

# Ask Catherine

November 4, 2020

## Introduction:

Starting this week, we are publishing the Ask Catherine section of Catherine's weekly commentary on Wednesdays. We include questions sent to [askcatherine@solari.com](mailto:askcatherine@solari.com) and posted at Subscriber Input.

Thanks for your questions!

## Organized by Categories:

- Cash and Precious Metals
- Covid-19
- Feedback
- Going Direct Reset
- Health
- Local Gatherings
- Recommended Links
- (Shadow Work
- (Take Action
- Testimonials State of Our Currencies
- Conclusion
- Additional Resources

## Cash and Precious Metals

### Question:

Hi Catherine,

I have a question: I have about \$150K Canadian from the sale of a condo, and will be needing it again in June 2021, to pay for a new purchase. My main concern is keeping it safe until then, not necessarily investing. If I spread this money across two accounts with major Canadian banks, do you expect the money to weather the upcoming storm? Or, alternatively, if I buy gold, how do you see the risk of it fluctuating within the next 8 months? I realize everyone is saying gold will gain in value.

Not EVERYONE.

But I'm never sure what they mean by short-, mid- and longterm. And I believe they are factoring in a certain period during which it may well fluctuate.

Thanks in advance!

### Question:

Hi Catherine, I'm a new subscriber. I found you through an interview you did at Info Wars. Thank you for all you do in providing us with legitimate information. You have already answered a question I posted on the member input section regarding buying a house. My new question is regarding silver. In order for me to buy my house I have to first liquidate some of my silver that I bought at .27 per ounce. At the moment prices on silver have dropped since I made that purchase. Do you foresee silver will go up in value?

Thanks for your help.

### CAF Notes & Links:

I year currency

Anything you need in a currency – put in something else - SPECULATION  
gold silver 2-5% in and out – 5-10% on fees Trend is up – monetary and fiscal policy is inflationary – but environment is deflationary Highly volatile

Figure 80 up trend – if deflation, down 10-25% - Financial crisis

down 25-50% The importance of a home – time it takes.

**Question:**

Buying metals from new InterNet based Precious Metals dealers..

CAF Notes & Links:

DO NOT LISTEN TO PRECIOUS METALS DEALERS

Using Greed or appealing to the true believer.

Dealers:

Numismatics – hang up on them.

Unreliable custodians – who are they, where are they?

### Covid-19

**Question:**

Catherine,

America's Frontline Doctors cannot make their videos available due to harassment by the you know who. Could you not offer their latest 10 videos on your website? Yes, on my smartphone they do appear to be available, but the upload is interrupted so many times and for so long, they are virtually censored. I managed to finally watch most of them, but most people would have given up. I do not blame them. It was quite a chore. There is a reason they cannot allow this content to get out. It is a powerful statement. Thanks for listening to us, your subscribers.

<<https://www.americasfrontlinedoctors.com/>>

CAF Notes & Links:

COULD DO THE SAME TO OUR FEED> Loading up numerous ones –  
Library, Odessa

**Question:**

Dear Catherine:

I seem to recall that it has been well documented that the reported influenza numbers have been grossly inflated over decades. This in order to convince the public that the influenza vaccine is useful and necessary. In fact, historically what people think is the flu is a coronavirus variant, i.e. the common cold. Physicians code the diagnosis influenza based on subjective symptoms when there is no formal test done to confirm they actually have the influenza virus in their body.

Since there's never been a vaccine that works for coronavirus the medical establishment had to hang their hat on the influenza diagnosis in order to justify the vaccines. I think that many alternative news commentators are comparing the "official" influenza numbers to the coronavirus in order to try and minimize or normalize the latter. I think this is a mistake. Better to point out that most of the "influenza" numbers in the past were really coronavirus. Coronavirus's have been killing people for a long time. That is normal.

Best regards,

**Question:**

Catherine,

Please listen to this 30 min discussion about the covid research and comment on it in the future (on Rappaport, Lew Rockwell and Gary Barnett interview)

<https://www.lewrockwell.com/podcast/whats-coming-after-theelection/>

Here is the written article if you are too busy

[https://www.lewrockwell.com/2020/10/gary-d-barnett/there-is-no-covid-and-there-is-no-pandemic-there-is-only-deceptionand-](https://www.lewrockwell.com/2020/10/gary-d-barnett/there-is-no-covid-and-there-is-no-pandemic-there-is-only-deceptionand-tyranny/)

[tyranny/](https://www.lewrockwell.com/2020/10/gary-d-barnett/there-is-no-covid-and-there-is-no-pandemic-there-is-only-deceptionand-tyranny/)

POSTED

**Question:**

Here's a good article discussing how effective hydroxychloroquine, zinc, and azithromycin are together in healing people from COVID-19. Something that I found very interesting in here is the mention of how important it is to begin the treatment right away once you notice the flu-like symptoms, and to begin the treatment just on the "suspicion" that you may have COVID from observing your symptoms, because once the COVID has been showing symptoms for five days or so, its replication within the body then begins to expand exponentially:

<https://www.israelnationalnews.com/News/News.aspx/289409>

CAF Notes & Links:

YES Early intervention

**Question:**

Also recently posted on YouTube a very timely interview with Dr. Christiane

Northrup re: covid vaccine:

<https://www.bitchute.com/video/ohwpAwF8Atdb/>.

I am a new subscriber and look forward to sharing information I have bookmarked as important and timely as well as becoming more familiar with this great site in which I can connect with like-minded citizens.

CAF Notes & Links:

ALREADY POSTED!

**Question:**

Well as of yesterday 29.10.20. The government has expanded it's nationwide lockdown, now masks are mandatory in all public buildings and stores, bars and restaurants etc. They have proposed a new draconian epidemic law which if passed and in effect from March 2021 when the emergency laws enacted this year expires. The new epidemic law effectively ends up putting the country in perpetual martial law, and ends due process, I can send a link to the proposed law but I cannot find an English translation for it. Martin

<<https://prodstoragehoeringspo.blob.core.windows.net/3fb277>

[12-0916-41e7-8be6-bdebe101994e/Forel%C3%B8bigt](https://prodstoragehoeringspo.blob.core.windows.net/3fb277)

[%20udkast%20-%20h%C3%B8ring.pdf](https://prodstoragehoeringspo.blob.core.windows.net/3fb277)>

CAF Notes & Links:

DENMMARK – Ugly

**Question:**

I find Jon Rappoport's comments that the Covid virus has not been identified very troubling and I do not feel qualified to say if he is right about this. Are there any qualified people agreeing with his observations and confirming his analysis. Real Contagion Myth and Virus Mania Reviews – not has strange as it sounds.

CAF Notes & Links:

Not one thing..

Not alone..

I have been trying to do the same thing for the last few weeks. This is made

highly complex because of a very wide combination of events. Whatever is happening it is not just ONE thing. Many different places, many different phenomenon with a general poisoning of populations with vaccines, bad food, and praying. Unreliable tests. Unreliable death statistics. Massive disinformation. One of the few things that are fact is that whatever is causing the Covid-19 symptoms, there are cheap easy drugs that stop it on early intervention. Which are being discouraged.

If there was ONE virus and it was highly infectious and it was causing all the Covid19 REA deaths, it seems to me that it would be pretty easy for you and me to understand when and where Koch's postulates had been satisfied. So something is very wrong.

Breggin argues that there was a lab made pathogen/virus that is out and about. I believe he is right about that aspect. But it may not be a virus.

**Question:**

Sydney – In my personal research, the first person who I encountered regarding the idea of non-identification of the Covid virus, was Andrew Kaufmann, MD. That was last Spring and he has gained more credibility over time. He has done many video interviews, one is here with David Icke. It goes into the PCR test as well for a better explanation of exactly what is going on.

<https://www.youtube.com/watch?v=BSSHNFdVi1A>

**Question:**

The list of Covid-19's magical powers grows longer: it can now kill off the flu virus.

<https://www.dailymail.co.uk/health/article-8875201/Has-Covidkilled-flu.html>

A few key stats:

-In Australia, just 14 positive flu cases were recorded in April, compared with 367 during the same month in 2019 – a 96 per cent drop. By June, usually the peak of its flu season, there were none. In fact, Australia has not reported a positive case to the WHO since July.

-In Chile, just 12 cases of flu were detected between April and October. There were nearly 7,000 during the same period in 2019.

-And in South Africa, surveillance tests picked up just two cases at the beginning of the season, which quickly dropped to zero over the following month – overall, a 99 per cent drop compared with the previous year.

**Question:**

I appreciate all you and your team do to help be well informed on so many fronts. I know that Dr. Sheri Tenpenny has been interviewed before, but this interview that she did last week with Dr. Carrie Made is quite remarkable concerning the “mandatory” (or not?) vaccine that is being prepared on multiple fronts. Would love to hear Ms. Fitts interview Dr. Made or both. Many blessings,

<https://www.brighteon.com/0977a544-566f-4a82-b819-afef50df5a21>

**Question:**

[https://www.evms.edu/media/evms\\_public/departments/internal\\_medicine/EVMS\\_Critical\\_Care\\_COVID-19\\_Protocol.pdf](https://www.evms.edu/media/evms_public/departments/internal_medicine/EVMS_Critical_Care_COVID-19_Protocol.pdf)

This link gives a review of what to take before covid and what to take at each stage. Found it interesting, but don't necessarily agree about hydroxychloroquine. They claim ivermectin has replaced it with higher success. Also gives doses of supplements we should all be taking.

## Feedback

**Question:**

Hi Catherine

Today I listened to your 3rd quarter wrap up and interview about Gideon with Thomas Meyer. Wow! I'm so glad I found you. We laughed our way through the Trump score card. – we are in Victoria with the ‘wacky governor’

SPECIAL PRAYERS FOR YOU – Anglo-American alliance - This would be happening if we had let the 2nd Amendment fall.

**Question:**

Thank you Catherine and crew for the wonderful website! Your interviews are so refreshing for many of us that are trying to navigate and understand the big picture.

CAF Notes & Links:

See STATE OF OUR CURRENCY testimonials on home page

**Question:**

Hi Catherine.

Thank-you for answering my “Who are They?” question from two weeks ago. You always make me want to learn and find out more about the matters you discuss and write about. FYI, several years ago, per your recommendation, I read David Talbot’s The Devil’s Chessboard. I was so impressed that I purchased 3 more copies and gave them to 3 of my friends – only one of whom bothered to read it. Thank-you again for all you do.

Best regards,

CAF Notes & Links:

KENNEDY ASSASSINATION is THE case study for how the leadership works. Talbot – Janney – number of others on SR

## Going Direct Reset

**Question:**

Hello Catherine,

I am so pleased to be part of your membership and more importantly to have credible information to help guide my family and maintain sanity!

The attached article speaks to one world currency.

Regards,

<<https://www.bizjournals.com/southflorida/news/2020/10/28/vi-sa-to-acquire-yellowpepper.html>>

CAF Notes & Links:

Thanks – PLEASE ENSURE REPUBLICAN CONTROLLED SENATE – stop IMF SDRs.

**Question:**

“Bitcoin is the cockroach of the financial system ” “the Central banks will eat the other banks ” Raoul Pal discusses Bitcoin and the Central Bank Digital Currency <https://youtu.be/qL2LfVRl3J0>

( I would to see Catherine on Real Vision talking & discussing with Raoul all aspects of digital )

**CAF Notes & Links:**

UNLIKELY – they are in the material omission category

## Health

**Question:**

(a) ordered and received HCQ for Covid prophylactic, \$60 online consult + \$60 for six months supply (one per week after one daily for 5 days) delivered via mail from FL pharmacy to NY. Need to continue taking zinc, Vitamin D and Vitamin C daily. <https://speakwithanmd.com>

(b) shielded one room against most RF radiation at cost of patience, time + a few hundred total for EMF meter, aluminum tape and aluminum insulation barrier. Next step would be copper mesh (pricy) for window. Most of time spent with directional meter to determine RF sources and direction, block, test, repeat.

(c) Friend recommended this (pricy) air filter:

<https://www.rabbitair.com/>

(d)I've used this brand, which includes both HEPA (mechanical) and UB-B (ultraviolet light kills viruses) filtration.

<https://www.invisiclean.com/invisiclean-claro-4-in-1-airpurifier.html>

**Question:**

About zinc.....be careful how much you are taking. I took zinc 50mg rather inconsistently and then decided to be more consistent. However,I did not realize there was zinc in

Preservation (40 mg/tab,taken twice daily)which is prescribed for macular degeneration. I started having symptoms but did not associate it with zinc until I was taking both Preservation and the zinc supplement and the symptoms became clearly a real problem called paresthesia. So I immediately stopped both. I did report it the the supplement manufacturer and they have done a safety report and called me again today. The problem has resolved. Just trying to get the word out about drug actions and interactions. I am a health care professional and should have checked this so how many people are doing this who are not ? Manufacturer said they may put a warning on the label since there are more people taking zinc now to boost their immune system.

**Question:**

<https://t.me/s/EvaHermanOffiziell>

Polypropylene baby bottles are widely used. But especially when heated, an enormous amount of microplastic is released. Researchers have now found that an average of 16.2 million micro-plastic particles per liter are released into the food.

Web Page: Natural Substance Medicine

‘Baby Bottles Release Microplastic’ Polypropylene baby bottles are widely used. But especially when heated, an enormous amount of microplastic is released. Researchers have now found that an average of 16.2 million microplastic particles per liter are released into the food...

## Local Gatherings

**Question:**

Hi. How would one find other Solari members in one’s region or locality to facilitate local networking? Also a subscriber mentioned resources to assist with facilitation of local groups.

CAF Notes & Links:

Training local hosts – here is the process

**Question:**

Hi, Catherine

I’m a subscriber in the St. Louis, MO suburbs and looking to help. Please add

me to the list for any Solari Team meetings and I would be happy to help lead or assist. Keep up the tremendous work...we appreciate it!

CAF Notes & Links: Darlene Heckman will be calling.

## Recommended Links

### Question:

Ep 94 | The Deep State, Exposed! | Guest: Patrick Byrne  
(Kibbe on Liberty)

<https://www.youtube.com/watch?v=9my0g5ROI4I&t=27m33s>

56:15 (length)

Great interview overall. Also mentions how FBI agent (in an effort to gain his cooperation) tells him essentially that they "have created many billionaires who walking around today". (paraphrasing) and they can do the same for him if he stays quiet. 40:15 (time stamp of interest)

Thanks,

CAF Notes & Links:

Patrick Byrne – Deep State Capture on naked short selling – priceless....creative guy – STAY AWAY FROM SPOOKS

### Question:

I want to make sure everyone is aware watching this site that Glen Greenwald the journalist has resigned from The Intercept. Glen Greenwald in the journalist that published the Snowden information 7 8 or 9 years ago. He is a legendary journalist that co-founded THE INTERCEPT in 2014. The reason he resigned is because the editors of this site prohibited him from publishing an article he wrote about all the info about Joe and Hunter Biden that has come out recently. His editors prohibited him from posting anything negative about Joe Biden.

Just like all these crazy lockdowns, there has never been this kind of a media coverup of a story before in the US. There was even a story out today that an email service threatened to close email accounts of anyone that sent private emails that contained "fake or false news". Talk about censorship! I think all the US citizens here have to make a big effort to vote and get others so vote for Trump. At least Trump talks about freedom. It is the Democrats that are

creating the tyranny at least at this point in time. As far as I see it, it's Trump or TYRANNY.

CAF Notes & Links:

Intercept stopped disclosure, then stat on Snowden files now did the inevitable. Quell surprise.

I have sent several articles about this for posting, including Tucker Carlson's interview with Greenwald. My understanding is that the Intercept has sat on and keep off line a significant amount of the Snowden documents – so I have always assumed that the Intercept was created for purposes of limiting the Snowden damage. Within that framework they have still done some good work – so we have posted. So not sure why this was the last straw for Greenwald, but I suspect there have been many straws building to this.

**Question:**

<<https://abc7.com/covid-vaccine-covid-19-poll-black-womenrally-for-raction-action/7285315/>>93% of Black residents in LA County don't intend to take COVID vaccine when available, poll shows

CAF Notes & Links:

YOU SHOULD LISTEN TO THE CANARY IN THE COAL MINES!  
My experience studying spiritual warfare at the black churches.

**Question:**

Why is this still on youtube? Oversight? I doubt that! After 4- years of Russia blame has Tump the permission of 4-years of China blame?! Distracting all the while from the real problem “unfolding technocracies agenda” with world technocrats hiding behind China.

Join investigative journalist Simone Gao as she explores the unprecedented danger America now faces from the CCP. She will reveal how Big Data and Artificial Intelligence (AI) are used to hijack TikTok's unique algorithm in order to efficiently spread targeted propaganda to American citizens. Through interviews with Chinese AI insiders and American military and technology experts, as well as deep research into the effectiveness of prior CCP propaganda efforts, Simone will uncover the extent of the danger TikTok represents.

Does the U.S. have a plan to counter the CCP? And is it enough to save the Republic?

<https://www.youtube.com/watch?v=alEtvFdQENw>

<https://www.naturstoff-medizin.de/artikel/babyflaschen-setzenmikroplastik-frei/>

CAF Notes & Links:

Relative IQs – learning speeds

**Question:**

Here is another open letter to President Trump from Archbishop Carlo Maria Vigano.

[https://www.lifesitenews.com/images/pdfs/Open\\_Letter\\_to\\_PO\\_TUS.pdf](https://www.lifesitenews.com/images/pdfs/Open_Letter_to_PO_TUS.pdf)

CAF Notes & Links:

Sent in for posting and tweeted yesterday. This is a better link so will switch to this Thanks! I just ordered the new book about Vigano – Finding Vigano. Brave man. Hits the bullseye every time. Fabulous

**Question:**

Hello Catherine,

Have you heard of "The Biggest Protest Movement You've Never Heard Of"? Lynne McTaggart sent this to me via email. Worth checking out.

<https://lynnemctaggart.com/the-biggest-protest-movementyouve-never-heard-of/>.

CAF Notes & Links:

Great Barrington declaration – mixed bag. Modified hangout Vaccine idea of Nancy Pelosi's science and those of worldwide doctors have a very different approach to the answer. We don't need a vaccine, we need to allow already proven medications and solutions to get into the hands of the public. Consider joining us Nov 12 - 15 at <https://getwell.solutions/> Joy & Laughter: Every Day Is Worth Celebrating!

## **Question:**

Dear Catherine,

I would like to contribute some Intel from my neck of the woods, west coast of Canada on a small island. We have a great group of awake and aware people ranging from 19 to 72 years old. When the Liberal email circulated I sat down with one of the group and we determined the same thing you did.

Misinformation.

This type of misinformation I believe is designed to poison the field. Before my consultation with my friend I was swamped by fear. My heart sunk into visions of a complete totalitarian state. These visions overpower what I have come to term as the Big

Joy. The Big Joy is all that I wish to fulfill in my life here on the island. Poetry, song writing, gardening, woodworking community and even writing Catherine Austin Fitts. I am aware of the totalitarian plan but I refuse to invest my valuable life energy into this plan. I aid in creating this plan when I remain in fear. I know now that we humans are the conscious generating engines on the planet. What we focus our beautiful minds upon we will create.

This is the reason for the absolute bombardment of fear in the main stream media. I only see it when I leave this island or end up in a person's house with the TV on. And then the truth of our power strikes me at a deeper level. THEY KNOW we are all powerful and that is why they need us afraid. They NEED US to create their vision. Now this insight also arrives with a quandary which is; what and how do I choose to read, watch, and how much do I watch and read of the NWO plan. How to remain in the know with out poisoning the field. It depends on the size of one's boat. (I will explain later) This is why you and Dr. Farrell are so deeply resonant of sound information. I sense in all of your explanations that there is under the surface the deep knowing of an endpoint that is the fulfillment of our human potential. And that is why I am never taken aback by your laughter. The laughter is the knowing of the absurdity of the NWO plan. After 25 years in construction I have come to the realization that if you cannot find humor in the problem at hand you cannot find a solution to the problem at hand. No humor, you are too inside the issue. Like you I believe that WW3 is underway. The front of this war is the human psyche. For the past 10 years I have been studying the human psyche through the collected works of

Carl Gustav Jung and mythologist Joseph Campbell among others. This work along with 30 years of personal dream study has left me astounded when I view the unfolding drama of the collective through the conversations and actions of the collective. I believe I have stumbled upon a mythic perspective of our collective Hero's Journey.

In this study Jung has proven to be prophetic. The following quote is from 'Aion, Researches into the Phenomenology of the Self', book 9,II in the collected works, page 181, para 282, published 1959, Bollingen Press;

*...Naturally the present tendency to destroy all tradition or render it unconscious could interrupt the normal process of development for several hundred years and substitute an interlude of barbarism. Where ever the Marxist utopia prevails, this has already happened. But a predominantly scientific and technological education, such as is the usual thing nowadays, can also bring about a spiritual regression and a considerable increase of psychic dissociation. With hygiene and prosperity alone a man is still far from health, other wise the most enlightened and most comfortably off among us would be the healthiest. But in regard to neurosis that is not the case at all, quite the contrary. Loss of roots and lack of tradition neurotize the masses and prepare them for collective therapy, which consists in an abolition of liberty and terrorization. Where the rationalistic materialism holds sway, state tend to develop less into prisons than into lunatic asylums.*

Bingo! What troubles me Catherine is that none of the Jungians I have followed for years can see behind the curtain of the main stream. Even talented and creative Jung influenced writers such as Paul Levy have cast their bones using information garnered from the mainstream and seem to refuse to dig into the reality of the deep state. Referencing the ever present excuse of 'Conspiracy Theory'.

I have a theory or more accurately a metaphorical explanation of the use of 'conspiracy theory'. If you consider the power of the military, I put forth that that power resides on the fact that the military is one of the final vestiges of public ritual. Yes we all take part in personal ritual but in terms of the investment of the collective psyche, one must consider the reach of the military. Consider the psychic trauma of the Kennedy assassination and the profound ritual of the military burial. The nation was inducted into the ritual.

There is a ritual in the duty of an execution. All the rifles are loaded by a separate non-firing squad soldier. There is placed in one of the guns a blank bullet. This allows all the soldiers participating the psychic escape hatch from guilt of killing an unarmed man. Conspiracy Theories are the blank bullet in the minds of the people. They cannot allow themselves to comprehend the true nature of what is occurring in the world around them. They do not take part therefore it is not happening. The blank conscience.

This leads to another metaphor or symbol that has arisen in our little group to help us traverse the slippery slope of human interaction amongst the fearful and the awakened.

Again Jung is the inspiration for this discovery. Jung knew that his research of the human psyche would sooner or later have him have to deal with the ancient art of Alchemy. Studying Alchemy at that time was professional suicide. No one of any social rank took Alchemy seriously. Yet Jung knew he had pursue this area of research. Then he had a dream.

*Jung was staring out at the sea. It was rough. He knew his little boat would not survive the journey. A boat builder appeared. He lead Jung to a new sea worthy boat.*

Jung took the dream to mean that he was ready to set sail out into the unconscious of his Alchemical studies. His boat was worthy. I now use that dream as a symbol or metaphor for my interactions with people out in the world. I have halted attempting to 'educate' people on the ways of the Plandemic for the banking system. I know that the information will sink their boat. Besides that, they did not ask me to overload their boat. Doing so lacks any compassion or empathy. When all is said and done do I really know what is going on? No I cannot say. So I have halted the disrespectful action attempting to drown people in their own boats.

This discovery has led to incredible successes. They are minute on the scale of conversion events, but they fortify the field. They do not tear the field apart using the knife of ego and self importance which was my usual method. In short or group has identified the phrase 'No Separation'. The question now is not how asleep is this person, but how can I arrive at this interaction and infuse the field with my questions presence and empathy. Thus what has become

more important for my psychological advancement is the contemplation of accuracy and proportion. Accuracy of description thus word selection and proportion in terms of emotional involvement and the investment of my spirit. One such field experiment was attending an art opening here on the island. One tends know everyone here. So when I approached the old school house gallery I was surprised and disappointed to see about 5 locals all with masks on. One person not wearing one. Normally I would be in disgust. But I know regard the field as the prime concern not my egoistic ability separate, judge and divide. Remember Doug 'no separation'.

I was asked to wear a mask to go in. I did not refuse but stated that although I do not agree with the use of masks, I would partake because for me 'the art inside would raise my spirits and boost my immunity thus not needing the use of a mask' (or nosebag as Dr. Farrell notes). They received my proportionate response well and I went in.

Our island is filled with creative genius, meaning originality. As always, I was lifted by the work and the effort for all to see this world in a myriad of interpretations. I exited, removed the mask and began to question the artists and folks present about their thoughts on the work. Within 5 minutes every mask was off and we were engaged. The field always wants connection. I know this event seems minimal but I have a sense of a way forward by engaging the field where ever we can.

In partaking of this form of guerrilla style warfare, we are bringing into the equation a far more potent device of communication other than ego. Leave it to Jung to name what I can only feel and attempt to define.

( I do not have the origin of this quote as I stuck it on my cupboard for constant reminder)

*What does lie within our reach, however, is the change in individuals who have or create for themselves, an opportunity to influence others of like mind. I do not mean by persuading or preaching - I am thinking, rather, of the well known fact that anyone who has insight into his own actions, and has thus found access to the unconscious, involuntarily exercises an influence on his environment. The deepening and broadening of his consciousness produce the kind of effect which the primitives call "mana." It is an unintentional influence on the*

*unconsciousness of others, a sort of unconscious prestige, and its effect last only so long as it is not disturbed by conscious intention.*

I believe this quote to be origin of my resonant interest when I discovered your work roughly 10 years ago, on an interview with I think Alex Jones. Both you and Farrell possess Mana. Since that time I have undergone many challenges and probed many areas of study. The work of Dr. Joseph Dispenza and his work of strengthening the field through meditation and intention to the point of curing 4th stage cancer, other illnesses and the recovery from early traumatic events. His work is conscious study of the human energy system including the pineal gland and the importance of heart mind coherence in the manifestation of a new world through gratitude and thanks. All of his work is evidence based and he has reams of documented cures.

In closing you mentioned your desire to learn more about symbols. A few books I could recommend are; C.G. Jung, Symbols of Transformation, Volume 5 collected works. This is the book that severed the tie with Freud. When reading Jung it is like eating pound cake; small bites, lots of digestion time. I would welcome any discussion you wish to have in this realm. Taschen, The Book of Symbols, Reflection on Archetypal Images. This book has evolved out of the the Archive for Research in Archetypal Symbolism, [www.aras.org](http://www.aras.org). As always with Taschen, a beautiful book with illustrations tracking the collective creativity of mankind. It rarely goes back on my bookshelf.

The Penguin Dictionary of Symbols; a great go to for dream interpretation. No images but 17 contributors created a vast study which was a best seller in France where it was originally published in 1969.

The Symbolic Quest, Basic Concepts of Analytical Psychology, Edward C. Whitmont.

I have yet to read this one but it on the front of my wish list after a few other books get read. I have read others of his and enjoyed his work. Amazon reads;

Originally published by G.P. Putnam's Sons for the C.G. Jung Foundation for Analytical Psychology in 1969. In this acclaimed work Whitmont explores C.G. Jung's revolutionary

discoveries about the archetypal world & the self, offering practical insights into the process of healing & transformation. Any book of Edward F. Edinger. Probably the preeminent interpreter of Jung's work. In order to fully understand Jung's later work one must purchase the accompanying works of Edinger which guides one through the final 2 books of Jung. Archetypal Patterns in Fairy Tales, Marie Louise Von Franz, Inner City Books, <https://www.innercitybooks.net/> Von Franz was Jung's longest collaborator. A profound and humorous character, her insights in to the human psyche are life changing. She is the subject of a fantastic 4 DVD set called The Way of the Dream. Produced and directed by Fraser Boa a Jungian. It was filmed shortly before her death, but she still is capable of incredible insight, common sense and as always humor.

In the mean time a quote from Jungian Eugene Monick's book 'Castration and Male Rage' Page 19

*Symbols, in their deepest dimension, do not simply point to another reality. In a specific sense, they are a container for that reality; they express it, convey it. One initiated in and alive to the Christian eucharist sacrament, for example, does not hold in hand a piece of bread that "stands for" the presence of Christ. Christ is in the bread; Christ is the bread; the bread is Christ. The inner invisible form of the object is revealed by the ritual of consecration.*

In my words; the symbol is the key to the door of unconscious archetypal world of energy. Each symbol that arises in a dream derives its nature from the psychic history of mankind. Thus each dream character and or symbol that one greets in the personal dream world and attempts to generate a relationship with, that previously unknown energy is acting as conduit to transform the timeless energy. Thus birthing a new consciousness for the personal and the collective. The symbol speaks of and the metaphor points to.

Ok I have spoken enough. Catherine I could write pages of my discoveries and how they seem to be providing a mythological perspective of the psychic field of conflict that we find ourselves in. I would like to attempt a kind of breakdown of these discoveries in order to aid us in our struggle. Thus providing a template for the emerging symbols and metaphors that are clamouring for a relationship in this evolving world view. For some reason in my mind's eye the audience is always you and Dr. Farrell.

If you would be so kind as to offer me your mailing address in Europe I could send you the synopsis by snail mail. I also wish to send a some gifts from our island.

In closing I want to offer you some of my own poetic work in which you are mentioned. Longfellow's Lament is a long poem tracing out the 2008 Financial crisis. A kind of ballad/rap/poem of the whole event. I still find it a refreshing take on the engineered collapse. I am also attaching a couple of poems from my newest collection 'The World Is Not Wrong'. As you can see I have changed my email finally. I will be upgrading my subscription so I am able to get a hard copy of the Solari Reports. As per a possible interview, I know you are very busy. And frankly I think you wrote me off a few months back when I mentioned 'beings from another dimension'. I am not a 4th chakra flake. I was raised by 6 women and I am a carpenter by trade. Yes I am very open. I may speak too soon and I am a little less rational then the next guy but my intuition has a great track record. So if you are ever up for another interview via Free Range Radio, I would like focus only on \$ numbers. People her are too psychotic when it comes to Covid. They cant hear it. But they can hear if their pension funds are in danger. If they can hear that folks are becoming trillionaires behind the cover of covid. That might be a back door to their closed psyches.

Take care and thank you for your time.  
Cheers,

### **Question:**

New Zealand referendum on euthanasia passes with a 2/3 majority.

<https://news.sky.com/story/new-zealand-votes-to-legalise-euthanasia-but-not-marijuana-12118421>

Apparently with this bill one has the right to decide if one wants to die whereas with mandatory vaccines one does not have the right to decide if one does not want to die or be damaged.

CAF Notes & Links:

NZ is frightening – unexpected. Current prime minster – psychopath, mind controlled?

**Question:**

<https://youtu.be/3UyYvpczu44> (9 hours +)

am reviewing this. very long. in my limited and ordinary skills, I can not comment on bias, but I find aspects extremely informative due to clear presentation.

CAF Notes & Links:

WAG THE DOG ON COVID 19 ONLY 44 in but very good so far

## Shadow Work

**Question:**

Looks like the interview of Catherine by Dr. Cowan has been removed from youtube. Is there another link? We would like to share this interview with others. Thank you!

CAF Notes & Links:

We have published a copy on the home page in the DAILY SOLARI section. They took it down to fix the video. Will be republished. Should be up soon.

## Take Action

**Question:**

In King County Washington, the home of Seattle, the council is trying to make the Sheriff an appointed position and to create an agency with broad oversight power:

<https://apnews.com/article/3d0d117b59351223a3e1fab62be1f99>

It seems to me that this may be one more way to take power away from County Sheriffs and if it will fly in Seattle, they will likely try it elsewhere. We have seen sheriffs stand up across the country, and its clear that in some counties they are going to be told to sit down.

CAF Notes & Links:

FRIGHTENING. I would GET OUT. I would NEVER live in a city in which

BILL GATES and Jeff BEZOS appointed the Sheriff

**Question:**

Here in Oregon, OSHA is the state's enforcement arm for masks. If businesses allow an individual to enter without a mask, that business can be fined \$1000 by OSHA. The fine can repeat with each individual from what I've been able to gather. Are people in other states are experiencing the same arrangement? Don't know. If you watch video VERY INTERESTING LAW SUIT – violates OSHA laws and regulations

CAF Notes & Links:

Another way to destroy small business. Clearly a goal.

**Question:**

Just finished confirming a rumor. Contacted the Narberth Police. Narberth Borough, Pa. Borough Council has passed a mask mandate that will be enforced by local law enforcement by issuing fines.

CAF Notes & Links:

Start looking for an attorney. Can not possibly be legal. Again, watch Solari Heros Tracy Clark on OSHA

**Question:**

Hi, Catherine.

I found this most revealing presentation on You Tube about the government's deep involvement in developing multiple technologies for brain control. It's given by Dr. James Giordano: "From Bench to Battlefield: The Realities and Risks of Neuroweapons". He's at Georgetown University at the time of this lecture, but has pissed all over the ground of DOD in the course of his career. If you want to see the devil doing fast talk, there is no better example: his pressured speech, the redundancy with which he uses several words when one or none would do, is beyond aggressive. But I digress. You see, men as vain as he often loose judgment when trying to impress, which he does exhaustively; and so he tells us more than I think the government would like us to know. Watch it now before word gets out and it's taken down, for it is jammed with information that completely supports the content in the recent Solari Report. Indeed, I propose it as a Supplement.

<https://www.youtube.com/watch?v=aUtQbriWt6>>4

Warm regards, K.R

CAF Notes & Links:

Hyper materialist

**Question:**

FROM PETER BREGGIN – Have invited him to record Solari Report on fear

Hi Catherine and XXXX, I would love to do a report on handling the overwhelming negative feeling being churned up in response to COVID-19. People think they are inevitable when in fact that are artificially generated by Fauci and globalists he serves.

In my book, Guilt, Shame and Anxiety, and in scientific papers (two attached), I have developed a concept that as infants we have a basic stress response of fear and helplessness when our nurturing relationships are temporarily or permanently disrupted or when we have physical pain and illness that cannot be quickly relieved. That infantile experience of fear and helplessness is intolerable and if unrelieved leads to rage and/or withdrawal (documented in a branch of psychology called attachment theory). The infant experience is very close to what we experience and identify in later childhood and adulthood as anxiety or panic. Shame and guilt are closely related. I call these negative legacy reactions from a combination of evolution (genetics) and childhood environmental factors, resulting in all humans having some variation of the reactions. Fear and helplessness and these derivatives of anxiety, guilt and shame end up driving destructive interactions like withdrawal and rage in adults as they did in children. That ties in directly to my discussion of "fear appeal" as a tool of public health and totalitarianism. That want us scared, helpless, and then obediently docile in response to the fear they are engendering in us. The individual way out is (1) to understand and the negative legacy emotions from evolution and childhood, (2) reject the external influences that are stirring them up, (3) and replace the emotions with reason and love as guides to living.

It is important in this process understand how the "experts" and governments are stimulating the hell out of our "negative legacy emotions" in the name of

public health and mitigating the virus. There is actually an academic aspect of public health going back 4 decades that teaches public health students to engender fear in people in order to get them to do what is demanded. The area of study is called fear appeal and discussed in the enormous report I did for the injunction in Ohio against the governor's interminable emergency edict.

<https://breggin.com/dr-breggins-covid-19-totalitarianism-legal-report/>

So, Catherine, thank you for asking about my doing something about this. Are you thinking of an interview, a solo video by me, or even a paper? Right now I am so busy finishing my book on Covid-19, an interview or solo video would be much better than a time-consuming paper.

If both of you will email me your mailing addresses, I will send you copies of my book Guilt, Shame and Anxiety. As always, thanks for thinking of me, Peter (Testimonials State of Our Currencies)

**Question:**

I'm a new subscriber and got the "State of Our Currencies" report last week. I never thought a financial report could be the proverbial "page turner"... Thanks for the education...glad to be here...

**Conclusion:**

**Question on the election:**

100% chance determined by one or more factions of TPTB – no matter which candidate wins. My guess is that the Democratic voting fraud has the potential to as much as double their popular vote with mail in fraud. Could be the most significant voter fraud yet.

Holding out big city vote in Swing States TUCKER CARLSON – vote against the establishment COMMENT FROM SAKER - Next considered that the establishment would fail Not sure they did – simply breakaway, bankruptcy – plan

**Send in questions:**

[Askcatherine@solari.com](mailto:Askcatherine@solari.com)

Subscriber input