

# How to be a Man? - It's Actually Rather Simple [Update: Working Out?]

High Priest Hooded Cobra 666

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[Update July 14 2022]

*[Adrellis] wrote:*

*some things I read make no sense. you say hit the gym for part of masculinity, what if some of us don't want to be muscleheads or bulk up? we're in the wrong?*

*you're a leader and I read things in an either/or method. that's why I'm asking. I'm confused, I'm not sure what you're saying precisely by that. if you're saying don't be lazy, fine.*

You must have optimal fitness, and going to the gym is not necessary for that. As for optimal, we mean healthy. Yes, some people might hate it, but this is the correct advice [you can train very lightweight and a few times per week]. You must keep fit and healthy, and the body type you will want to have is your own choice.

The higher the development of the body, the better for you. To a lesser extent that is also true for women, but for men there are many things one is losing out from if they don't at least do the optimal things, let alone if we allow ourselves to become too placid. Then we lose on too many benefits, health, mental and otherwise.

Working out should be done as part of any developing man, be this only twice or trice per week, or a full on schedule to develop the body. The idea that one can completely ignore this and be all good is not true, and it will also cost someone considerably on their health. Therefore, I have to advise the proper thing and then you have to adjust this based on logic.

For those of our own who might struggle with being overweight etc, it's time to make a decision to take back your life slowly. If you are past the age of 60 or so, you can let it go and simply focus on having a more optimal diet.

Just don't let yourself go and allow yourself to get sick or become lazy to where you cannot operate. It's necessary to have activity to an extent.

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If anyone does not want certain knocks on one's face over this, do not read this post, or you might possibly hate me. It's fine.

It is also even more saddening one has to go through lengthy disclaimers to write posts like this, only because I literally live in 2022 and people have been made into walking borgs because of mass media manipulation.

Thankfully, we do not have this problem here, but I have to write some "disclaimers" regardless for outsiders or others who might live the greatness of reading any article here while not being one of us.

Gods know that I want everyone to benefit, and for all to one day see the light.

Unfortunately, I have nothing to tell anyone here like media enemy bullshit the media says constantly about men: that "we wuz must discover our feminine side" in a world where literally all men are turning into severe wimps and masculinity is at an all time high level of decline.

If you want to listen to soylent nonsense about the quick way towards self destruction, one might as well open up CNN and CNBC and listen all day about how you must more effectively kill an already declining "masculinity" from the face of this planet.

One must stop lying to themselves and stop pretending one is already such an accomplished male, where your literal problem is only your "emotions", as if you are literally chad with such a big square jaw that feeling your own feelings is impossible and like Hercules, Aristotle and Socrates combined, so now you need to look into "Muh emotions" a little bit more to balance this literal perfection of a creature.

We are not there yet. The fact that our society literally tells us this garbage and promotes this insanity, only proves the point that it's completely sick out of its mind. Even literally basic norms of bravery and strength, have been replaced with literal nothingness.

You literally see people who have not advanced in this life past square one, soy infested "leftists" literally whining on twitter and so on about male brutality, while they cannot even kill a fly and literally nothing of all of this happens anyway. They even pretend that we are living in some sort of hyper-masculine world where danger, rape and destruction is on just about any corner - They live in Beverly Hills, but they pretend they live in the worst Neighbor in Somalia where the law of Fred the 500 lbs beast is the rule, or something.

For the solution to this great imaginary problem of literally too much 500 Lbs Greg that Goes Around With 10 Machine Guns and 5 Grenades [never ever happened], they purport the solution is to further effeminate everyone, or other greater solutions to cause a greater anti-male holocaust which involves perpetual veganism and emasculation or even cutting male sexual organs.

"The other time I went to the super market and I was so intimidated by 500 lbs bodybuilders and many killing machines and rapist men, that I believe that global warming is a necessary issue, ok just cut their balls now my rabbi said so" - Twitter Soylent 2022.

If one is a twitter soylent, this post is not for you.

Meanwhile, when this occurs when literal Jihad troops invade here million by million, they have the other record to play about "inclusion acceptance tolerance" and so on. Here the soylent has nothing to say except "We must accept everything and everyone" and so on. Regardless, the reality of literally being bombed and killed by undisciplined masculinity is actually true in this case [and the only true danger in the West at this point, except of external nations].

This apparent Jihad retarded Masculinity is "accepted", but normal, sensible, aeons long, tried and true, necessary for survival [and for women] masculinity, is discarded and called the greatest evil. It is also this very exact masculinity that would protect the soylent and all the people that do not like this, but they want to literally remove this from the face of the earth on a twilight of widely accepted mass national, racial, existential suicide.

It takes a fool to not recognize this great act that these people are trying to create: It's to literally disable us all to invasion, destruction, and an array of other psychological failures all that come from ignoring certain virtues that have their place among many others on the universal map of living a decent and healthy life.

Socially, we are to where people are so severely wimped out, that society is declining and going downhill, and the only thing that we tell ourselves is how we will coddle our nonsense even more and more, until we literally become jelly on every level and are squashed by every passing invader and enemy.

Let us be honest of the state of present day man, and accept that most people are just fucking weak, just looking for more excuses to expand upon this sissified wimpery, and that there is no reasonable talking taking place on how to evolve into a proper man whatsoever.

As if this is not enough, "Masculinity" is being purposefully associated with: Domestic violence, being a square jaw brainless retard that wants to kill everyone with a big club on their hand, and people are literally told nonsense that if one becomes more of a man, they will become a danger or menace to society, or a rapist, or other crazy things like this.

To those who are mindwashed, I have to tell you: NONE OF THIS HAS TO DO WITH BEING A MAN. The above, by ancient and traditional definition, is the failure of a man. Failure to control urges, momentary failure to procure and love their wife to avoid domestic violence, powerlessness to control the inner emotions that might lead to deadly urges, and so on.

By increasing masculinity, you are not increasing the above. You are lessening the above. The complete system of creating men in the Ancient civilizations, produced far better and more quality men than we have today. This creation involves inner values which will be related in the future, but until then this post should suffice if followed.

Therefore in regards to the enemy prototypes, one must DISCARD these programmed prototypes before one engages in proper understanding of being a man and how one can evolve in that regard. One must stop fearing their own self and their own inner masculinity. As this force is developed, one also develops inner qualities that will help you along the way to have a balanced advancement as a Spiritual Satanist.

After we have moved this out of the way and have understood the collective plague that this world is upon, one must examine how much of this plague is in themselves, and how much immunity one has towards this plague.

I repeat, all the above errant messages projected by the media, are here only to brainwash you and to weaken you. Women are barraged with other messages that only intend to collapse the inner structure of their own soul and spirit, and render women the weakest they have ever been. Men are done assault on a great scale, to cause the same thing alongside women.

All of this is aimed to cause an internal and external collapse of our souls and therefore our society.

If one thinks these things are not there, you are delusional. One must observe closely the previous generations of the 70's, 80's, 90's, let alone the generations of the 40's and 30's, or read history, to understand that all of this assault on everything human is actually well coordinated and created to be this way.

If you are that delusional to think none of this exists or that this is great, please don't prohibit other people who are not as delusional from making a firm foundation upon which the building will stand so you can be free to be delusional, and let them listen.

For a last disclaimer: That is not about going to the gym all day and becoming a narcissist, trying to call other people "Betas" and cause your fellow men issues, beating your wife, and other retarded hyperbolic sick nonsense that are created out of retarded emotional reactions to something written and is only related to being a man in the realm of ever stranger mass media made fiction.

Clearly, denying your emotions, or other extremes that might be projected by weak minds who imagine too much on this after reactionary programming created by mass media manipulation.

My message is very specific, and it should not be taken out of context. It should be read carefully. It is here to help you. And you must apply this on your own moderation and awareness, and in accordance to your own will.

In fact, since we know that women also can develop certain virtues that are about men, HPS Maxine should be brought as an example of maxed out virtues that we call broadly as both "male" and "female". Her integrity, dutiful nature, but also kindness and tenderness, have shown me beyond any doubt what a woman can accomplish if they set their minds on a task. But this is the topic of another post that will involve mostly woman.

Having closed this pitiful disclaimer one has to issue simply because we are collectively insane as a world, I am moving on now to the original post. Now, in regards to men...

Except of being biologically born as a man, one has to learn to become a man and there are specific sets of things that one must do to effectively become a man.

You are to BECOME this. The thing you get from nature is merely a biological gender here and nothing else.

In this world currently, there are a lot of wimps, weak people, shit-heads, lazy people who sit passively all day and all sorts of other people who literally say that since they aren't feeling like they are men, even want to become women now.

There is nothing here one would not expect, as both from a perspective of biology and virtues, ultimate passivity generally makes a man into a woman. All

you have to do to achieve this is to sit on a chair and literally do nothing, but be a passive mindless consumer, and in no time, you will not really be a "woman", but you will become literally an unidentifiable creature and soon on not even a man.

They self destroy themselves for no reason.

Unlike with being a "woman" [a basic thing implied that woman "are" nowadays - but this is for another post on how to attain powerful femininity], being a man requires these: effort, trying, sacrifice, having virtues, trial and error, accepting rejection from women or from the world, or family parents [much of one's life as a male will be rejection], seeking power, doing duty, working, producing, giving, overcoming and all sorts of other things most people want to escape from, considering this as a "great curse" or with other even more stupid things such as calling this "Difficult".

What has happened in this society is that since everyone is running from what is "difficult", as with idiots who try to ignore Saturn or the fact that we age, they are confronted at some point with the pent up bills that arise out of this negligence, eventually leading to personal and social destruction.

Being a man is about trying to win, competing, victory, greater knowledge, understanding, honor and a lot of other values currently under the ultimate siege and assault.

Nobody in this globe wants to see truly complete women and men, as these forces strongly resemble spiritual and Godly qualities that the enemy does not want to exist inside this joke of a clown world.

Without masculinity, everything collapses. The masculine energy is the energy that defends and attacks, and keeps certain boundaries in life.

A lot of people are also considerably sissified at this point, and they think that they are men. Yes, men have feelings, emotions, men can cry, experience failures, and all of this. But men must also have willpower and men are forged through coming out of difficulties and we are built through tears and pain.

You have not seen men cry until you have seen men cry on the marriage of their best friend, and I hope people get to see this one day. The strongest men are those who have had to face a lot of adverse circumstances and made it out of them on top of everything.

If you are a young man and you do not feel very much "Completely as a man" just yet, know this normal. The completion of manliness occurs later on in life,

after you have experiences, trial and error or have advanced physically, mentally and spiritually. It is normal to doubt yourself, have moments of weakness, moments of being lost, or whatever else men are supposed to experience.

With systematic effort, one overcomes these. In the same way the perfect manly physique or a healthy physique is not attained without effort, men are built out of a blob of rock that has nothing on it. Then, progressively, one builds and builds one's personality, goals, dreams, all in accordance to what one can do and keeping in mind the things that they can overcome.

It takes going to the gym, having maybe children, taking care of others, putting some duty on your shoulders - communal, or of family, or of others, or of anything. It does not occur otherwise. One has to exist, and the building upon this pattern is an unalienable truth.

Alternatively, one is never tested against anything and one is no different than a child and very delusional. To develop, one has to confront the upwards path, alternatively, we remain incomplete.

For those who might be young, listen carefully here as this advice might save your life, and many parents will not tell you any of this advice. Many parents have abandoned their children now in lands of severe delusion.

A man also has grace, spirituality, and many other things which keep growing and growing up until the points of the highest refinement. It does not come overnight. It takes work. Even being a real human being and a spiritual human being in general, takes work.

There is no set level from where you simply look back and say "Oh, I have been a man now, that's enough". It's an ongoing process. Accept and befriend this process. Every passing day, it will be greater and greater.

If a man stagnates, and allows weakness, placidity and full on rampant "femininity" to overtake them, you will definitely start forming into a sissy. Then with this, all sorts of issues might arise in your life and the life of other people around you, if there are any. Chances are also high that one who does this, might end up being completely alone.

Generally, whatever does not include effort and growth in life, will make someone directly into a female. For example, if one simply allows severe obesity to take place, the first thing that happens is that whatever is associated with femininity starts growing itself.

As one should understand, this does not have to do with your sexual tastes, which I leave outside of this context.

Our society does not want people to know of any gender roles, as the forces expressed here on their full expression metaphysically connect to the Gods and Goddesses, and nobody really wants you to have understanding of either. The less you know, and the more confused they are, the more the enemy profits from your demise.

Men also require certain activities in order to spark their masculinity up, and it does not happen by crying and whining all day on why you were not born as "more" or as a "ready man", or daddy didn't give you more, or that society is too evil or cruel to you.

Nobody ever said or imagined that men would be created in this way. Men get created from certain circumstances or certain self impositions that have to do with expanding the masculine power.

Yes, society can be cruel [it depends on where you live too], but when the inner powers of clear energies like the one I discuss here as masculinity take place, one can survive and exist and so on.

The reward of getting in touch with this precious force is not for the faint hearted, the weak, those who run from advancement and do not want to do anything in life, and it runs from those who want to always be wimps and pussies all their life.

Likewise, the so called "Femininity" or "Being a Woman" also requires work to be manifested, and these powers don't just arise out of nowhere. They require inner work.

Certain people also say oftentimes shit like "Oh, I want to be more feminine too", as if you were literally Hulk, and now the only singular problem is that we have to turn Hulk into a civilized being.

Generally, this perversion and insanity comes from people who generally are not working on this masculinity at all, but want to make glaring excuses over justifying their own excessive femininity, and give it even more ground until they literally sit on a chair and are entirely confused about what they are and that type of thing.

After one advances considerably in being a man, do not worry, if you develop certain things like awareness of balance and self control, bravery and other inner foundations, they will also lead you to understand grace, kindness, goodness and

other things, which only arise out of power and not out of primordial bottomless weakness.

In fact, all of this nonsense you hear in 2022 about "men needing to become more feminine" and "more accepting of their emotions" and all sorts of this other garbage, is because most men are already to where they are literally like women in many respects, and even less accomplished. Additionally, it's common to whine all day in a passive state.

This deprived and self destructive state, is loved by many people and media propagandists, who want males to be placid, weak and retarded, and they also present 75 lbs nerds sitting on computers all day are actually having to solve the riddle of literally reducing their own little masculinity that they were never taught to develop as if this is the magic recipe of getting in touch with your "emotions" and other nonsensical garbage.

Lastly, one more advice I have to give to people out of great care, is that this sissified mentality that a few people have [male or female] in this forum, that you will never struggle to advance, never have to bother to help, do inner or outer overcoming, and that simply everything is going to fall in place without you doing anything: IS AN ILLNESS THAT WILL DESTROY YOUR LIFE.

JOIN THE OTHERS WHO HAVE LISTENED AND TAKE THE GREATER PATH TO LIFE!

ONE MUST KNOW WHEN TO SAY WITH PROPER THINKING THIS: "FUCK WHAT THIS WORLD SAYS".

Why fuck them? Because THEY WANT YOU TO BE DEPRESSED, SUICIDAL, FAILED AND WORTHLESS!

Listen to me and apply this: Remember to live your life and exist within the context of advancement, so that you will see the Grace of the Gods.

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**Reply from HP. Hoodedcobra666**

*[Person] wrote:*

*[HP. Hoodedcobra666] wrote:*

*Generally, whatever does not include effort and growth in life, will make someone directly into a female.*

*... most men are already to where they are literally like women and whine all day in a passive state.*

*I didn't quote the entire post, because it is very long. While I do agree that it is very important for men to be strong so that they can defend those that they care about and their civilisations, excessive whining and passivity to the point of not self-improving is a highly undesirable trait in both sexes. Even traditionally feminine tasks such as cooking and childrearing require sustained effort. A whiny, passive male also doesn't suddenly become biologically female, so I don't understand what's being stated here.*

Thanks for pointing out misunderstandings, this a minefield of a topic. Very difficult to write about.

A whiny, passive male, that sits down all day and follows the daily paradigm today [of consuming passively and the worst type of food, plays videogames all day, hardly uses the mental or spiritual faculty], will start dwindling in masculine energy.

The basis of transformation to a feminine body will start setting in, including bigger breasts, losing aptitude to do specific physical tasks, stress tolerance will go to zero, even if this is subtle and not really a full on gender change.

A lot of characteristics that appear in the feminine prototype when it's unworked appear, will appear on them too. That is also true hormonally. If the above is done for a whole lifetime, the basic gender remains the same [you will not become a beautiful woman if you do this] but certain characteristics will start to kick in.

Endrogen and other problems issued from, for example, being too lazy to exercise, are going to add up endrogen and other hormones generally administered to people who also want to do a sex change. Endrogen is characteristically a hormone that empowers what we refer to as "feminine" characteristics.

Every passing year, males lose a certain amount of bone mass and testosterone, and if one does not exercise or use their mind in creative faculty, starts losing intellectually too. On the higher end of this loss, one starts becoming more and

more desolate of some of the defining factors of being a male. Virility and other things get reduced every consecutive year after one is 30, and eventually, these decline and decline until they are stopped through intellectual and physical effort.

Likewise, women have to use their own inner "masculine" drive in order to procure self empowerment and self maintenance to a lesser extent than a man, but the degrees between the genders change and the amount of focus or expectations are drastically different. For example, as both genders become very lazy and allow weight to grow, endrogen starts becoming an equal issue.

The "most men are already to where they are literally like women and whine all day in a passive state." implies two points, one is the point that men are acting like women [when they should not] and that they are passive. These two things are not exclusive to being a woman.

Thanks again