

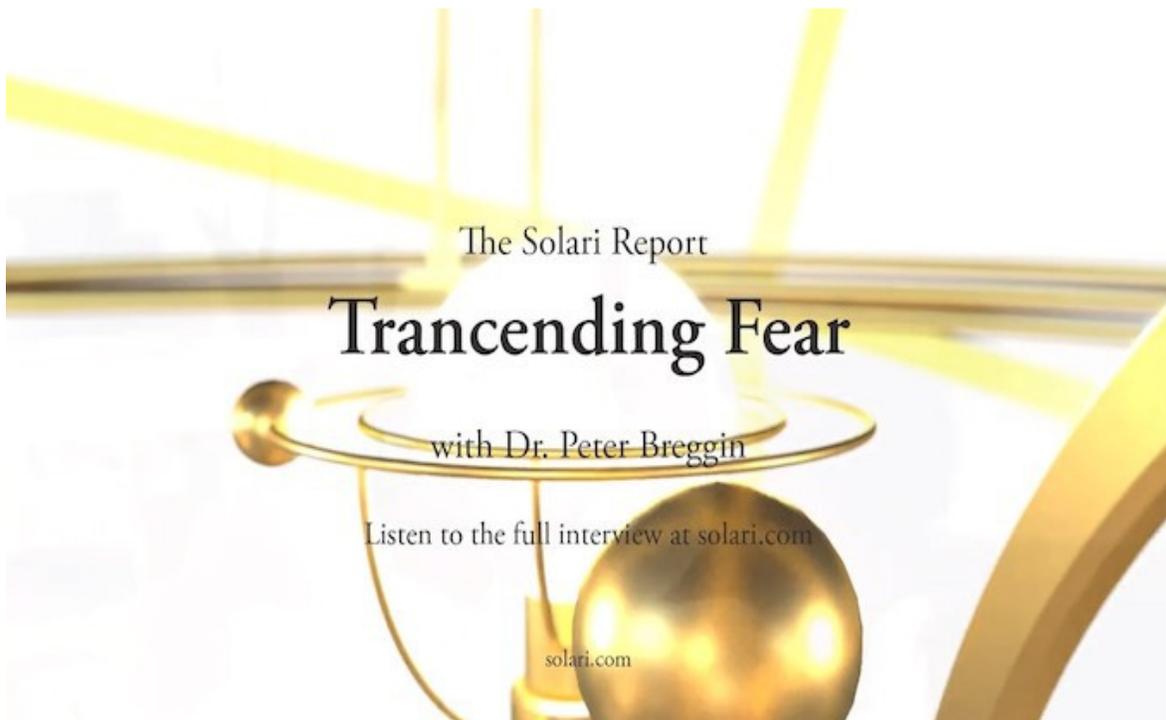
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The Solari Report

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Transcending Fear with Dr. Peter Breggin



Summary: This week on The Solari Report, I interview Dr. Peter R. Breggin on the institutional use of fear as a control mechanism. In our first interview, Peter raised the issue, pointing me to the section on Fear in his legal filing for Ohio Stands Up!, a section titled the “Creation and Then Control of Fearful Populations.” Specific topics covered in that section include the “Rise of 'Fear Appeal,’” “How Global Threats Enable Top-Down Management,” and the “Psychology of Moving the 'Masses.’”

Soon afterward, I was speaking with a wonderful subscriber who works in health care. He was deeply concerned that fear is causing significantly more health problems than Covid-19. I, too, am seeing far too many people replacing real fears related to economic dislocation and political totalitarianism with fear of “the magic virus.” I decided that this would be a good time to reach out to Peter for help in dealing with both our fears and people who are overwhelmed by fear—whether the risks that concern them are legitimate or not.

Bio: Peter R. Breggin MD is a Harvard-trained psychiatrist and former Consultant at NIMH who has been called “The Conscience of Psychiatry” for his many decades of successful efforts to reform the mental health field. His work provides the foundation for modern criticism of psychiatric diagnoses and drugs, and leads the way in promoting more caring and effective therapies. His research and educational projects have brought about major changes in the FDA-approved Full Prescribing Information or labels for dozens of antipsychotic and antidepressant drugs. He continues to educate the public and professions about the tragic psychiatric drugging of America’s children.

Dr. Breggin has taught at many universities and has a private practice of psychiatry in Ithaca, New York.

As a medical-legal expert, Dr. Breggin has unprecedented and unique knowledge about how the pharmaceutical industry too often commits fraud in researching and marketing psychiatric drugs. He has testified many times in malpractice, product liability and criminal cases, often in relation to adverse drug effects and more occasionally

electroshock and psychosurgery.

Dr. Breggin has also been invited many times to testify before federal agencies and the U.S. Congress, and he has been an expert on psychiatry drug adverse effects for the Federal Aviation Agency (FAA). He has also testified many times at FDA hearings.

From Time to the New York Times, his work has been cited innumerable times in worldwide media. He has appeared hundreds of times on TV from Oprah, 60 Minutes, 20/20, Larry King Live, and Good Morning America to the O'Reilly Factor and Doug Kennedy on the Fox News Channel.

Dr. Breggin's earliest reform efforts in the 1970s brought an almost complete stop to lobotomy and psychosurgery in the Western World and in the 1990s prevented a eugenic federal project at the nation's inner-city children. Both his anti-lobotomy and anti-eugenics campaigns are described in his book coauthored with his wife Ginger, *The War Against Children of Color*, as well as in many scientific articles.

Peter R. Breggin M.D. conducts a private practice of psychiatry in Ithaca, New York, where he treats adults, couples, and families with children. He also does consultations in the field of clinical psychopharmacology and often acts as a medical expert in criminal, malpractice and product liability suits. Before moving to Ithaca in November 2002 he was in practice for nearly thirty-five years in Washington, DC and Bethesda, Maryland. He has written dozens of scientific articles and many professional books, including *Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime* (2008), and is on the editorial board of several journals.

In 2010 Dr. Breggin and his wife Ginger formed a new organization that continues their emphasis on bringing professional and laypersons together to share their concerns about the hazards of contemporary biological psychiatry while promoting more caring and

empathic approaches to personal conflict and suffering.

Many of Dr. Breggin's accomplishments as a reformer are documented in detail in [The Conscience of Psychiatry: The Reform Work of Peter R. Breggin, M.D. \(2009\)](#). This biographical tribute to Dr. Breggin's work draws on more than half-a-century of media and more than 70 special contributions from his colleagues, as well as many other sources.

Dr. Breggin's background includes Harvard College, Case Western Reserve Medical School, a one-year internship and a three-year residency in psychiatry, including a teaching fellowship at Harvard Medical School. After his training, he accepted a two-year staff appointment at the National Institute of Mental Health (NIMH). He has taught at several universities, including a faculty appointment to the Johns Hopkins University Department of Counseling and an appointment as Visiting Scholar at SUNY Oswego in the Department of Counseling and Psychological Services in 2007-2008.

Related Information: Dr. Breggin has authored dozens of scientific articles and more than twenty books, including medical books and the bestsellers [Toxic Psychiatry](#) and [Talking Back to Prozac](#). Two more recent books are [Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime](#) and [Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and their Families](#). His most recent book is [Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions](#).

Catherine Austin Fitts: Let's start with: You are a man who needs no introduction on *The Solari Report*, and I really want to thank you for joining us. What inspired me to have this conversation is when I talked with a doctor about fear being the real pandemic, and finally, I realized, "You are a cardiologist and I am an investment banker. Maybe we need a professional here."

That is when I said, "We have to call Peter Breggin because he is a psychiatrist; he has thought about this. He has focused on fear appeal and how it is being used, and he has an entire lifetime of practice working with people on these issues."

As an investment banker, I am a little out of my element here, so I called you and said, "Peter, help!"

There are four parts to our discussion. You said, "I want to start with childhood." The more I thought and read about that has me anxiously waiting to get your book. Take us back into childhood and the beginning of how we discover fear and helplessness.

Dr. Peter Breggin: This is from my book, *Guilt, Shame, and Anxiety*. If you think about the evolution of human beings or the history and our birth and our growth and development, we share something in common. Human beings are, to some extent, born into fear and helplessness when we are little. Any jarring of the physical condition that we are in – hunger, a bite of some sort, an itch, cramps – is not going to be interpreted very profoundly, and it is going to be experienced a lot. It's just, "Oh my gosh! What is happening to me? I have pain and fear."

It has a helplessness to it because the only thing we can do as infants is a little like what you could do if you were strapped down on a table and had your mouth covered and were tied down. I've never thought about that before, but what can an infant do? They scream because they can't do much else.

Fitts: Right, you are deeply, deeply dependent on others for your survival.

Breggin: Your survival and your nurturing and your feeling better and your

being safe and comfortable.

That relates a lot to our development into who we are as adults. We all grow up with a susceptibility to succumb to fear and helplessness, which is experienced more in the adult as anxiety. That anxiety that we feel as adults is the nearest thing, I think, to the primary child experience because anxiety is somewhat a 'know nothing'. We can't think, we can't focus, we feel overwhelmed, and we can go into panic; we can just get numb and withdraw. Anxiety is so intolerable to adults that we usually go somewhere else. We get a compulsion of not stepping on pavement cracks or checking the stove over and over again, or repeating prayers to ourselves. We even go into guilt and blame ourselves to get out or shame, or we get angry at other people.

I think of guilt as an inward judgment shame as a fear of what other people are coming at us with because it's just awful to feel overwhelmingly helpless.

As an adult, it is very, very dangerous to feel helpless. Most of the terrible things that happen to people as individuals or as groups involve their feeling of being overwhelmed with feelings of helplessness and associated fear and anxiety. If you want to take charge of someone completely, you want them to feel overwhelmed in fear and helplessness.

The Nazis were specialists at that in the concentration camps. They would get the whole population or the camp feeling so overwhelmingly helpless that they would become robotic, and they would get into a 'zombie state'. They could then be led to work or led to the gas chamber.

Fitts: As I was going through this, I remembered a story that I wanted to tell you. I had a client about ten years ago who had been a teacher who worked with autistic children. As autism grew, she evolved to become a teacher of the teachers. So, she taught people how to teach autistic children.

Over a 30-year career, she learned and discovered about autism and autistic children. She developed all these different theories from her experiences, and one of the things she said was that she truly believed that the autistic children – deep down inside – knew that they were profoundly dependent on parents who, not only couldn't protect them, but didn't know how to protect them. So, they

felt that the parents had allowed them to be poisoned and didn't know any better. That was one of the reasons they so disappeared inside themselves; they were deeply dependent on a totally untrustworthy system, and they knew it.

Breggin: How interesting. I've never heard that interpretation.

Fitts: Isn't that interesting!

Breggin: Yes. When you say 'poisoned', make that connection some more.

Fitts: In other words, many of them had been vaccine-injured, so they had heavy metals poisoning. They just believed they were in a system where their parents had allowed them to be poisoned and couldn't protect them.

Breggin: That is interesting because I think there is a deep complexity here that gives me a different view than most of the people talking about vaccines. As I looked at the literature, – and I have a paper that has just come out on that in the *International Journal of Risk and Safety in Medicine* –I realized we need to distinguish between neurological injuries that have signs of autism which can come from a variety of different injuries, and the neurological injuries, and autism is a developmental disorder.

So here is why it's important: It has been very easy for the establishment to dismiss the original claims of vaccines and autism because, in fact, the injured children are not classically autistic at all; they have autistic symptoms; they are neurologically damaged.

Fitts: The majority of the children who she was dealing with were, what I as a lay person, would describe as 'poisoned'. So, they had neurological damage in toxicity.

I think that much of what people call 'autism' is just that they are poisoned.

Breggin: By mistake, they are doing that right. The children who have been vaccine-injured have been poisoned. They have been damaged by a neurological disorder, but they do not have autism.

Fitts: In my experience, they are constantly diagnosed as 'autistic'.

Breggin: That is partly the parents fault, but let's not even go there.

Let me try to explain to you neurologically and psychiatrically why I think that this has been a disaster for understanding the injuries imposed by the vaccines.

Fitts: Here is the thing: Do we really want to go there? I think that we really want to stay on fear.

I was trying to describe a response of a deeply dependent child who is feeling helpless and has been injured, and they don't trust their parents and the adults around them to protect them from harm.

Breggin: That is a neurologically-injured child, and we have to stop using the term 'autism', which is not about neurological injury. Autism is a developmental disorder; it does not have a traumatic beginning. It evolves usually quite slowly over a number of years. It represents a failure of connectivity and empathy between the child and the parents. There is no specific physical injury in it.

What went wrong, and one of the ways in which this movement about vaccines has gotten truly injured – and this is what my paper is about – is it became very easy then for the manufacturers and the editors of the prominent journals and the people who write *Nelson's Pediatrics* and the neurology textbooks to 'swoop' in and say, "No, there is no autism syndrome caused by the vaccines."

In doing that, they ignored all the neurological injuries that the vaccines were doing.

Fitts: I don't want to get into a debate on it.

Breggin: Okay. You brought me on as the psychiatrist, and I have this knowledge that is very different from the vaccine people's understanding of what an autistic child looks like; autistic children don't have neurological injuries.

There are two different categories.

Fitts: There is an explosion of children with vaccine injury.

Breggin: They have vaccine injury that is neurologic that often starts with encephalitis caused by the vaccine. It can start with various kinds of other conditions.

Fitts: But here is the problem: All of their doctors and the whole medical establishment across the country are telling them that their child has autism.

Breggin: I don't know if that has been happening or not. I don't know that answer to that, but I do know that the vaccines have been mistakenly telling parents.

We can do a do-over if you want, but if you look at Wakefield's paper, you will see this.

Fitts: If you and I have a discussion on this, we have to get very, very detailed because I have plenty of personal experience with families who have experienced serious vaccine injury, and it's all across the country and in Europe, too.

Breggin: It's being misdiagnosed as autism. By definition, autism is a developmental disorder.

Fitts: Nine times out of ten the medical establishment is trying to tell them that their child has autism.

Breggin: Well, the child doesn't; the child has a vaccine injury and this vastly confuses things.

This is a turning point. I think that if I am going to contribute one thing in this whole area, it will be a turning point where we start talking about, "Do vaccines cause autism?" which has been a blessing to the vaccine people. Instead, they should say, "Vaccines are causing neurological injury, and doctors are misdiagnosing it as autism," because by definition, in the diagnostic manual and the history of autism, it is free of any known physical injury; it's a developmental disorder.

Fitts: The way that I describe it as a layperson, I think that children are being poisoned – one of which comes from vaccine injury, but it comes from many other things, too.

If you spend as much time driving around America as I have, you are watching a great poisoning – not just of children, but of people, too.

Breggin: I certainly believe that there is plenty of that going on. What my paper says is to look back on what we really know about what vaccines are doing. On many occasions, they are causing rather acute injuries, which then are picked up in short-term studies. That is one reason the FDA won't do short-term studies and control clinical trials on vaccines because, in the first week or two, you see many of these things. Children get a fever, start crying, get terrible gastritis, and get things that look like colitis. They get all kinds of things. That is not autism; that is a neurological injury that we call encephalitis or traumatic brain injury or whatever it is.

I actually think that autism has just ruined the whole thing, and that is what I am trying to turn around.

Fitts: One of the places where I agree with you is I will go back to my simplistic view of the great poisoning. I think if you understand that something is a poisoning, you come up with different solutions than if you define it as a disease, because it's not a disease; it's a symptom of a poisoning. That connotes a very different solution.

Breggin: I think that is absolutely right. I think that is a good, convenient, useful way of making the definition. The further that you get into that kind of definition, you are not talking about autism; you are talking about poisoning, which can give children some autistic-like symptoms. Any horror or injury could make a child withdraw and not connect, but it's not autism.

You are talking about real neurological injuries, and I think that a big mistake has been made in this area. I've written the only paper on this that I know of.

Fitts: But then what you are saying is that this explosion of what is being

called 'autism' is not autism; it's an explosion of neurological damage from vaccines.

Breggin: Right, it's an explosion of neurological damage. If you look at the entire history of autism going back to the man who actually defined it, Leo Kanner, and even the current DSM-5 (manual of mental disorders), it has no physical symptoms. It is a developmental disorder just like anxiety is a developmental problem or anger instead of being a disease.

Fitts: Let me go back to the point that I was making about fear, and that is that children who have been severely damaged as a result of being 'poisoned', go inside of themselves. The fear of being that dependent on people who won't and can't protect them is absolutely terrifying to them.

Breggin: I think of that as a significant contribution that I have not thought about. I think that is very, very important; these children have been traumatized.

Autism develops gradually over time. These children have been traumatized, and we need to start saying that. We need to stop talking about autism and start saying something that you would never find with autism.

If you do a clinical trial for four weeks on all the vaccines or eight weeks or ten weeks, you will start finding some of the initial traumatic injuries to the brain. The early studies showed so much of this. All of Wakefield's children, or just about all, are neurologically damaged. They are not autistic children, and that has really confused things.

I think that the manufacturers want that confusion to go on because they don't want to say, "We're not talking about autism; we just damage them; we gave this child a neurological injury."

It's acute, it's obvious, and it fits into well-known categories.

Fitts: What is interesting is if you read Forrest Maredy's books, who I've been very impressed with, essentially what he is saying is, if you have something that has poisoned people and has created substantial corporate liability, the game is that you define it as a disease; you get it to be caused by a magic virus,

you create a vaccine that solves the problem (because you've stopped using the poison at the same time), and it gets you out of the legal liability.

He describes that game again and again. It's back to the role of defining symptoms of poisoning as a disease and then inventing a magic virus and a vaccine to solve it, which is a little of what got us into the fear discussion in the first place.

Breggin: If we persist only with this idea today, I think that we will be potentially clearing up a great misunderstanding. If you go to *Nelson's Pediatrics*, it will say something like, "The measles vaccine and the MMR does not cause autism," and then it doesn't say anything else about what it is causing.

This is the scapegoat, and they need to look at the vast literature that has been crushed. I trace it in the article, and I have to get a good copy of it out there.

Fitts: When did you publish it? Is it available now?

Breggin: Yes, it is available online at the *International Journal of Risk and Safety in Medicine*, but it's the prepublication; my editing didn't get in. I've never had that happen before, so maybe somebody 'threw a monkey wrench' into it. In fact, it happened at the publisher and the editors are looking into it.

Fitts: So, you will let me know when it's available?

Breggin: Yes, and I can send you the basic copy.

The point is that the manufacturers won on the grounds of autism because no medical definition for autism includes a neurological injury. These vaccines are giving children encephalitis, and then you see the other injuries, and you see the after-effects of those and the lingering effects that can be for a lifetime. The children don't connect well and can't relate as well. But it's a sudden catastrophic problem, and that is not autism.

I don't know why people got hung up on that in the beginning. Maybe because of doctors who don't know better, but no normal physician should mistake a neurological injury for autism; they are two different concepts.

It's like getting a child who has been neurologically impaired, and now he is angry, so you say that he has got an anger disorder. It doesn't make any sense; that is not what is going on here.

So, the children are deeply injured, and I actually marshal evidence. I haven't seen other people marshaling from the early studies on vaccine injuries. There is no doubt that children were getting physically hurt.

I think that another confusing thing was connecting it totally to gastric problems. I think those are a separate kind of injury as well.

Fitts: Here is the thing: I am totally not competent to discuss any of that!

Breggin: I actually am because I've been really looking into it.

Fitts: I've been working all week on fear.

Breggin: I'm sorry. Let's go to fear.

Fitts: So children feel helpless. Is there anything else about childhood and helplessness and fear and how we learn about fear as a child?

Breggin: I think the most fundamental fear that a child gets is the disconnect with the parent; the parent can't soothe them, and the parent isn't there for them. Sometimes you will see it so clearly. It's not necessarily the parents failing. You can see a child who is deeply distressed – a two-year-old or a one-year-old – and a mother can't do anything. It's probably because she has gotten so anxious and upset. Then the father picks up the child, and everything calms down. Or it could be an aunt or an uncle who picks up the child.

That is one reason an extended family is really, really good, and we shouldn't saddle a mother without a support system.

Fitts: Exactly.

Breggin: It doesn't take a village to raise a child; it takes the village to support

the mother who is raising the child.

Fitts: That's great.

Breggin: As always, too often those concepts aren't what is occurring. People need individual nurturing from somebody growing up, and women are built for it. They are softer, they can nurse, and these are biological realities; they can be overcome.

But the child grows up susceptible to collapsing into fear and helplessness and then being taken care of. It doesn't happen in adulthood. It doesn't even occur often in childhood because, once the child is into hysteria or rage or other things that children go through, there is an entire branch of psychology, which should be called 'child psychology', that is called 'detachment theory' about this complete issue of the attachments between children and adults.

If that is botched and it has too many difficulties, – and it always has some – it makes the adult susceptible to falling back into fear and helplessness and anxiety and hoping to be rescued.

So, that is where this fits in so well to your work – which I am learning more about today – to this massive creation of a fearful environment and injurious environment.

Fitts: Let's start with you. How did you get interested in fear appeal? Tell us what you wrote for the Ohio filing.

Thanks to Ginger (Dr. Breggin's wife), you discovered this, and you were the one who got me onto the incredible effort to create a fear pandemic.

Breggin: It's interesting. Ginger and I live in a house that is a bit like a long house, and it faces a little creek with woods around it. No matter what I'm doing and how much I'm concentrating, she will come in with something and say, "Oh my God! Did you know this?"

"No."

And two of the pillars of our work have come from Ginger's discovering things. The first thing that she discovered was, "I think this could be a fake, honey. Look at this article. It's about a collaboration between Chinese and Americans making pathologic coronaviruses that infect human epithelium of the lung and makes mice sick, especially old ones. This sounds like the beginning of what we have now. Is this the same virus, or is this just fake?"

It wasn't fake at all; it was a major journal. So that was one of the first big things that we did. Two or three days after our publishing this and sending it as high up as we could to Donald Trump and anybody else, Trump cancelled this one thing – this collaboration with China.

The other big thing that affected me in the lab was Ginger coming in and saying, "Do you believe this? Making us afraid is a scientific study. It's a whole discipline. It's called 'fear appeal'."

It's a weird euphemism. It's like the euphemism used for the studies they were doing with China, which is such a euphemism that I often can't remember it.

Fitts: It's a 'gain of function'.

Breggin: Yes, it's a 'gain of function'. What do you mean 'gain of function'? You're making these happy, normal viruses living in us, living in all kinds of animals, living in bats, and you are turning them into a pandemic weapon.

Fitts: I have a term for that; 'pretzel talk'.

Breggin: That is interesting. I love that!

Fitts: People in Washington talk in circles, and it's 'pretzel talk'. One of the reasons I moved to Hickory Valley is so that I could live a life where I could speak English and not 'pretzel talk'.

Breggin: Ginger brought me the second 'pretzel talk', and there it was. So, we started reading this, which was in a major journal. We did a blog about it, and then we developed it into what will be a book soon. As soon as Ginger gets it ready, it is going to be part of a book that we put together on this. We will

include this document in the short book.

What they said about fear appeal was that it doesn't work if it's very general. That is partly why they had trouble with the fear appeal of global warming. It's quite hard to see it right there in your own body.

Fitts: It's amorphous.

Breggin: It's amorphous and highly questionable, of course.

Fitts: But a terrorist or an 'invisible enemy'-a term created by Sofia Smallstorm-in the form of a virus can sneak in and get you.

Breggin: It's really personal. That's not like, "The temperature went down," or something like that; it's personal. That's what they said. They said, "You've got to make it as personal as you can so that they will be personally motivated to change what they are doing, and then you have to give them something very specific to do."

This is what you have to do: Wear a mask, space out six feet, stay home, and close the schools and close the businesses. This is before that event. This is being made up over years of fear appeal studies.

Then, at the same time, a complete book came out that was a compendium on modern public health. I looked at that, and there is a part we are getting ready to write the 126-page paper with 400 or 500 references for the lawsuit. Once I research that, it became, "My God! They have been working on programs like this forever. They completely subvert every Constitutional protection in any country – whether it's Great Britain or the United States – and collateral damage is barely mentioned."

It's as if we don't want to talk about it at all. Of course, vaccines are the ultimate public intervention in some ways, so we don't want to talk about the collateral damage; we are only going to talk about fear. "You've got to be vaccinated or you will get this and you will get that and we will all die," and so on.

Fitts: I know people who tell me that they have friends who have not left their

apartments since March; they have not gone outside.

I know people who tell me that they have friends who are wearing their masks indoors, and you are talking about a level of panic behavior. These are people who absolutely believe all the fear.

The example that J.B. Handley used in *Lockdown Lunacy* was a survey of Americans who said they believed that 9% of Americans had died from COVID-19. That is 30 million people. That was right after the CDC revised their statistics down to 10,000 from only COVID.

So, only 10,000 people in America have died from only COVID, and yet the survey shows that they think it's 30 million.

Breggin: My mother-in-law, Jean, who I love dearly, is extremely intelligent. She is a retired schoolteacher, and is very, very bright. She is in our war room all the time with us, but she watches plenty of TV. We go for walks to get her away from the TV, and she only wants to go if I go with her on the walk, which is totally understandable. So we go for walks, but she has TV time – especially since the shut-in when she can't have many visitors.

Ginger asked her, “What do you think the risk of you dying is mom, if you catch COVID?”

She said, “Three quarters, 75%.”

So even being in our war room, she is more influenced by everything else and the fear appeal.

Thank you for focusing on this. Ginger came up with this idea, and you can do so much more with all of the symptoms and signs and manipulations of making people afraid than with rational speech.

It happens to me, too. I'm more afraid than I should be of this. Most of the important people we know who have gotten it in my age group have survived fine. Look at Donald Trump. Even in my age group, I don't have any serious co-morbid illnesses that I would also die of.

Fitts: It's interesting. When you listen to doctors who feel that they have been very successful in coming up with protocols for early intervention that heal, you will hear them say, "Out of 1,000 cases, with early intervention, only four had to go to the hospital, and I've only had one death."

If you look at my counties in Tennessee where I go to church or where I live, we've had many more traffic fatalities than COVID deaths. I am sure that more people in America are dying of a broken heart.

Breggin: We could put that together as a study; I think that would be a very interesting study. Choose a county, and see if there are more traffic deaths.

Then, of course, what has happened is the flu has disappeared now because they are all getting diagnosed with COVID-19. Ginger found that data; there is no more flu. It's just crazy and bizarre what is going on.

Fitts: I will run into a person occasionally – and this has only happened to me two times since March because I am in an area where there are not many cases or deaths. But I will encounter somebody who is truly in a state of terror.

You look into their eyes, and they are terrified. It's like a demonic possession. That is the only way that I can describe it.

You look at them, and think, "What in the world has gotten you into this state?"

Breggin: I am partially helping you get that answer: They were stimulated back into the childhood experience of fear and helplessness and no one to rescue them. So, those same people are probably going to vote for whoever offers them the most 'rescue'. They will vote for shutdowns and 'take care of me'. Then the state abstraction begins to replace the parents who were originally not there in some way or the child was very sick and it intervened or whatever caused the developmental issues with childhood.

That is true. Ginger ran into a healthcare provider who had a meltdown while Ginger was trying to get healthcare. It was quite shocking and surprising.

I'm thinking a little more than I usually do about these things because you think more than I do about some of these things, but it all blends with the totalitarian aim.

Fitts: We really have a global capitalist class who is trying to put people into a state of fear.

Breggin: I'm changing my mind about that; I think it's a global predatory class.

Fitts: Right, 'predatory class' is a better way to say it.

Breggin: They are globalist predators. If you look who one of the leaders is, it's China. They are coming in under the guise of communism. Or you look at these companies now that are wooing Black Lives Matter and so on. They want to look progressive; they're not even pretending to be capitalists. Then you get the places that want to be thought of – the banks and other people – as capitalists, but they're not.

Fitts: They are predators.

Breggin: Right, they are predators. I am trying to redefine it, and that will be a brand-new book coming out very soon. We are going to publish it ourselves because I can't tell you how much resistance is out there.

I am so well-published in all of my books; all my books make money, and some are best-sellers, but the clampdown of the globalist predators is such now that we are going to self-publish this now.

What we are dealing with is the worst in human beings with huge power. Sometimes it's quite shocking.

I went to the general description page of the Bill & Melinda Gates Foundation, and their trustees are three of the richest people in the world. It's Bill and Melinda, and Warren Buffet.

So, here you have it as not really secret, and nobody wants to look at it. I think

that everybody wants to keep it secret, but I don't think that he cares because it's there on his page. So, you have this huge conglomeration of wealth that has no connections to the concept of free enterprise – I don't believe. It has no patriotism, no love, and no empathy; it's power and money, and mostly power. I think they trade much of their money for more and more power. And we have to get away from the concept that these are capitalists.

Fitts: There is a story that I want to tell you about this. Did I tell you my story about the subscriber who dealt with Antifa?

Breggin: I don't think so.

Fitts: I won't get into the details of it, but we work with mapping software, and one of the things that I've discovered is that the Antifa/BLM protests are really real estate acquisition plans. If you map out what is going on, it's what we used to call 'Urban Renewal'.

Breggin: Oh my gosh!

Fitts: If you look at the extent to which they can improve the investment returns, it is quite extraordinary. I can go into that at another time.

Breggin: I want to hear that right now! So they go in, cream the property values, and then the real estate gets bought up?

Fitts: Here is what happened: Having worked at HUD-I was Assistant Secretary of Housing at the Department of Housing and Urban Development- and I have watched a great deal of mortgage fraud. It started when I was a child. I first saw it in Philadelphia, and that is what got me interested in place-based economics.

I've seen and unpacked and dealt with tremendous amounts of mortgage fraud; it's one of my specialties. Some people do cheesecake; I do mortgage fraud.

As the riots started to happen, I had this strange feeling like, "I've been here before." We have a wonderful person on our team, and I said, "Do me a favor. I want you to put a list by state and city of COVID cases and deaths. Then I

want you to put a checkbox in every city and state that has riots. I want to see if there is a pattern.”

So he did that, and we have it up on the website. After you log in, you can look at this. We have it all in a TablePress.

Then I said, “There is something wrong here. I can ‘smell a rat’. What I want you to do is put another field in, and put a check everywhere the Fed has a bank or a branch.”

There are 37 Fed locations – 12 bank branches and then headquarters. It turns out that 34 of the 37 Fed cities had riots.

I know they want to build out the smart grid to do crypto and digital transactions. So we said, “Okay, there might be a pattern here.”

Then when the Minneapolis riots started, a group in Minneapolis put up the data of all the properties that had been damaged or burned. Remember, this was after the COVID-19 team suddenly announced that all the small businesses had to shut down. So, you now have the businesses in a debt trap because they can’t earn income, but most of their expenses continue. So they are all in a debt trap, and then suddenly, their buildings are burned down.

We acquired some GIS software, and put all the data in that this Minneapolis group had put up, and this is all available and public on our website. When I first looked at the map that our team member, James Quaid showed me, I started to laugh.

Across Minneapolis, there is Lake Street, and it’s all at the base of an Opportunity Zone. An Opportunity Zone is a tax shelter vehicle created for the tech billionaires to roll their money into real estate in the smart grid areas. So that means Jeff Bezos can sell his stock that has a very low-cost basis and avoid all capital gains tax if he rolls it into an Opportunity Zone.

So here is Lake Street across Minneapolis, and there is a perfect pattern of buildings damaged and burnt across Lake Street in the Opportunity Zone. What that means is that the Opportunity Zone investors can pick up the real estate at

a much cheaper cost and redevelopment them much faster.

I look at it, and said, “This is a real estate acquisition plan; that’s not a riot.”

Breggin: That is fascinating.

Fitts: We have done Minneapolis, Portland, and Kenosha. We are working on doing Columbus now.

Whenever a local group can collect the data and send it to us, we are happy to map it. But I think these riots are not what you and I would consider to be riots; I think they are real estate acquisition plans.

Let me continue: I had a wonderful subscriber – a very intelligent trained lawyer – who went to one of the protests about six weeks ago. He said that he was with a ‘lovely’ group of people. This was in Switzerland, and Antifa came. He was standing next to a fellow citizen who was perfectly nice, reasonable, fine, and they were doing nothing but standing there. Suddenly, the Antifa people attacked him with chairs and bottles; he could have really been hurt. The crowd got together and protected the man who was being attacked.

My subscriber, being an incredibly curious person with the ‘metabolism of a hummingbird’, insisted on talking to the Antifa people to find out why they had attacked this person who was just standing there not doing anything offensive. He talked to the Antifa people, and they insisted sincerely that they had seen this person do a Nazi salute.

He hadn’t. My subscriber was standing right there, and he had not done a Nazi salute, but that was what they saw in their minds. He said it was the most frightening thing he had ever experienced because they absolutely, truly believed they had seen it. Given that they had ‘seen’ it, they thought that it was their right to basically kill the person or at least beat him up badly.

I go back to this issue of fear now.

Breggin: That is the behavior of Nazis, militant Nazis, especially in the beginning, would pick out citizens who they didn’t like and do terrible things to

them to instill fear in everybody else.

Fitts: Let me ask you a question: You've seen the Pokémon game, right?

Breggin: Oh, I played it a 'million' years ago.

Fitts: When you have your phone, you can see holograms in a place that are not really there. So, did those Antifa people really see this? In other words, is it possible that someone is entraining them to see something that doesn't really happen?

Breggin: That is interesting. I certainly think that could happen if you are being trained to look for something, and then somebody raises their arm, so you go after them if you are being driven in that direction to justify what you are doing. I'm not saying that they are Nazis, but they are behaving like Nazis.

Fitts: My subscriber was absolutely convinced that these people were sincere. In other words, he said they were in a zombie-like trance, but they were sincere. They really believed they had attacked somebody who had done a Nazi salute. He knew that they weren't rational; he described them as mind-controlled.

What I think he meant was that they were not rational, but they were sincere. So I believe the Brownshirts (German Storm Troopers) were thugs, and these people aren't thugs.

Breggin: The Brownshirts were very sincere; everybody is sincere. It's really true.

Fitts: I've travelled a great deal, and I've known many thugs; they like hurting people.

Breggin: That is interesting because that is not my experience in dealing with murderers in jail. My experience is that everybody thinks they have done right.

Fitts: Really?

Breggin: Hitler was sincere right to the end; he held out until the end. So did

some of the people around him.

Fitts: What about Stalin? Did Stalin think that he was right?

Breggin: I'm certain that he did.

Fitts: Do you think Lenin thought he was right?

Breggin: Lenin even more so than Stalin. This is very, very important. People create meanings. Mass murderers think they are right.

Fitts: The Bolsheviks murdered millions and millions of people.

Breggin: Yes, in the name of a better society.

Fitts: Mao murdered millions and millions of people.

Breggin: Of course, Mao thought he was right. Mao was a dedicated revolutionary, and he went through that whole long march and the whole business. These are very dedicated, believing people.

Fitts: There is so much to be afraid of!

Breggin: There are very few people who would say they know they are doing wrong. It's an interesting thing about human beings; we do want some meaning in our lives.

Fitts: What I've found is that everybody wants the story of, "I am good." Politics is about giving you your check, and then giving you the story of why you are good, so it's okay for you to take the check and not ask questions.

Breggin: Right, and politicians are thinking the same way. I read an interesting book by a German. It's a book about the contemporaneous outbreak after the revolutions in France and the US, and how the French Revolution, which was a horror story, wanted to identify itself with the American Revolution, which was a lawful kind of revolution. "We will not be taxed without representation; we have our own governments; you are thousands of miles away from us; we

manage our own affairs, and we want to stay aligned with you. We love the King,” and all the other things that they were feeling.

This was in contrast to the French Revolution, which was like the helpless child’s temper tantrum with an ideology of doing right – absolute right.

Fitts: So, let’s talk about fear and risk management. What is interesting is this is an environment where we look into the future, and are dealing with serious risks, and they are real. So there is something here to be afraid of.

Fear can be a great navigation tool. It can warn us that there is risk ahead and we need to act or we need to do something. So, there are real fears. Then there are fears that I don’t take seriously. I think they are somewhat of a joke.

Yet what we are watching and what I see is that many people in the population are afraid of things that I don’t think are real, and they are ignoring the things that are real.

For example, when you shut down the whole economy, many people have real economic fears, and there is actually something to be afraid of economically. They can lose their income, they can lose their home, and they can lose their business. So there are real fears here. I think one of my questions is: Are the fake fears designed to distract you from dealing with or facing the real fears?

Breggin: Absolutely; that is always done during wartime. All kinds of governments always do it.. Even democracies will build up a fear when you have something else to fear.

You have just stimulated my mind with a whole series of things. I want to pick up on something that I just realized. Essentially, when you were talking about Antifa, you are describing them as the implementers of fire sales so that properties can be bought up cheap by the powers that be. Well, maybe that is the same thing in shutting down America’s small businesses.

Fitts: Absolutely.

Breggin: They are creating a fire sale for guess-who to move in on?; these

wealthy big business owners.

Fitts: It's both a fire sale, but you also get rid of Trump. In other words, by bankrupting Trump's base, you get the votes. It's not so much Trump, but you are sick of populism. Populism depends on independent business and practice.

Breggin: If you look at everything that Trump has done, almost every single move he takes is a threat to the global elite. That is why they are all against him – the media, the big business corporations. It's hard to find any internationally connected body of power that doesn't fear Trump because Trump is breaking away. He is saying, "No, we are going to tend our own garden; we are going to make sure that we are in good shape; you are not going to exploit our poor anymore; you are not going to exploit our middle class anymore, and I'm not taking any money from you wealthy people."

He has actually talked about that. He said, "If I take money from you, I'm going to owe you something, so I'm not going to take it," and the Democrats have ten times more money or thereabouts. How much money do they have? Maybe double the money of the Republicans.

Fitts: If you look at the money that has been thrown over the last four years to counteract populism of any kind, it is extraordinary.

Breggin: It is unbelievable. This is a subject that is mind-boggling. You bring so much knowledge to the table that I don't have, and it's wonderful. I have this overview that explains much more than just looking at these people as global predators.

If you look at only Biden, he will go to China, and then he will go to one country after another using his miserable, failed son to collect millions and millions of dollars for the family. It's all documented by the *New York Post* and now by others. People have been on *Fox News* and other places with this information.

You are just looking at this massive interlocking, predatory system which the Democratic Party has joined. I want to keep appealing to idealists; there are so many idealists who are progressives. I was a progressive. There are so many

idealists who are liberals, and they get so misled by what is going on. These people are not your friends; they are the nearest thing to Mao that we have right now. They want to destroy, and these Stormtroopers who are in the cities are exactly how things began in Nazi Germany. The elites who eventually joined with Hitler, made people say, “This is capitalism.” It wasn’t; it was this fascist, socialist thing. Hitler wasn’t right-wing; he was part of the National Socialist Party (the Nazis).

It gets confusing to well-meaning young people like I was and well-meaning people in general.

People listening to or reading this, don’t get confused. Nobody with a large amount of power in this world is on your side. Your progressive friends will have leadership going back to churning out great incomes through working with the communist Chinese.

Fitts: I found in Washington that everybody – Republican and Democrat alike – were interested in centralizing more and more power. They all made money from centralizing power. What we need is a decentralization of power. So, you can’t solve this by one faction or another in the procentralization team; you have to become decentralize. The question, of course, is how do we do it?

Breggin: Trump is the beginning because he is at least decentralizing the United States. Even with what he did with COVID, he actually enacted Federalism. He decentralized and said that the states were going to have all of these powers.

Fitts: I would say that the most valuable thing that Trump did was cracked the official reality and started to let transparency happen. He led the fight to persuade people that the corporate media is not where you should get real news.

Leonard Cohen has a wonderful song where he says, “There is a crack in everything. That is how the light gets through.” Trump cracked the official reality.

There was another thing that he did. I was from New York, and I ‘hated’ Trump. I apologize for that now because I give him credit for what he has done.

I've been very impressed with many of the things that he has done.

In October 2016, I decided, not only to vote for Trump, but to give him money, and it was after watching Michael Moore say that Trump could actually win because it was America's way of saying, "F*** you," to the political class. He said that it would be the greatest 'F*** you' in recorded history.

At that moment, I realized if you are in a system that has a negative return on investment and you've tried everything, and nothing will work, and there is no reform, you might as well break it. I figured there was a one percent chance that Trump could fix it, but if he just broke it, that would be better than letting it keep going. So why not?

Breggin: He hasn't demolished liberty, and he is trying not to.

Fitts: He is trying not to do that.

Here is the number one question that I get right now from our subscribers struggling with the fear pandemic. The doctor who I talked to you about and all of my subscribers are saying to me, "How do I navigate family, friends, and colleagues who are in a state of fear in which they are afraid of things that they don't need to be afraid of, and are not afraid of the real dangers that they do need to be afraid of?"

Most of our subscribers are nearly out of fear, other than things that they should be afraid of. How do they deal with these other people who are in a complete state of fear?

Breggin: My initial answer is, "I wish I knew."

Fitts: An honest man!

Breggin: We will go from there. I think the most important thing that we can do – at least that I've had to struggle with – is to tell the truth. They have made us afraid. They've made me afraid, they've made Ginger afraid, and I was afraid to get involved in the COVID-19 issue and other reform work. I'm the conscience of psychiatry, and I will be a much smaller part of the COVID-19.

That wasn't the problem; the problem was, "Am I going to lose my identity?" And I might; I may have a different identity.

But it turned out to be wonderful. In a few weeks, I had a bigger identity working with wonderful people like you in this movement than I did in psychiatry because they managed to shut down completely any criticisms from psychiatry in the press and the media.

So, I think that the most important thing and the biggest struggle I have is for us to just tell the truth to everybody we meet – not in a way that is going to get you killed. I'm not going to go downtown in this progressive town of Ithaca and wear a MAGA hat. I can't even outrun people at my age.

Fitts: But here is the thing: You are busy, and have plenty to do. Why pick fights that are unnecessary?

Breggin: I think that is what we have to do. We have to talk to everybody because, unless we are talking honestly, all they are hearing is the fear mongering. People need to know that America is still the most wonderful country in the entire world by far and away. There is nothing close to us. It's a gorgeous country, and it's gorgeous in part – even if you are not religious – because so many people in this country are religious and they actually do believe in much of what they are supposed to. They do want to love their neighbors, they do want to live free, and they do want to have family lives.

We just need to say what we know. I think that is the most important thing.

There are times when you can't. If you are in the office with the doctor or the phlebotomist who is drawing blood or something and they start 'railing' against Trump, you shut your mouth. But I think that more and more we have to decide to talk so that we are talking as much as they are.

Right now, they get to do all the talking and all the fear-mongering. We need to say that America is the most powerful nation in the world, and Trump has revived its physical military power, pulled us back more within our borders, and we are safer here than any other place in the world. Don't let these youths from Antifa and the Black Lives Matter groups intimidate us.

I used to apologize, but now, what do I think of Black Lives Matter? I believe that black lives are wonderful, they matter hugely, and the group that says 'Black Lives Matter' doesn't give a 'crap' about them. They don't represent the interest of black people at all.

Fitts: Right. If you look at all of these riots and protests, there are thousands of small black businesses that are being destroyed.

Breggin: That's right, and they are not putting an end to the greatest scourge—the death of black children—from guns and fighting and things like that. They're not working on the deepest issue, which is the black family that the progressives destroyed with welfare.

I am getting more and more—and this has not been easy for me even though I think of myself as one of the bravest people I've ever known, and Ginger as well.

Fitts: After watching *The Minds of Men*, I'm sure that you are one of the bravest people I know.

Breggin: But I got scared by all of this business; with all this talk of racism, I've been on the frontlines of racism for years. Ginger and I wrote a book that actually killed the eugenic racist program in the Federal government. We will have to get new prints of that book.

“Here, don't be scared of them. Talk.” That is my advice.

Fitts: There is a technique in torture where you try to make everything around a person so incoherent that they will do anything to get back to coherence. Sometimes when I watch what is occurring, I wonder if that is not part of, what I call, the 'shriek-o-meter' (the media) doing to you to make things so incoherent that you will do anything just to get back to coherence. “Just give me a vaccine so I can be coherent again.”

Breggin: I've never heard that before! Could you send me something on that?

Fitts: I will. There is a great video that explains it, and I will dig that out and send it.

Breggin: Abusers do that to their wives, to their children, to their husbands. They make their communications so contradictory and so unpredictable. They make things incoherent on a larger scale, and it is so demoralizing to the person who is at the other end of it that they give up; they just want peace.

That is such an important part of the fear factor, and I had not factored that in.

Fitts: When I went through the litigation, during the initial period, I had 18 audits and investigations, 12 tracks of litigation, a smear campaign, and very serious physical harassment. It is designed to destroy all of your relationships. My family dropped me, my friends dropped me, and the 5,000 people in my Rolodex dropped me.

There is a great line in *A Course of Miracles* that says, “Nothing real can be lost. Nothing unreal is real.”

As everybody would drop me, I would say, “I guess that wasn’t real. I guess that wasn’t real.” But you go through this extraordinary period, and it’s all designed to get you to believe it’s hopeless, which it’s not, but it’s a trick.

One of my favorite lines from Jon Rappoport is, “Hopelessness is an op, and it’s planet-wide.”

I had grown up in a black neighborhood, and I had been raised by our family cook who was a Baptist and very spiritual.

Breggin: Was she a black person?

Fitts: Yes.

Breggin: So, we were both raised by black people – both of us.

Fitts: Yes. What was interesting was going back and looking through family photographs and videos, and Eleanor and I are together. She was our cook, and

she raised me. Looking at my mother and father and brother and sister, energetically, Eleanor and I look exactly the same – our auras are the same. Everybody else is over here, and Eleanor and I are over there. It's as if we are from different planets.

Growing up in a black community, I knew that the black churches had a lot of knowledge and technology on how to deal with what the black neighborhoods call 'beatdowns'. They have been targeted by the same technology that I was being targeted by.

I remember saying to somebody who was very sophisticated in Washington politics, "When have you seen this happen before? I'm going to study what they did to help me deal with this."

They said, "I know a lot of people this has happened to, but you are the first white person I know that it has happened to."

I dug in and found other white people it had happened to. I knew the black churches had the technology to deal with this; they call it the 'beatdown'. So, I went to this wonderful church in Washington, and took courses in their bible institute for several years on spiritual warfare.

They taught me how to deal spiritually with legal danger, financial danger, physical danger, health issues, stress, and it was fantastic training. It saved my life. I could never have made it through without this because when you are in physical danger and think you will die, you don't believe that spiritual tools can really shift it until you try it.

There is another Leonard Cohen line where he says, "Only dying men can see Jesus," because, "Well, let's try it," and you try it.

So, I know that spiritual practice and faith and tools can really work. I would drag myself into church on Sunday, and it was a big Pentecostal church and full of praise. I would think, "It's totally hopeless. I'm not going to live for another day. I can't take it. It's so horrible," and within two or three hours, I would be happy and dancing and wondering why I was so down. You let the walls close in on you – that is part of the isolation.

That is one of the things that happened to me. I received a training that plugged back into my childhood and the source of love in my childhood, and that really helped me.

Now I'm watching the whole world go into this beatdown, and I'm saying, "There are spiritual traditions that know how to help people in these kinds of situations deal with impossible things. How do we connect with that?"

You were talking about the power of love. So how do we get people to plug into that power of love no matter what is going on with the magic virus and the predatory crowd?

Yes, we are in a war, and, yes, predators are attacking, but we are not helpless. We have tools, but it starts with the power of love.

If I am going to build a future, I need to build it into a vision which attracts me in, and I have to build it with love.

Breggin: Absolutely.

Fitts: So how do we do that?

Breggin: I don't usually have periods of speechlessness when talking to people. Actually, it's quite unusual for anybody who knows me. That has been the theme of my life – that we have to live by reason and love, and we have to respect liberty for other people to live by reason and love.

I've really devoted much of my life to that. I've written about it in many of my books and so on.

Fitts: You led the campaign to protect the man who had really been abused in Boston – and I forget his name.

Breggin: Leonard Kyle is his real name. He had electrodes put into his head by Harvard psychiatrists and neurosurgeons. They were burning holes in his head and stimulating his brain – sometimes using remote control. Then I found

out about him.

Fitts: What I saw in you and what you did was extraordinary. For anybody who hasn't seen Truthstream's *The Minds of Men*, and watched you (Dr. Breggin) do this, you have to watch it. What you were saying was that this man has the right to be loved, and he has the right to be treated as a human being who deserves and is worthy of love; he is not expendable. It's not like, "Oh, we made a mistake, and now he is expendable."

It was an extraordinary understanding that if Leonard is not sovereign, then none of us are sovereign. But it was really in a spirit of love. You can't withdraw the love of society from one person like that and make them expendable. You can't do that.

I saw that very much as all being about love, if I understood it correctly.

Breggin: Absolutely, but you said it better than I could have during those early periods of my life.

I'll tell you what got me going and what transformed my life in the direction of actually doing reform work.

I always thought I should be a reformer, and I think that was because I was raised by a black child. She was 16 when she came to us, and she was 20 when my parents made her leave because my mother realized who I really loved, and it was not her. She didn't respect black people much, even though she gave me over to be raised by one. She had that typical, bizarre white mother syndrome.

When I was at Harvard during my freshman year, I majored in history and literature, which was an honors program within Harvard – so it was quite intense. It was American history and literature. I thought that I would probably be a lawyer, but I didn't know enough yet about civil rights to know what kind of lawyer I would turn into.

I visited a state mental hospital. A friend of mine said, "Peter, get off your rear end," so we started this volunteer program at the state hospital. I knew enough about my own suffering not to kid myself about what it was like for me to be a

human, just as you did. I knew how on edge I could be. Even though I looked so successful and there was nothing I wasn't good at, I wasn't good at being happy.

I did a rather good job of faking 'happy' because I got elected class president a number of times.

I'm talking about high school. Harvard was a total transformation for me. I went into a totally different direction at Harvard. I stopped trying to impress anybody, and I started to get caught up in realities. That's what happened with the mental hospital.

I was in the mental hospital on a tour, and there were people lying around. They looked awful and were feeling awful. I could see that they were going to be abused, and they had been abused in the past.

Whatever was going on in me, I basically said to myself, "There, but for the grace of God, go I."

I saw this girl. She was one of the few Radcliffe students who was there because most of the Radcliffe students were in picture hospitals there. I didn't think to myself, "Oh, God! What happened to that person?" I just wanted to talk to her and try to relate to her. I wasn't too successful with her, but with others, I was very successful.

It was so clear to me that caring and love was what did it. I started a book that was eventually published, and the final edit was by a psychiatrist at Harvard, and love was edited out of the book. They edited out all of my passionate impulses. Other people had contributed after I started the book, and so on. The Harvard professor managed it.

I think that we have to admit the importance of love. I think that at some point, we have to focus on the importance of love. I had no idea that you understood all of that-I had no idea.

We need to tell each other that we know this. Maybe when we meet, (since we don't shake hands anymore) we should do something that Indians or Buddhists

already do and say, “I am here in love,” or similar to that.

Fitts: If we reject a transhumanist world and we want to build a humanist world, then it is love that will have to drive out fear. Of course, that is exactly what the predators are trying to do; they are trying to divide and conquer, and turn us against each other and drive out the love.

Breggin: Love, and also the framework of using reason. It’s reason guided by love and love guided by reason, and it’s also respecting liberty. That is what all mass groups tend to forget about. Christianity eventually becomes a reason for killing other people and other Christians. So, you have to be looking at love in terms of restraints of reason and restraints of respecting every person’s rights. That is my credo.

I think that we need to be talking more and more about what we believe.

Fitts: I believe that step one is transparency – absolutely. I think we got ourselves into this mess by decades of increasing secrecy, particularly around financial matters. There has to be change, but I think the predator class has decided that the safest way to keep everything secret is to take total control. And technology gives them that ability. They are partly doing it because they can, but partly they are doing it out of fear.

Breggin: You mean the people who are in the elite are afraid, too? Yes, of course they are.

Fitts: I think they are very, very afraid.

Breggin: They are very afraid because they know the harm they are doing on some level and what the potential is for retribution or breakouts. I think it is so important to be thinking about these people as predators, and human predators tend to be fearful – for good reason.

Fitts: If you look at what is happening financially, and what the predator class is dealing with, my assumption is that the uncertainty is going to increase dramatically.

Let me use myself as an example. Before 1996, I had a ten-year plan, a five-year plan, and a one-year plan. My nails were perfect; everything was in place, and I was a highly organized person. I had plenty of risk management and good management. I was the typical kind.

When I went into the litigation, we had 12 tracks of litigation, 18 audit investigations, a smear campaign, physical harassment, people running me off the road with cars, and people breaking into my house. It was right out of the movies.

I went from a world where I had a five-year plan or a one-year plan to a world where I was lucky if I could make a plan for the next hour.

Breggin: Your plan was staying alive.

Fitts: No, because if your only goal is to stay alive, it doesn't work. You have to be attracted into a vision of where you were going, and my attitude is that, "I would rather die in the wilderness than be part of your team. I don't want to be part of your team. If you look at what you are doing, it's genocide. I want no part of it. I don't want to be part of this kind of genocide, and I didn't grow up in America to just destroy the thing that I enjoyed."

They were financially in the process of pulling down the Constitution. I wanted to be part of building wealth, not stealing it.

Breggin: How unique!

Fitts: Here is the thing: I was trained to always do what is in the best interest of my tribe. I absolutely believed that they would fail. I believed that they were taking the opportunity they had when the Soviet Union collapsed, and they were taking an opportunity to build something globally that was incredible, and they were absolutely blowing it.

I thought that what they were doing was a mistake, and I wanted no part of it because I thought they were going to fail.

Breggin: The biggest problem there is in the whole arena of human affairs is

these large bodies lose their humanity. We developed as extended families. From the earliest 'monkey days', we were extended families together, usually surrounding the mother and the children. We were extended families as bipeds that were a father and a mother and children. Then you had aunts and uncles and so on.

Up until 10,000 years ago, our biggest organizations were likely to be 12-30 people – something in that range. There are some records of larger groups that looked like villages, but they were only big families.

Now we have evolved from that in no time – 10,000 years – to people who think they can rule the world. They are so beyond the extended family.

I think that humans are not able, in general, to love and connect and have empathy on that level. We didn't evolve to that; we evolved to protect our wife, our husband, our children, and very close neighbors. We evolved to be suspicious of somebody walking along the trail that we haven't met. Maybe you have to do all kinds of things to show you are not armed, and eventually shake hands and say, "Look, I have nothing," because there was reason to fear human predators. We have been predators since way back. We have been predators, scavengers, fighters. It's just not the great picture that some people would like to paint.

Humans have been full of love and nurturance of each other. What made us different from other creatures was the devotion to each other. No other creature has so many intimate devotions on a family level. That made us indomitable, and we became very, very powerful. I think this is the best I've ever expressed that.

Now what do we do? We are in a very serious place because the idea of a worldwide culture of love, short of the second coming or something like that, we don't have a way to grasp it. Yet we are becoming more and more centralized – not around a world government, but we are becoming centralized around cooperating and competitive predators.

Fitts: Right, and they are hyper-materialists. In other words, most reality they don't even know exists; they are hyper-materialists.

Breggin: It would be interesting to see how many of them even have loving families. It's hard to expect that Hitler raised children and was a loving father. Once you are into this mindset of, "I am here to dominate and enforce on the world"- Mao or Stalin or any of these people could not be nurturing.

George Washington was a godsend. He is the only man in the history of the world who had an army at his feet, who wasn't getting paid, who wasn't getting recognition, and when people asked him to be king, he broke down in tears in front of them. There were officers in this famous church scene. He said, "I never thought it would come to this," and they disbanded.

Fitts: I do have to say that I know a little about why this all happened. They tried for decades to get the United States to move into a financially responsible situation. In the budget deal at the end of 1995, was when they gave up. That is when they made the decision to move all the money out of the country. They gave up on the country, and I have much more empathy with them for their frustration because they could not build a democracy where people wanted something other than a 'free lunch'. They had never figured out a way to do it.

I believe there are ways to do it, and that was why I was prototyping all the work that I was doing on community development and other things, but that is an entire different conversation.

I think part of it was that you introduced very powerful technology. A society where people start keeping secrets was created, they become addicted to the secrecy, and then they can't get out of it. Then you have cultures that move so far away from each other that they can't find a way to govern together. That is part of what has happened.

We can't get out of this without a major amount of transparency, and you can't bring that transparency out and make it work for you without love.

I'm an investment banker, and not really good on the 'love thing'. You are much better than I am at that. But this is spiritual warfare, and if we want to win, we will have to get everybody to get out of predator mode and start getting into 'Let's love the planet and each other' mode.

Breggin: Let's say that our audience is 10 million. There have to be five or six million of them saying, "Become Christian," or, "Become a righteous Jew," because that's what it's about; it's about love.

Of course, these large organizations – whether they are Christian or Jewish – they get corrupted and misled. So the problem is: On a wide scale, how do you have people love one another?

Fitts: I believe it has to be cultural. The critical issue in any system is: Who enforces? And the most efficient enforcement is when we enforce ourselves.

So, I think we will have to achieve much of this culturally. It's a little like giving laser guns to cavemen; they run around and make a mess and kill each other, and finally say, "Okay, let's build education and rules and culture that can handle these kinds of technologies."

Breggin: That is a fabulous analogy.

Fitts: What you are watching is a planet of cavemen who have been given laser guns, and are making a mess.

Breggin: Basically, we lived in huts and caves until 10,000 years ago. And even then, it was a slow progression out of that. We even have very indigenous people who are still on that level into modern times.

Fitts: One of the reasons I moved to Tennessee is that I was getting run off the road and going through all kinds of physical harassment in Washington. So, I moved to Tennessee to get out of Washington and get away from the pretzel talk.

One of the first things my cousin and I did was find the original homestead that my ancestors, who were running away from the Civil War, moved to; they moved to Tennessee. My great-grandmother had moved into this little cabin. We found the cabin, and it was a one-room, no windows, dirt cabin in Tennessee. There was no running water and one room for two parents and eight children (ten people), and there was no stove during the winter. That was their

first winter in Tennessee, and that was only three generations back.

I looked at it, and said, “What am I whining about?”

If you look at the progress in the last few generations, we are very spoiled.

Breggin: It’s been material progress, and in many areas, it has been a regression.

Fitts: Do you have any last words on fear?

Breggin: Do you realize that we’ve been talking for an hour and a half?

Fitts: I know, but we do this. I promised that it was only going to be an hour, and here we are!

Breggin: I think that you could divide this one report into two or three.

Fitts: I could. We started with childhood, and went to the predator class.

I’m listening to this and dealing with fake risks, but I am dealing with real risks, too. Where we were going is the hardest thing I’m dealing with is massive uncertainty. That means that I have to change how I think about things. I have to be able to go from having a five-year plan to a one-hour plan.

What I’ve told many of my subscribers is that I thought I was going to live in California for the rest of my life, but now I have to move. So how do I make those adjustments without letting fear become paralyzing?

Breggin: I think that personal relationships of love are the key.

Fitts: And that is why the predators are trying to get us isolated from each other, so we can’t get that love.

Breggin: We have to love each other, and we start with the unit that humans are familiar with, which is family and friendship. That is basically what our extended tribes were – family and friends. People could come in and out. If

people liked them, they could come it. We really have to stay there.

For me, the mainstay of my certainties is around what we are talking about; I love Ginger, I love her mom, and I love the dogs and the kids.

Fitts: You love the birds.

Breggin: I love the birds. They are such a big part of my day. I've set up a whole yard full of birds. I live near the Cornell Lab of Ornithology, which is the biggest one in the world, and I have more birds than they do.

Fitts: I had to go through long periods of isolation, and I would set up birdfeeders. So, I would never be alone; the birds kept coming.

Breggin: Who was the Saint of the birds?

Fitts: Was it St. Francis of Assisi?

Breggin: Yes, and he talked a lot about love, and he lived with birds.

That is what I see around me: I see many of the people who I am close to. They are not what I would call intellectuals. They are not a part of any type of establishment, are working class, and it's love. It's their family and their friends and the people they help and the people they work with. It's the people whose lawns they mow or the people whose furnaces they fix.

There is a great deal of 'fellow feeling' in the smaller communities, and I believe it's more in the conservative communities than in the progressive smaller communities.

Fitts: I was reading the playwright who wrote *The Covidian Cult*, C.J. Hopkins. I read a review of his books. His latest book of essays starts out with a quote from George Orwell who says, "If there is an answer, it's among the pearls."

You are more in the real world when you work with concrete things. One of the reasons I moved to a farming community is that I wanted to work with people

who work with tangible things because you tend to get less far away from reality. If you are trucking or growing food or digging oil wells, you tend to be more in reality.

Breggin: I am very involved in my gardens. They are not very sophisticated gardens, but I have trees and bushes and grasses and a little pond and a creek. That is something that we go into every day – mom and me. We go outside and take a walk. I may look at the same plant every day. Mom doesn't see so well; therefore, I'll pick a flower and bring it over for her to see it clearly. We bond every day around the things that we love, which are the gardens and the water. I tell her about the birds.

Fitts: I think the more you can get into nature, the better.

Breggin: Definitely nature and people and love. This is who we are as creatures. We were not in cities. We were not even in fixed places so much; we tended to be nomadic. So it was an area, and we were together. The women went out and hunted, the children could be on their backs (mother's), and they would have to hunt and be alert for predators – cave lions and such.

Fitts: Nothing has changed!

This has been fascinating, as always, and I've learned a great deal.

Breggin: I feel as if talking with you is sort-of a mutual workshop of learning.

Fitts: I will send you the *Wizard of Oz* technique, and I will post it with this commentary. But I want everybody to see Truthstream's *The Minds of Men* to see some of your efforts. To me, they are love in action, and I think that is the kind of love that we need. We need love in action, and they are a great example of that.

Please tell us about the book, *Guilt, Shame, and Anxiety* and the new book coming out and your website and how we find you.

Breggin: *The Minds of Men* is a three and a half hour film.

It's by our friends who you actually helped out – Melissa and Aaron.

Fitts: They did a fabulous job!

Breggin: I'm mostly in the third and fourth part of it. It's really about mind control, but they did something absolutely wonderful; they gave me the entire raw tape of my interview. So, that is also up on my YouTube, which you may not have seen. It's much more than they could put into the film. It's me talking about all of this, especially about all those years fighting the psycho-surgeons and the shock doctors and so on, and developing my ideas.

I have a huge YouTube channel. It has my weekly TV show that's on there. You've been on it once now. It also has videos, and I hope to turn this into a video later.

Some of my videos are around 800,000 views. It's really 'cool'.

It's a great deal about psychiatry, but now it's moving into more and more COVID-19 and more political thinking. I've written about those things my entire life.

I have a wonderful book, but my agent was not interested in it at all because he is a Progressive. It's called, *Wow, I'm an American*. It was our first – and only book to date – that has been self-published. It gives my philosophy, and it's for the whole family. I would love to see people read that book more because we need that more.

Fitts: Allow me to describe my view of your career. You had quite an astonishing career, both as a psychiatrist and as an author, protecting patients from the application of methodologies and technologies and drugs without empathy and without love.

Breggin: Beautifully said. Thank you.

Fitts: Wait, that was Phase I. Phase II is the predator class has now taken those technologies and therapies and is broadly applying them to shock treatment of the whole society. So now you've moved out of the patient

portfolio to the ‘everybody is the patient’ portfolio. Do you see what I mean?

Breggin: Yes, and there is an interesting transitional period because I became very involved in politics. I realized that I wasn’t a Progressive as I was working with members of congress and senators trying to stop the abuse of black children with electrodes in their heads and several things that had to do with racism, but also, women were a major class of people being abused. Often white men were the abusers, but women happily joined into these abuses sometimes.

Then I got involved more with politics. I became very involved with the Libertarian Party. I was so involved in the Libertarian Party that they voted me to be one of two at-large members from the national conference onto the national committee. I got down to the national committee, and they looked at me like a group of predators. These were people who wanted their own power again; that’s who gets the power plays.

So, I dropped out of being an active libertarian, but that has been the theme in my life – freedom. I was so immersed in the Progressive community from Harvard and my parents. My father was a very deeply liberal kind of man in the good old sense. Even when he became a major business executive, that is who he was, which was very genuine.

So, I realized there was another whole view of economic freedom and individual freedom that I felt. Then I found that there was a group of people – Libertarians – who felt the same. I discovered that they didn’t know much about love. There was almost a universal lack in them.

Fitts: I do think that a lot of the technologies that you were watching and that were being applied in the world of psychiatry or medicine were really prototypes for something bigger. That bigger thing is happening now.

Breggin: I think that is true, and is one of the reasons for my shift.

Elon Musk has been talking about computer interfaces with the human brain. I do not believe that it is possible except in a very destructive way because flesh is actually different than steel.

Fitts: No kidding!

Breggin: I don't think he is going to make it.

Fitts: Oh, I think they are going to kill many people trying.

Breggin: Well, they did that with a lobotomy. Believe it or not, with all the fancy technology and the half-thin electrodes, which are now not even electrodes: "We will just put something on the head." That will ultimately come down to the first lobotomies of opening up the head and scooping out the pieces of the brain. The human spirit and brain and the interaction between the spirit and the brain are so beyond what they could ever conceive of, and it doesn't respond well to tampering.

Fitts: They have no understanding of what life is, and don't know what life is. You will hear them give presentations, and they will talk about our brain as if it is a computer and a machine – a humanism machine. They are hyper-materialists.

Peter, thank you so much.

Breggin: Oh my gosh! I've had such a wonderful time. You make my head spin.

Fitts: I'm sorry about that. I don't mean to do that.

Breggin: No, it's wonderful; it is absolutely wonderful. I'm so glad you are alive. Thank you for increasingly being a friend of mine.

Fitts: You went to Harvard, and I went to Bennett. Do you know of Bennett College in Millbrook, New York? All the Harvard boys thought that we were 'bimbos'.

Breggin: I don't remember thinking that, but I didn't date very much. I gave up many things and became so immersed in this mental hospital stuff and changing the world. I was just trying to understand things. It was really quite a shift from what I had been through.

Fitts: It sounds great because it's exceptionally authentic time spent. Plenty of times people go to Harvard and don't get into anything authentic for four years.

Breggin: Absolutely. I think that is probably more the norm that people don't get into something authentic. Now the horror is they don't even get into family life when they graduate. They don't even think about that authenticity; they put off marriage.

What are they doing? Get authentic! Start thinking about what it is.

Fitts: Here is the fear, and I know because it was my decision not to have children. The last time that I thought about having children, the whole goal for me – coming from my background – was how I could make sure that they were safe. I would be responsible for their safety. How could I do that?

I remember I was designing, and I think that I can design my way out of anything. I was planning on buying a whole building and turning two floors into a kitchen and a nursery/young school, and hiring security guards and people. I had this complete concept. I finally realized, "I can't do it. I cannot find a way, given my background, to make sure that my child is safe."

That is when I delved into the idea of the Popsicle Index. I don't know if I ever described this to you, but I became serious about building a world where children could be safe. I felt that unless I took it very seriously and did something, I couldn't look children in the eyes.

If I couldn't have a child because I couldn't keep them safe, then what was I going to do about that?

Breggin: I think you were on a much more intellectual level, but I was evolving the same way. When I was a child, I promised myself that I was going to grow up and tell adults how horrible childhood was, and I was going to try to make it better for children. That was one of my major motivating things in most of the work that I've done before Ginger and after Ginger.

Fitts: I will send you the Coherence/Incoherence and the Popsicle Index videos.

Peter Breggin, I will stop taking up all of your time. Thank you for such an enlightening conversation.

Breggin: Catherine, it is wonderful.

Fitts: Have a magnificent day.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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