

# PRECATOR

STRATEGY & TACTICS OF THE INNER CRUSADE







With deep resentment we look upon the decay of modernity.

Man cries out “peace, peace” whilst the masses teeter on the brink of cataclysm. Time spirals in ever tightening cycles and modern man, adrift from the anchor of his past and grasping at straws for a future, finds himself hopelessly tossed about by the ichor of every smothering wave of spiritual, physical and mental corruption.

It is in this spiritual void that the Roman Catholic exists, a relic to some, a pariah in the eyes of most. We ask questions of ourselves, but have no answers; we see that something is wrong but no one can determine where or why; we see our faith dragged through the gutters, but this is a

spiritual problem, without a political, social or philosophical answer.

We are a besieged band of exiles, hiding in the mountains of the past, thinking we are isolated from the source of our power and the sight of our objective, not recognising that we sit on a wellspring of wisdom, history and heritage which can renew and restore us.

Our conduct must, in a tripartite fashion, address all aspects of the physical, intellectual and spiritual combat.

The outward physical form is governed by an intellect, and the intellect is governed by the soul. It is not the physical body or the mind which looks at an obstacle and says "I must scale this barrier", this decision has its origin in the soul. This is why the finest warriors were the most devout and loyal subjects not of the state, but the religion.

It should be remembered that the Hebrews after crossing the Red Sea yelled "Jehovah is a man of war"; not priest, not scholar, but soldier.

The Will proceeds from the soul, and is filtered through

the intellect, which must be continually exercised in the same way as the corporeal body.

The decisive façade is physical; if the body is weak then the intellect and spirit become blunted tools in the hands of the craftsman and vice versa. "A healthy mind in a healthy body" the ancient Greeks said. If we are incapable of looking after the temple which God gave us to perform our duty, then we are truly incapable of service.

## LEARNING HOW TO SUFFER

We transform every minute facet of our lives into a form of prayer.

Prayer is defined by the Church as the raising of the mind above the dross of the world, toward God with the intention of asking grace upon our meagre lives.

We should desire God to ennoble all of our thoughts and actions toward prayer. This is how/why a man can become a saint. The motivations of the chivalrous knight should not be

superior to our own. The only difference between us and them is technology; our motivation and inner struggle should be identical. Man has not changed since the Fall, and he will be the same at the Judgement.

We can either allow small miseries to break us down into something less than man, or we can turn them into prayers to build us up into something more than man.

The goal or sacrifice has always been to break suffering down into small prayers; God regards misery well endured as the highest form of prayer.

We can turn all physical endeavour of life into a form of pilgrimage, from this vale of tears toward the Eternal City.

Every inch of the ground on which we trudge becomes a literal "theatre" for us to live out either a story of cowardice and weakness or bravery and strength.

### ADDRESSING THE FUTURE

Our goal: to realise our responsibility now, and the intricacies of our role. We must

know our place in context with the past, alongside a tangible vision of our collective future. Setting off on the path of duty, we are certain of the way behind us, aware of the route up the mountain ahead, and the dangers and pleasures which may oppose us.

What worked for us millennia ago, may not work now, but the past most certainly influences and reflects upon the future. A certain outline and template can be used which confirms our way of life.

Where there is error we must unscrupulously and mutually fine-tune our position to reflect the loyalty to the anchor behind us and the love given to the torch which guides us to the harbour of tomorrow.

Nature determines inherent roles; fathers and mothers have different responsibilities, both in nurturing and raising children and in fighting and defending the polis. "These are Sparta's walls" the King said, gesturing to his rows of armoured hoplites. This is our goal, to achieve the nobility of manhood defined by

Roman Catholic absolutism. On our own we are a fishing boat in a hurricane, but together, we are a cliff against the tide.

Tradition is the torch handed down through the centuries; from the moment Christ looked upon the Apostle and said "behold, son, thy Mother" and turned to the Virgin and said "behold, Mother, thy son"; this is what we uphold, this is what we are, this is where we came from and this is where we are always returning.

The battle inside the soul to achieve the Holy Grail on the outskirts of Jerusalem, at the Holy Sepulchre is a spiritual combat. If any of this is misconstrued as physical, we have spawned a hopeless error.

Value and worth must be returned to the importance of initiation; it is not enough to take an oath, powerfully worded as that oath may be. Oath transcends time and space, the aeons are rolled back. Our baptism is a millennia old initiation, blood in, blood out.

We are a community, we share a worldview, we mourn the loss of our dead and we

celebrate the arrival of a newborn; we operate in the same way as clans or tribes once did, the Roman Catholic man has always been called to be the embryo of a higher order. The way our relationships evolve and are moulded, the way kinship is bought with shared suffering is unique, perhaps across all other roles within the community.

The sanctity of marriage becomes a system of alliance within the community for the purpose of creating good soldiers for the future. We are failing each other and the Church of tomorrow with any and all forms of degeneracy. Marriage is profaned and mocked by adultery, abuse, prostitution, sexually transmitted disease, and fornication. It is the responsibility of this community to elevate love and marriage as innately martial issues; the marital bed, the family home; these are simultaneously formative and epoch-making to the future men and women who will fill the pews.

In light of this, honour is

given to all that stresses inequality among brothers; whatever divides, sifts, sieves and arranges the better from among his peers so that he is lifted to the surface and given more responsibility, more suffering etc. must be endured and encouraged. We must be inimitable among the population. We must be as far away from the average civilian male as a monk, a priest or a nun are to the rest of man; the same human being with the same worldview and goal but with a whole different role and responsibility.

We exhume the corpse of our tradition right from the sepulchre of modernism, a mummified warlord with the banner "Duties Before Rights" hanging around his neck. We ask for no rights, nor do we seek any, the idea is anathema to us. Our rights end where the Church says they end.

We seek more duties, more responsibilities and more suffering.

We should never bemoan our lot, and we most certainly never consider our God

given role as a depressing one, or something to regret. These are the thoughts of a man who has ended up in the wrong place at the wrong time; this is the thought process of a serf who mistakenly ends up in the cavalry charge, or the pauper who exchanges places with the prince. There is no error in our calling, even if it causes us immeasurable suffering.

Our values as Roman Catholics are not and should never be in question, how these values influence our conduct as men can be a matter of contention only when we allow the faith to become a negative influence on duty.

We turn our duties into prayers.

Our lives are the prayer and the ground beneath our feet is the chapel.

The value system of Golgotha, is the foundation of our lives and of all Western culture. What we believe, is never in opposition with those ancient values which we inherited from the circle of knights that defended the wearer of the Crown.









WHAT IS REQUIRED OF YOU



REFUSING DECADENCE

Drinking alcohol is not a sin; drunkenness and addiction are.

Human sexuality is not sinful; lust and addiction are.

Smoking is not a sin; habit leading to harm and addiction are.

Eating unhealthy food is not a sin; gluttony and addiction are.

The internet is not inherently sinful; sloth and addiction are.

We cannot deal with post-futuristic dystopian problems with a medieval worldview; thus the solutions our forebears instinctively used to approach sin, must be adapted (made crueller).

St Ignatius Loyola and St Jose Maria Escriva are our principle guides in this endeavour. We stress:

a) The retreat system of St Loyola; honed and adapted over the centuries into a perfectly functioning asceticism of internal and external examination (primarily of conscience through penance).

b) The writings of St Escriva on the subject of human failure and the ever increasing

strictness of penance toward dominance of self.

Scrupulosity is a sin, Loyola was certain; therefore we approach the evils of the world with a cheerful heart.

It is a necessity for us to fight back, against ourselves primarily.

This one week reset and detox, designed to draw a line under your habits, driving you towards growth you cannot have expected; we demand the following of ourselves:

a) 168 hours without alcohol

b) 168 hours without sex or masturbation

c) 168 hours without smoking

d) 168 hours without processed sugary foods

e) 168 hours without the internet

For some of us the prospect of this is not that daunting.

In the military we are expected to go on 30+ day exercises or

180+ day deployments to warzones without the internet,

without alcohol, without

cigarettes and without access to

women; this is one of the reasons the military life, conducted in

the right manner, lends itself towards holiness.

For those of us living under the rule of Moloch (the sins of the flesh) and not the shadow of Azazel (the shadow of death), on a day to day basis, we must face ourselves with absolute cruelty and determine to challenge sin in our lives, cut it out, for at least one week, and go forth clean into the fray.

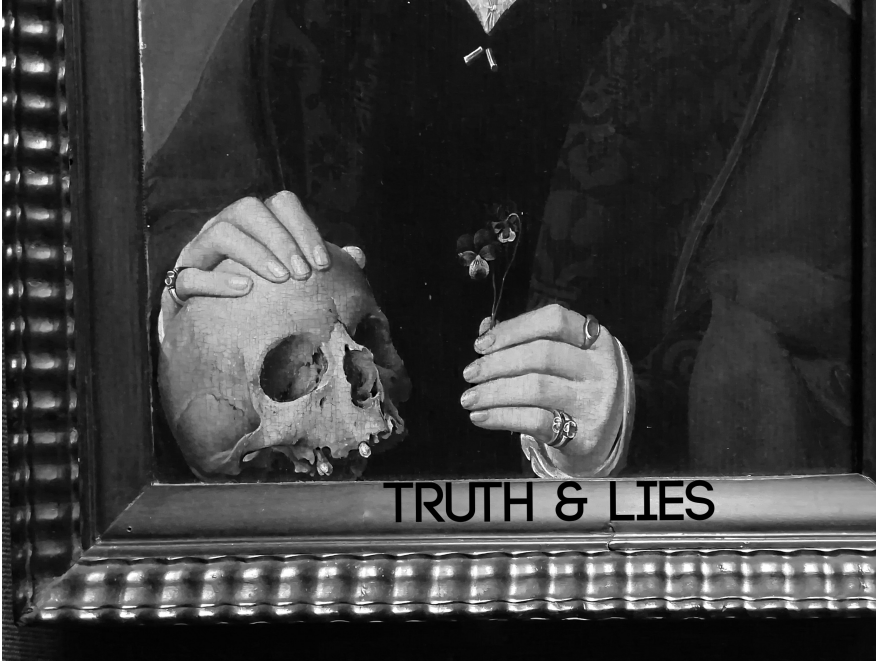
We retreat into prayer and fasting and place our focus on the saints in the certainty (through the promises of Christ) of defeating our demons one by one as they arise.

If you cannot fathom the penance of cutting out all sugary foods from your diet for one week then remove at least one large source of sugar. St Escriva wrote in his diary if he had sugar in his coffee every morning, believing the smallest acts of self-induced discomfort led to ease of accepting larger penances.

We adhere to the relaxed fasting rules for Roman Catholics, i.e. no meat at all every other day and fish on the meat free days, whilst also reducing the amount of food eaten between dawn and dusk.

Christ said all battles are won by the saint through prayer and fasting.





EMBRACING STRUGGLE

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Is it enough to mortify the flesh?

What about the man who stops eating entirely? Fasts until his body is a shell, does penance until he is crippled, refuses all forms of vice and becomes a vessel for dogma upon the earth? Is that all it takes? If so then the Buddhist and Hindu ascetics of the Orient are correct and the hermitic saints of our faith were in error.

It is not enough to mortify the flesh.

When the ground of the mill is swept and the tools are sharpened they must then be put to work, and the servants must invite the foreman onto the factory floor so he may direct labour towards fruitful ends.

Fasting and penance are the threshing of the floors and the clearing of the debris; once this work is done, then, and only then, may truth reign in the heart of the sinner (allowing the work to be done).

Truth is refined by obedience to

- a) Daily Rosary
- b) Daily prayers
- c) Mass

On this seven day

clearing of the clogged paths of our lives we take the first tentative steps into the “magnum opus” with clear eyes and unblocked ears.

To do so we must place all our desires at the foot of the only one who can point us (as she always does) towards the One who is the Way and the Truth and the Life: the Blessed Virgin Mary.

The Rosary is our weapon in this Crusade against the self (defined as Satan).

The daily prayers are as follows

#### DAY I: ST MICHAEL

Saying this prayer in full in Latin is acid in the face of the Devil.

Princeps gloriosissime caelestis militiae, sancte Michaël Archangele, defende nos in praelio et colluctatione, quae nobis adversus principes et potestates, adversus mundi rectores tenebrarum harum, contra spiritualia nequitiae, in caelestibus. Veni in auxilium hominum, quos Deus creavit inexterminabiles, et ad

imaginem similitudinis suae fecit, et a tyrannide diaboli emit pretio magno. Praeliare hodie cum beatorum Angelorum exercitu praelia Domini, sicut pugnasti contra ducem superbiae luciferum, et angelos ejus apostaticos: et non valuerunt, neque locus inventus est eorum amplius in coelo. Sed projectus est draco ille magnus, serpens antiquus, qui vocatur diabolus et satanas, qui seducit universum orbem; et projectus est in terram, et angeli ejus cum illo missi sunt.

En antiquus inimicus et homicida vehementer erectus est. Transfiguratus in angelum lucis, cum tota malignorum spirituum caterva late circuit et invadit terram, ut in ea deleat nomen Dei et Christi ejus, animasque ad aeternae gloriae coronam destinatas furetur, mactet ac perdat in sempiternum interitum. Virus nequitiae suae, tamquam flumen immundissimum, draco maleficus transfundit in homines depravatos mente et corruptos corde; spiritum mendacii, impietatis et blasphemiae; halitumque mortiferum luxuriae,

vitiatorum omnium et iniquitatum.

Ecclesiam, Agni immaculati sponsam, faverrimi hostes repleverunt amaritudinibus, inebriarunt absinthio; ad omnia desiderabilia ejus impias miserunt manus. Ubi sedes beatissimi Petri et Cathedra veritatis ad lucem gentium constituta est, ibi thronum posuerunt abominationis et impietatis suae; ut percusso Pastore, et gregem disperdere valeant.

Adesto itaque, Dux invictissime, populo Dei contra irrumpentes spirituales nequitas, et fac victoriam. Te custodem et patronum sancta veneratur Ecclesia; te gloriatur defensore adversus terrestrium et infernorum nefarias potestates; tibi tradidit Dominus animas redemptorum in superna felicitate locandas.

Deprecare Deum pacis, ut conterat satanam sub pedibus nostris, ne ultra valeat captivos tenere homines, et Ecclesiae nocere. Offer nostras preces in conspectu Altissimi, ut cito anticipent nos misericordiae Domini, et apprehendas

draconem, serpentem antiquum,  
qui est diabolus et satanas, ac  
ligatum mittas in abyssum, ut  
non seducat amplius gentes.

Hinc tuo confisi  
praesidio ac tutela, sacri  
ministerii sacra sanctae Matris  
Ecclesiae auctoritate, [Si fuerit  
clericus qui ordinem exorcistatus  
suscepit, dicat: nostri  
auctoritate,] ad infestationes  
diabolicae fraudis repellendas in  
nomine Jesu Christi Dei et  
Domini nostri fidentes et securi  
aggredimur.

Deus, et Pater Domini  
nostri Jesu Christi, invocamus  
nomen sanctum tuum, et  
clementiam tuam supplices  
exposcimus ut, per  
intercessionem immaculatae  
semper Virginis Dei Genitricis  
Mariae, beati Michaëlis  
Archangeli, beati Joseph  
ejusdem beatae Virginis Sponsi,  
beatorum Apostolorum Petri et  
Pauli et omnium Sanctorum,  
adversus satanam, omnesque  
alios immundos spiritus, qui ad  
nocendum humano generi  
animasque perdendas  
pervagantur in mundo, nobis  
auxilium praestare digneris. Per  
eundem Christum Dominum

nostrum.

## DAY II: ST MARTIN OF TOURS

Blessed Saint Martín of  
Tours, full of the Spirit of the  
Lord always having  
inexhaustible charity for the  
needy. You, who full of love and  
generosity when you saw the  
begger that was freezing from  
cold, without knowing that in  
truth he was Christ, did not  
doubt to give him half of your  
cape, and did not give it  
completely to him since the  
other half belonged to the  
Roman army; you, who did not  
seek recognition but only to  
favor your neighbor, found glory  
before the Lord. And when the  
Savior appeared to you dressed  
with the half-cape so as to  
express appreciation for your  
gesture and He told you "today  
you covered me with your  
mantle", you decided to no  
longer serve the army and to  
dedicate your life to God and to  
the salvation of souls, being from  
then on a propagator of the faith  
and a holy man totally dedicated  
to whomever was in need.

Glorious Saint Martin,  
you who worked miracles and



prodigies, who with joy, amiability and the most exquisite goodness won over the hearts of all and did not cease to ever work for their wellbeing: give me your hand and help me to come out of all lack and scarcity which today afflicts me and weighs me down.

Glorious Saint Martin, I humbly ask you with great faith that you attain from God, the fount of all Mercies that my ways on this earth, my work and my toils be cleansed and opened with clarity. In the name of Omnipotent God, Saint Martin of Tours, remove all that harms me and give me work and prosperity. You, noble Saint Martin, who have miraculous power take my supplications with haste to the Heavens, ask for my home all that is good; may sorrows, ruins and miseries leave, and may the Lord deign I merit blessed fortune in my work (business), and with it, abundance and prosperity, so I may give freely to all in need.

Saint Martin, blessed Bishop of Tours, may your virtues and charity accompany me always. I will not cease to

pray to you and to thank Almighty God for all the favours granted; and I promise to be charitable and giving with all my brothers and sisters in need.

Saint Martin please intercede for me; free and protect all my loved ones and I from all that is evil. Amen

### DAY III: ST MAURICE

Saint Maurice, most blessed and honourable patron saint, you who fought so valiantly on the battlefield of faith, steadfastly opposed the tyranny of earthly rulers, boldly confessed faith in the one true God, and preferred to die by the sword rather than to betray your Lord, Jesus Christ, pray for us.

O holy martyr and loyal soldier of Christ, obtain for us the courage to persevere in truth, to be a light in the darkness of the times in which we live, and to defend the honour of the Church wherever it is opposed. Obtain also for us the grace to endure patiently all the trials and hardships of this life, and to carry our cross in the spirit of prayer and self-denial.

Amen.

DAY IV: ST KING LOUIS IX

Saint Louis of France,  
pray for us.  
St. Louis, scion of  
devout parents,  
pray for us.  
St. Louis, constant  
protector of the children of God,  
pray for us.  
St. Louis, steadfast  
teacher of piety,  
pray for us.  
St. Louis, true model of  
Christian virtue,  
pray for us.  
St. Louis, faithful  
confessor of the living Christ,  
pray for us.  
St. Louis, kingly bearer  
of humiliations,  
pray for us.  
St. Louis, staunch  
defender of the glorified Christ,  
pray for us.  
St. Louis, true martyr of  
the flesh by mortification,  
pray for us.  
St. Louis, detester of  
worldly pride and honour,  
pray for us.  
St. Louis, saviour of  
souls,  
pray for us.  
St. Louis, ardent lover of

God,  
pray for us.  
St. Louis, kind friend of  
enemies,  
pray for us.  
St. Louis, rapt in prayer  
to God,  
pray for us.  
St. Louis, hope of  
sinners,  
pray for us.  
St. Louis, giver of gifts,  
pray for us.  
St. Louis, founder of  
charitable institutions for the  
afflicted,  
pray for us.  
St. Louis, generous giver  
of alms,  
pray for us.  
St. Louis, lavish  
dispenser of riches,  
pray for us.  
St. Louis, guard of the  
holy places of pilgrimage,  
pray for us.  
St. Louis, detester of  
immoderation,  
pray for us.  
St. Louis, protector of  
widows and orphans,  
pray for us.  
St. Louis, defender of the  
sepulchre of Our Lord Jesus

Christ,  
pray for us.

St. Louis, victor over the  
Saracens,  
pray for us.

St. Louis, protector of  
those in pagan slavery,  
pray for us.

St. Louis, converter of  
unbelievers to the Christian  
Faith,  
pray for us.

St. Louis, visitor of  
hospitals and dispenser of  
favours to the infirm,  
pray for us.

St. Louis, healer of the  
sick,  
pray for us.

St. Louis, intercessor and  
patron of the French kings,  
pray for us.

St. Louis, from whom  
those who flee to thee obtain the  
infallible help of God,  
pray for us.

St. Louis, at whose  
request various diseases are  
miraculously cured,  
pray for us.

DAY V: ST JAMES THE  
GREATER

O glorious Apostle, St.

James, who by reason of thy  
fervent and generous heart wast  
chosen by Jesus to be a witness  
of His glory on Mount Tabor,  
and of His agony in  
Gethsemane;

Thou, whose very name  
is a symbol of warfare and  
victory: obtain for us strength  
and consolation in the unending  
warfare of this life, that, having  
constantly and generously  
followed Jesus, we may be  
victors in the strife and deserve  
to receive the victor's crown in  
heaven.

Amen.

DAY VI: ST GEORGE

I will go dressed and  
armed with the weapons of Saint  
George so that my enemies,  
having feet will not reach me;  
having hands will not trap me;  
having eyes will not see me,  
neither with thought can they  
cause me harm.

Firearms will not reach  
my body; knives and swords  
will break without touching my  
body, ropes and chains will  
break without tying my body.

Jesus Christ protects and  
defends me with the power of

His Holy and Divine Grace.

The Virgin of Nazareth covers me with her sacred and divine mantle, protecting me in all my dolors and afflictions.

And God, with His Divine Mercy and great power, is my defender against the evils and persecutions of my enemies.

Glorious Saint George, in the name of God, extend to me your shield and your powerful arms, defending me with your strength and your greatness; and may my enemies underneath your feet become humble and submissive to you.

So Be it in the Power of God, of Jesus Christ and of the Divine Holy Spirit. Amen

**DAY VII: BLESSED VIRGIN MARY**

Ave Maria, gratia plena, Dominus tecum. Benedicta tu in mulieribus, et benedictus fructus ventris tui, Iesus. Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae. Amen.

Domine Iesu, dimitte nobis debita nostra, salva nos ab igne inferiori, perduc in caelum omnes animas, praesertim eas,

quae misericordiae tuae maxime indigent.

Salve Regina, Mater misericordiae. Vita, dulcedo, et spes nostra, salve. Ad te clamamus exsules filii Hevae. Ad te Suspiramus, gementes et flentes in hac lacrimarum valle. Eia ergo, Advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exsiliium ostende. O clemens, o pia, o dulcis Virgo Maria.

Gratiam tuam, quaesumus, Domine, mentibus nostris infunde; ut qui, Angelo nuntiante, Christi Filii tui incarnationem cognovimus, per passionem eius et crucem ad resurrectionis gloriam perducamur. Per eundem Christum Dominum nostrum. Amen.

Go to confession, and Mass, and offer the feast (and the breaking of your 7 day fast) to the Blessed Virgin Mary to continue your battle against the lower self.





THE MORALITY OF ACTION

A clear conscience and a clean soul (after confession and communion) require action to keep them unsoiled, like a patch of ground cleared with a controlled fire, allowing nutrients to seep into the soil, which the fresh seedlings feed upon, thriving into new life.

Thus is the three tier process of human growth.

St Escriva's Holy Minute is used as the simplest method of devoting the day to the efforts of the Magnum Opus.

The moment one wakes, leap out of bed onto the floor and lay prostrate, remembering that all the cares of this life are so petty compared with the Great Work; say simply in Latin, "Serviam", meaning, "I Serve". We include to this raw principle of will to self-mastery 10 repetitions of perfect chest to the ground press ups.

The morning is now under our control.

Here is our timetable; be strict and God will be strict, thus leading to progress.

0500 - wake to the Holy Minute,

10x Serviam press ups

0505 - 30mins minimum fasted

cardio or heavy bag

0535 - a simple breakfast of black coffee without sugar and a small meal of porridge oats with milk

0545 - record in food and training diary, thoughts and errors, doubts and mistakes made from the previous day and logical analysis used to make progress today.

0600 - cold shower - hot recovery - 30secs cold countdown with 10-15secs warm recovery, focusing on the middle back adipose (brown) fat stores - if you happen to be in the field or outdoors then stripping down to underwear and simply embracing the cold will suffice.

0630 - morning prayers

0700 - attend to your day's work

1200 - lunch of fish or light white meat - record in diary

1700 - dinner of fish or light white meat - record in diary

1800 - strength training session or HIIT - record in diary

1900 - evening prayers - daily military saint prayers

2000 - study of a subject that will encourage amendment and development, we recommend a useful language for philosophy

or politics, French or German in the modern, and Latin or Ancient Greek in the traditional.

2130 – stretching before sleep, making sure not to relapse towards boredom fuelled criminal thoughts.

This is the simplest execution of a Roman Catholic retreat, and only over seven days; strict ultra-traditional Roman Catholic retreats last for

weeks and include vows of silence or complete isolation from modernity.

When we compare this to the oath bound Knights of old, we are approaching vows of poverty, chastity and silence. These warriors were some of the most devoted warriors to have walked the earth.

Additional prayers should focus on the 4 warrior saints:

