be advantageous as well as congenial), the license permitted to women and children, and the policy of conniving at the practice of "living as you like." There is much to assist a constitution of this sort, for most people find more pleasure in living without discipline than they find in a life of temperance.



WHAT ARE FRENS SAYING ABOUT FRENS SAYING ABOUT

UNFATHOMABLY BASED FREN!
- STU PIDASSO

DUDE YOU GUYS DID A VERY GOOD JOB, I LOVE YOUR WORK. BOTH TEXT AND PICTURES ARE NEARLY PERFECT[.] - GABE

ALTHOUGH I'M NOT CONVINCED THAT THE CHANS ARE ANYTHING MORE THAN STATE-RUN DATAMINING, MONITORING DISSENT, AND CONTROLLED OPPOSITION, NICE WORK ON THE ZINE.

- ANONYMOUS FREN

INCREDIBLY BASED FRENS. READ THROUGH THE ENTIRE ISSUE AND AM LOOKING FORWARD TO THE NEXT ONE. KEEP IT UP, MY NIGGAS!
- ANONYMOUS FREN

AMAZING WORK FREN!
- HIZZY

WOW LOOKS AMAZING
[...] GREAT JOB!
- ANONYMOUS FREN

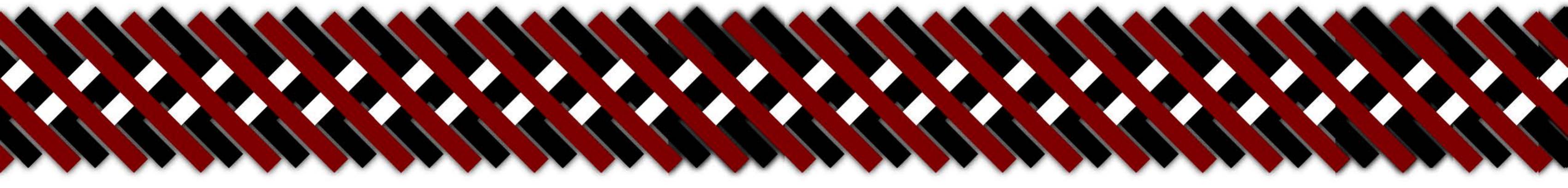
THIS IS THE GREATEST THING EVER. THANK YOU. - ANONYMOUS FREN

IS IT POSSIBLE TO PIN TO THE TOP OF OVERBOARD? IF YES, MAKE IT SO. - ANONYMOUS FREN

THIS IS ONE OF THE BEST LOOKING ZINES I'VE SEEN - ANONYMOUS FREN

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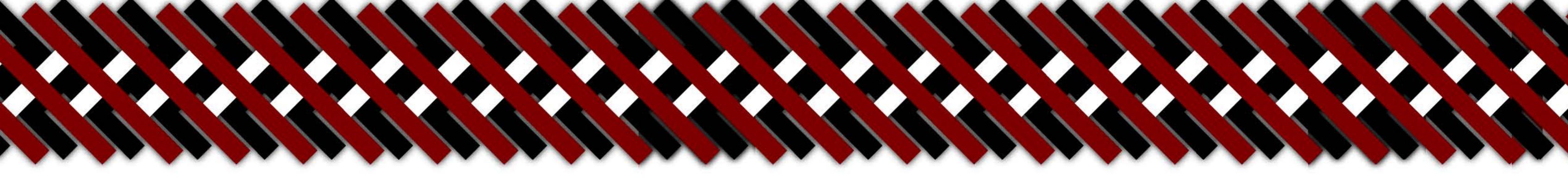
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Contributors may submit anonymously, pseudonymously, or under their real names. Please do not submit copyrighted material that you have not made yourself, or that is otherwise not utilizable under the banner(s) of fair and/or transformative use. Raw information/sources that you want us to have can be submitted with the preface [TIP].

Submissions can be made in several ways:

- 1) By emailing FREN-Z-MAG@Proton.me with your submission. Please preface the subject of the email with [SUBMISSION]. We'd prefer not to deal with attachments when possible, so external hosting of files is appreciated. BayIMG works wonderfully for images and written content can be sent as a Pastebin, or through similar services.
- 2) By posting your submission to the FREN-Z subreddit, r/FRENZMagazine, prefaced with [SUBMISSION]. We expect to be banned eventually, but we'll use it while we've got it!
- 3) By posting your submission on Twitter, Gab, Parler, etc., prefaced with [SUBMISSION], and tagging us (@FRENZMagazine).
 - 4) By posting in our most recent Frens Chan thread.

Be smart and make edgier submissions through less censorship heavy platforms.

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We accept payment in most major crypto currencies, but we prefer Monero, and we may be willing to offer discounts for those willing to pay with it.

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FREN-Z is reader supported. We currently release each issue for free. By donating, you help us create a higher quality magazine. Your contribution can extend our reach and allow us to pay our staff/contributors in the future.

Together, we can defeat Globohomo.

MONERO (XMR):

486Wjo1HtsmCNVXW9g7CBMZkVsTRynmoRXwykpnaAfta1UB3QXpSwFUhXciJoDcnkZKw2YMvi7GPyTgmnSxgRuYDLcDQk8C

BITCOIN (BTC):

bc1qh0nzvz9z5y8z3h5sahj98prttythe6rjclshfj

ETHEREUM (ETH) & ERC-20 (BNB, AVAX, ETC.): 0xd99dCd3af8a2EE36EDF6F6B76dE77E5c44f3a830

