

Ask Catherine

(March 16,), 2021

Introduction:

We include questions sent to 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!

My husband and I are 50, and are Midwestern farmers. We have a decent self-directed IRA that I would like to move to real assets as you have recommended. Within the options provided through the IRA funds, what kind of “real asset investing funds” should I be looking for?

The only one offered to me within the current is a fund that is: 35% infrastructure debt, (Energy, Water, MLP’s), 30% natural resources, 25% real estate, and 10% floating rate debt.

Is there any time that you recommend just taking the hit and getting out of it altogether?

Also, I did the PPP loan last spring (relatively small amount), and it was forgiven. So I’m in the database. Not ideal. Now that I’m in, would you recommend getting second round PPP, or staying far away from it?

I can’t thank you enough.

Question:

Hi Catherine

I am a subscriber and am wielding my way through your information; love it.

In your latest interview with Rocco, at the end you mentioned 10 monetary suggestions.

Rocco, unfortunately, towards the end was in a hurry.

Do you have them somewhere on your website?

If not, could you state them for me.

Having been a “grass roots, from scratch, holding onto the side of the vortex” entrepreneur, your information truly resonates with me.

Thanks for all you do.

Question:

Hi Catherine—

Your discussion of depositories in Where to Stash the Cash doesn't say anything about how to determine if a depository is trustworthy. Can you point us to some resources for checking them out?

Question:

I just heard this may go from 23k to 1.2K under Biden.....wondering how to proceed? I cannot give all my money to my kids yet as I am in my 50's, so is there a way to protect it?

T.

Question:

Catherine,

Can you please explain what is a financial Bail-in and how it effects the everyday person? Is there a bail-out? What does the everyday person need to do to survive a Bail-in/out?

Basically, what are you talking about and what does one do about it?

Also, where does one buy a QRS mat?

Thanks

A.

Question:

Hello Catherine,

I have a few questions but first wanted to thank you for your Solari Reports, etc. Even though much of the content is over my head, I am finding that the more I read the more I understand. I also, as a Christian Scientist (healing through prayer alone), so enjoy your references to Divine Intelligence etc. As we all express this Divine Intelligence

all the time, we just need to listen and not be self willed.

Two questions:

1. What do we look for in a local bank? What questions should we be asking?
2. We have some stock - it hasn't done well in the last year as my husband became a sort of day trader. What would you say as far as stocks, buying gold or silver, to maintain and create some wealth? We are in our late sixties and because of tremendous business lawsuits, a hostile takeover of our beloved company and then an SEC investigation, we found our reputations tarnished for no good reason and have had difficulty finding work and developing new businesses. So a little solid advice would be helpful.

Thank you again for all of your insights. As my husband is a classic pianist and has a trained voice, I enjoy your classical musical selections on your website. It is truly inspiring.

PS I've done 15 years of research on illuminatii, Bilderberg, Creation of the Federal Reserve, Rothchild, etc but I've still found you've shared even more information about the banking systems and what is going on behind the scenes that many do not know about.

Thank you.

Warmly,
C.

Question:

Hi Catherine,

I asked you recently if it would be a good idea for me to retire early from my county job in a public library. The retirement would provide me with a PERS benefit, a reduced one if I go 5 years before I hit the 30 year mark. After hearing you talk in the last Ask Catherine about the possibility of "bail ins", I am wondering what my options are to protect my pension in either case (leave early or stay 5 more years). Is there some way to transfer a pension into a more protected scenario? Additionally, to something that may not require proof of vaccination for continued benefit payment?

best,

J.

Question:

Dear Catherine,

What are your thoughts on the political and economic position of Ireland? We are the HQ for many of the companies bringing in the new world order and we have long been the submissives to Anglo-America. I wonder what your thoughts are on whether this may be one of the more challenging places to live in the coming years because of the position we are in? Any reflections at all would be greatly received.

Blessings

D.

Question:

Hello Catherine –

We are fairly new subscribers, but are working our way through so many of your interesting reports and articles.

We recently watched/read the Weekly Report from March 4th.

In it you discuss two things that really got our attention:

- 1) Owning land, and being able to grow food, or invest in the farmers that will help us do so;
- 2) That, apparently, the Feds reserve the right to seize ALL of our assets.

So, this prompts questions:

Why would anyone make a big investment into land, water, etc. when they can take it away?

Where can we find the information that states that the Federal Government can take our assets?

Sounds to us like there is really not much of anything that is “safe” to enable survival... your thoughts??

Thanks,
T&D

<https://www.gata.org/node/5606>

Question:

Dear Catherine,

I wanted to ask you about people who haven't got much resources and what you think we can do to protect ourselves for the future. I have been disabled from chronic fatigue syndrome for a number of years, cannot work and am living with family. I have no assets except some cash saved. Most of my disability goes on doctors (currently working with Dr. Klinghardt though nothing we have trailed so far has helped). I have about 10,000 euro left of savings (from Ireland) and wonder if it's worth trying to invest it somewhere in case I do get better? I feel like people like me are the sacrificial lambs for the NWO because I need the disability money, but I doubt I would survive even one of the injections.

Thank you for all your brilliant and courageous work.

Le grá,

D.

P.S. Consider adding Charles Eisenstein's *The Ascent of Humanity* to your pile of "must reads". It serves as a guide toward the more beautiful world our hearts know is possible starting with a re-conception of what it means to be human <https://charleseisenstein.org/books/ascent-of-humanity/>

Question:

Dear Catherine

In Ask-Catherine from 4th March, a subscribers told about all the personal information she had to provide in order to renew her driving license.

One of the reasons I think the Mr Global wants to reduce older population has, as you have said, to deal with social security, pension and insurance liabilities, but I think there is also another consideration, namely the matter of data. People born before the digital revolution have their early records (medical, school, tax, military, etc) recorded by hand or typewriter on paper or index cards, all filed away in various independent places. This is inconvenient for establishing a universal and comprehensive data base so the easiest way to deal with this hiccough is to have these people eliminated.

I like the comments you made about bitcoin in the 4th March 'Ask Catherine'. Unfortunately I can't find a transcript. Would you happen to have a summary of your thoughts on bitcoin as presented in the 'Ask Catherine' (and in your Greg HUnter interview for which I can't find a transcript either) available anywhere in written form?

There is an article which says that Satoshi Nakamoto, the name of the supposed inventor of bitcoin, translated from Japanese into English means 'central intelligence agency'.

<https://steemit.com/bitcoin/@decentro/satoshi-nakamoto-a-comprehensive-translation-of-an-enigma>

I don't speak Japanese and I haven't been able to verify the truthfulness of this assertion but if it is correct I find it a curious coincidence.

In your interview “Building a Bitcoin Prison” with Greg Hunter, you say (time 35.50) , “Two weeks ago an effort started in Washington to run a real hit on a group of people associated with some of the things Children's Health Defense is doing. One was me but they're building up to run a real hit on Kennedy.”

How were you hit, or are you referring here to the period of your litigation?

With continued respect, thanks and admiration

A.

CAF Notes & Links:

Covid-19

Question:

Dear Ms. Fitts,

I hope this email finds you well and enjoying the longer days.

This email is in regards to making a connection with James Lyons-Weiler, Ph.D. (see his web-page here: [Author and Research Scientist James Lyons-Weiler, PhD – Extended Biography – jameslyonsweiler.com](http://www.jameslyonsweiler.com))

I've had the pleasure of working with him on several projects and he has been and indefatigable and joyful proponent of evidence-based science.

He has been a force in unearthing evidence regarding the coronavirus, as well as the relationship between autism, vaccines and other environmental factors.

Recently, he has been working with Dr. Paul Thomas in his defense to restore his license in Oregon by providing evidence of the financial incentives that drive physicians to promote vaccines.

Dr. Thomas has declined a significant financial benefit by sticking to his integrity and moral obligation to inform all his patients about the risks/benefits of vaccination.

If there is any interest on your part, I would be thrilled to connect you and Jack if there is a possibility of an interview.

My guess is that you have a backlog of guests and projects, but why not add another log on the pile?

If there is anything I can do to facilitate a connection, please let me know what will be required.

As always, it is a pleasure to be par of this community.

Very Respectfully,

X.

CAF Notes & Links:

Feedback

Comment:

I just received my copy of The Injection Fraud Solari Report. This is the original one sent from Europe. (I received your second try quite some time ago.)

Comment:

FYI - I just received the Injection Fraud report mailed from Germany in Dec 2020; I'm in FL.

CAF Notes & Links:

Going Direct Reset

Question:

Hi Catherine,

Thank you for this service of answering questions. It is very helpful.

I have the same question about two topics. I wonder how the following things contribute to the global take over of control of 800 billion people:

1. Immigration crisis
2. Release of known violent criminals into our towns and cities
3. Besides the drug cartels who has the most to gain financially from these behaviors?

I also wonder if you have insight into why Cuomo is being run out now? When the killing of the elderly did not raise an eyebrow I knew they would bring out the sexual harassment charges. But why? Who did he not pay off? He has been corrupt his whole career, but why now?

Thanks so much for your insights!

L.

Comment:

Hi Katherine,

Not a question, but today is giving me the chills. Microsoft's Nationwide Cloud Service is down today.

Hmmm, now what do you suppose they are up to with this? Ha!

Thank god I didn't connect to and store anything in their cloud service.

Have a good day and thank you for the amazing work you are doing. So glad I found you.

Best,

J.

Question:

Catherine,

D.

Alas in this very moment the 'plan' is coming into view.

This is how see it from my small island on the west coast of Canada. We are the front line of this Bio-Tyranny in Canada:

1. The Vaccine role out is hard and fast here. They want 200 people a day getting shots on the island.
2. They will offer special treats for the folks with shots. No mask, gathering etc BUT us non vaxxed will be held to the old regime.
3. My high octane speculation from here; The next wave of death via WiFi, spraying or other non identified tech will start killing the vaccinated. For reasons because they have been vaccinated! They then turn the hate on us 'unvaxxed' as the magic mutated virus killed everyone but did not effect us 'carriers' and put us into camps take my land and do what ever they do with us in the camps...This will happen this summer!
4. In order for me save my land I am considering a private trust ASAP. The land goes into my nephew's name? Or some such person I can trust or I loose this land.

Any advice on this one....

It is happening right in front of me. The 'yellow stars' are being sewn. They are manipulating masses once again. The only way through I can see is the depth of the soul. I need to go down deep into the soul. Soul and the Myths....more on all this later.

I have strange request. I had a dream. I woke up with the quote 'John 3 - 19' in my head. No explanation. I went to the Bible and read it. I worked on the dream with my Jungian analyst. She is unable to process the NWO but has knowledge of Jung and the Bible.

I have emerged with a narrative that I would like to share with you. Would you rather me write it? Or could we chat on the phone for a brief time?

You have had the guidance of spirit. I have too but never as 'direct' as this. I know its a spiritual war. I think I was just given my marching orders and I require your benediction (as my old carpenter mentor used to say when I sought carpentry advice). I know no one else with your

depth of experience in the both the material and spirit world.

God Bless,
D.

Question:

Hi Catherine,

My son is finishing law school and moving to SD to go back to his undergrad of actuarial science for a life insurance company.

At this point law school was a waste of money (and I loathe waste!) so I offered to pay off his loans if he can do something honorable with his degree. I care little if he gets paid.

One thought I had after your Cahill episode on vaccine damage was what about life insurance companies suing pharma for cost of pay outs for not adequately giving informed consent to people getting the vaccine?

Your thoughts?

Also, how does one invest in local farmers besides buying their food?

T.

Comment:

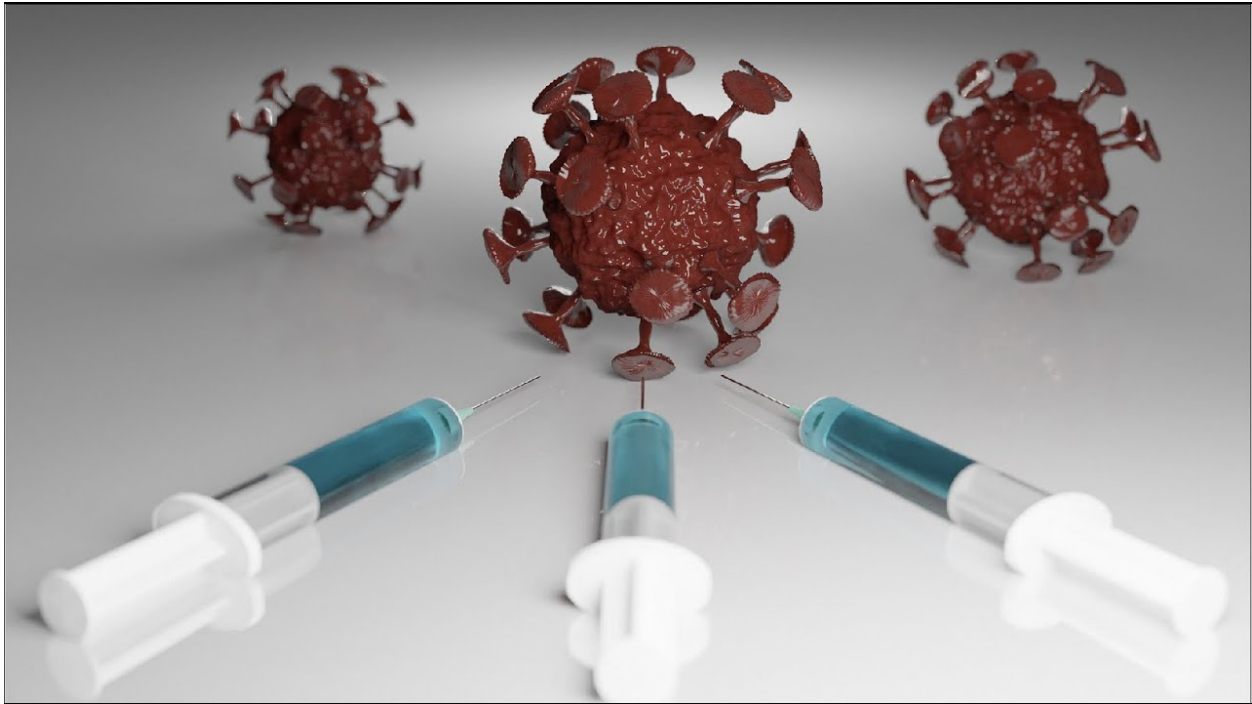
Finally
and I'm sure more on the way soon
thanks!

AB

It's Here: First Court Case Against Mandatory Vaccination: Attorney Interview

Question:

Hello Catherine,



I heard you say in an interview that there are about 12 main areas that need to be understood to understand what is going on with the reset. Can you outline what those 12 areas are?

Also, I know you share your book reviews on Solari but I'd love to know what your top 5 all time favorite books are.

Blessings,

D.

Comment:

Hi Catherine,
Thanks for all the great work you and your team and get though. It is impressive to gather and absorb so much information, things then step to another level with the analysis and articulation that is so well complemented by the foils of Joseph, John and the others you engage. Your commentaries help connect the dots, big picture to subtle details. Many many thanks.

Listening to your recent work, a picture keeps coming to mind. With a long term plan for a global reset, why be encumbered by the rules and people of a sovereign state.?

Here's my thoughts.

Why aim to subvert a state or states when you can make you own. Surely Mr Global can. Subversion of the US state to get compliance is the means to entrap the state into your new system. It is needed for money and military. We are distracted by the critical state of the US economy and dollar as the driver for change/re-set, when in fact it's demise (orchestrated or not) is the opportunity.

A new "Global Sovereign State" (GSS) for all trade settlement, on or off planet has to be the end goal. Some form of crypto is the most likely currency. Current activity is about moving nation states, billionaires, banks, cryptos into this GSS Crypto system. The opening position and critical steps will be blueprinted somewhere. Some will come in as founders/owners others entrapped most likely by debt instruments, but also by means of personal control files. The USA is the launch vehicle of choice but not the end goal. The privatization of the military is also a means for the state to pay before moving to a new sovereign state.

The urgency is to beat any alternate global system taking hold and have broad country compliance with full security and settlement systems. As other states gain strength the implementation gets more difficult.

We need to ask who or which institutions are essential to build the GSS crypto reserve to make it the only game in town for settlement of international transactions? The FED, Bitcoin, IMF, ECB, Trading exchanges ??? What signs are there that these institutions are compromised. Is the WTO necessary, again it is easier to dictate a new set of terms and conditions, than update existing. All questions we need to track in the big picture.

So are the signs we should be looking the forced moves to keep the plan on track? COVID makes sense as a public opinion influencing control mechanism, and in the USA with the added gun control culture some means is needed to keep the public numb while the state is drained into the GSS. COVID worldwide strips public funds, puts fiscal pressure on governments, but is it enough to force enrollment and compromising your the nation state.

The strength of opposition is in the people collectives, from county hall to nation state.

Thanks, J.

Question:

Dear Ms. Fitts:

I subscribed to Solari Report today after listening to your interview with Richard Andrew Grove on GTW.

I wanted to post my comments on your webpage, but I don't want to use my real name, because what I'm writing you is some serious material. Is there anyway to post to 'Subscriber's Input' under a pseudonym?

Re: your discussion of 'who is Mr. Global?' I think there is a strong case to be made it's Dick Cheney. Why? It starts, and ends, with 9/11.

He unflinchingly seized control of the USGov response on the morning of 9/11, as if his role had been predetermined. He immediately made the PEOC his personal command center, and nobody questioned his authority to do so.

For 28 minutes, Cheney was in an underground tunnel, and unreachable, between 9:37-9:55 am. This coincides perfectly with the timing of when flight 93 was hijacked, and when it crashed in Shanksville. He told Norm Mineta "of course the orders still stand." ('orders' were either to have an F16 shoot down UAL 93, or not).

Cheney had to disappear for that period of time because flight 93 was delayed on the tarmac at Newark for 44 minutes. That threw a big wrench into the plans. (I think it was intended to hit WTC7, but that airspace had been sealed off, so Cheney had to call an audible.)

After effectively declaring himself to be 'in charge' on that day, Cheney continued to run the USGov from his underground bunker at Raven Rock. He did this for the next 90 days, with a staff of 100, as he put the finishing touches on the Patriot Act.

The fact that nobody questioned his authority speaks volumes. Either they were all afraid of him, or it was already known and accepted, that he was the de facto Commander-in-Chief, and W was just the 'front man.'

Peter Dale Scott has linked Dick Cheney to Continuity of Government:

"It is certain that the COG emergency network program survived [Ollie] North's demise, and continued to be secretly developed for decades, at a cost of billions, and overseen by a team including Dick Cheney and Donald Rumsfeld. It is relevant that the two men's presence on the committee spanned three administrations – those of Reagan, Bush I, and Clinton – even though at one point under Clinton neither man held a position inside the U.S. government. Such continuity was essential for a group so secret that few records existed of its activities. And on 9/11 COG plans were officially implemented for the first time, by Vice President Cheney and Defense Secretary Rumsfeld, the two men who had planned them for so many years."(7)

(7) James Bamford, A Pretext for War: 9/11, Iraq, and the abuse of America's intelligence agencies (New York: Doubleday, 2004), 71-81

The Hidden Government Group Linking JFK, Watergate, Iran-Contra and 9/11
<https://whowhatwhy.org/2014/10/05/the-hidden-government-group-linking-jfk-watergate-iran-contra-and-911/>

Classic Who: Dick Cheney's Secret 9/11 Operation - WhoWhatWhy
<https://whowhatwhy.org/2016/09/09/classic-dick-cheneys-secret-911-operation/>

Those who planned and executed the false flag attack on 9/11/01 believed that a new 'Pearl Harbor' was needed to justify a big jump in defense spending, AND, how to identify and 'suicide' the next Danny Casolaro / Gary Webb BEFORE they reveal state secrets.

Those who planned and executed the false flag attack on 9/11/01 used fear to achieve their goals. It was, and still is, a massive psy-op, to make us behave irrationally, to give up our rights, and to support a huge transfer of wealth to the top 1%, via big increases in defense spending. Sound familiar?

COG went into effect in 9/11; it no longer needs a nuclear attack to trigger its invocation
Cheney developed COG. COG supplanted the constitution:

--warrantless wiretaps & suspension of habeas corpus

--9/11 was used to justify creating US NORTHCOM, a standing Army inside the US that could be used to shutdown protests, and impose martial law

--9/11 was used to justify spending billions on creating biological weapons, allegedly for defensive purposes

Now, Dick Cheney, the ring leader, and his co-conspirators {Bibi Netanyahu, Rudy Giuliani, the Mossad, the CIA, some in the Saudi Royal Family and some higher ups in China's Govt.} are feeling the heat, as the 9/11 truth movement has reached a critical mass. The perpetrators must now be feeling like some of their victims, trapped on the upper floors of the Twin Towers that morning. Poetic justice, yes, but not criminal justice.

When the most powerful people feel backed into a corner, suddenly the world feels upside-down, for everyone.

We know for a fact SARS-CoV-2 was made in a lab, most likely at UNC. We know from Whitney Webb's article, that Dick Cheney was very much interested in biological weapons, like anthrax.

All Roads Lead To Dark Winter

<https://www.thelastamericanvagabond.com/top-news/all-roads-lead-dark-winter/>

So, taken as a whole, this is why I think Dick Cheney is Mr. Global.

Who else could, or would, sacrifice a few thousand, a few hundred thousand, or 2.5 million innocent lives, so that Exxon, Microsoft, & Lockheed-Martin can divide up whatever's left of the world's natural resources? Someone who's done it before, and gotten away with it.

Who else could, or would, bribe, blackmail, and intimidate the media, the governments, and the medical establishment, of almost the entire world? Again, experience is key. (WMDs in Iraq?)

Has the US media ever questioned the 'official version' of 9/11, even though Cheney has contradicted himself? No. The 'truth' flows from him, down, to the rest of us. 'Ours is not to reason why...'

Does it matter? The Lawyers' Committee for 9/11 Inquiry is methodically pushing ahead. They are organized, and determined. This explains why the Great Reset is being rushed. They aren't ready. As you've said, Catherine, it WILL fail. The technology isn't there to put us all on blockchain.

I believe they're still planning to destroy the economy, as soon as they have enough vaccines for every adult in the US (end of May.) Notice how Biden is quickly ramping up J&J's shot, because the mRNA vaccines were killing too many seniors!

Here's how we might be able to derail the plot, and save millions of lives, and livelihoods:

1. tell everyone to skip the covid vaccines -- this buys time for #3
2. tell everyone ivermectin cures covid; vitamin D prevents it -- saves lives, buys time see <https://covid19criticalcare.com/>
3. support Lawyers' Committee for 9/11 Inquiry | Integrity, Accountability & Transparency -- <https://www.lawyerscommitteeefor9-11inquiry.org/>
4. support every other independent journalist or group who's fighting to expose the truth -- Dr. Mercola, Childrens Health Defense Fund, TLAV, Whitney Webb, Alison McDowell, Ice Age Farmer, et al

I'd love to know your thoughts, but more importantly, if you think I'm on to something, help me spread the word!

Thank you,

P.

CAF Notes & Links:

Health

Comment:

Catherine

See last slide.

Trudeau just added Mental Illness to the list of justifications for Assisted Suicide.

Hmmm....

S.

CAF Notes & Links:

Local Gatherings

Question:

Catherine,

You speak quite often about the importance of finding your tribe. I too feel this is extremely important and am consequently interested in finding opportunities to connect with other Solari Report subscribers in my area. How is this possible? I was contacted in the first quarter of 2020 by a fellow subscriber in the Atlanta, GA area about a possible meetup. Due to the shriek-o-meter's elevated volume at that point in time regarding COVID, this meetup was cancelled. I would be interested in hosting a Solari Circle at some point in the future, so please help me understand what process will be necessary for me to offer a venue for this purpose.

Thank you for helping me to better understand the world in which we live. I am immensely grateful for the education I have received via the Solari Report.

Thanks,

J.

CAF Notes & Links:

Recommended Links

Comment:

Patricia:

A search for Amy Benjamin brings them all up:

The Nuremberg Principles with Amy Benjamin
March 7, 2020

"I don't mind if after the job is done you put me in front of a Nuremberg Trial and then jail me for life. Hang

Sneaky Treaties: Globalists and the Corruption of International Law with Amy Benjamin
November 9, 2019

"For the past twenty-five years a quiet doctrinal war has been raging around the sources of international law. One group of scholars, convinced of the

Tax & Spend – The Next Deep State Harvest with Amy Benjamin
March 16, 2019

"It's NOT a draft bill—it's 11 pages of a Google doc with shocking surprises. It assigns a vast 'wartime footing' level amount of taxpayer money

The Many Faces of Secrecy with Amy Benjamin
May 26, 2018

"The very word 'secrecy' is repugnant in a free and open society; and we are as a people inherently and historically opposed to secret societies,

The one you want to start with is The Many Faces of Secrecy:

<https://home.solari.com/the-many-faces-of-secrecy-with-amy-benjamin/>

I don't know the reference. you are connecting Amy's discussions with invisible weaponry. The engineering of secrecy has been critical to the

funding and engineering of invisible weaponry - so it may have been that. All of these interviews are very useful if you have the time.

Catherine

P:

The four on Kennedy Assassination:

Two in the Library:

The Devils Chessboard with David Talbot

<https://library.solari.com/the-devils-chessboard-with-david-talbot/>

The Presidency and Assassination of John F. Kennedy with Peter Janney

<https://library.solari.com/the-presidency-and-assassination-of-john-f-kennedy-with-peter-janney/>

The following two are in the home - easy to pick up on a search.

The Deep State and the Re-engineering of America, Part II – the Kennedy Assassination & Cover Up with Harry Blazer
February 2, 2019

The Deep State and the Re-engineering of America, Part I with Harry Blazer
December 2, 2018

Also good interviews as background are my interview of Dave Martin on the Forestall assassination as well as my interview of Farrell on his book on McCarthy.

If you want more on the Deep State, you may want to dive into my multi part series on the Deep State.

Hope that helps

Comment:

Hi Catherine



Here are some links if it's not gone...

<https://benosey.com/viral-posts/q-is-for-the-queens-qinetiq-coronavirus-patent-huge-discovery-159833775>

S.

Comment:

Checks this out
now the monthly injections make sense because the vaccination destroys your innate immune system.

Incredible source. Incredible interview. Very damning of the injection

<https://thehighwire.com/videos/a-coming-covid-catastrophe/>

Comment:

Hi Catherine

I've been looking for my songbook in Music of the Week, which I see got skipped last week. Wonderful performance by Tracy Chapman to a gloriously filled stadium!

I'm now being shadow banned: I've tried to post a link to my songbooks or my email address on a couple of channels (AlfaVedic, Neue Horizonte TV, Steve Whybrow), but the comments have been deleted within about a minute. That didn't used to be the case.

Any thoughts of putting it/them up another week?

[11th edition](#) of my We Are Human songbook

If one doesn't have time to listen to all 25 songs (40 minutes), they can click or tap on the timestamp of any song title in the description.

	<p><u>We Are Human songbook Berkeley's Live Oak Park 24 Sep 20</u></p>
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[My latest songs](#) (under 10 minutes):

We Are Human Head to Toes
I Am Healthy (revised)
Puff the Magic Virus
Jabberwonky
Heaven Bound

	<p><u>We Are Human songbook, excerpts from the 14th edition, 4 March 2021</u></p>
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Huggs

H.

For physical/mental/emotional balance, check out **acupressure**, which can do more than give relief to muscles, joints and headaches: It can also help with sleep problems, fatigue, eye & vision issues, skin problems, sinus pain, ringing in the ears & other ear/hearing issues; memory challenges; problems with balance, tingling, numbness; digestive, urinary and elimination problems; detoxification, anxiety, frustration, repetitive thoughts, grieving ... and more.

Contact Hulda Nystrom, MA, CAMT #2932 for more information or to make an appointment.

Voice/Text/WhatsApp +1 510 798 8626

Comment:

Hi, Catherine.

Hope you are well and are nearing home.

Just finished reading a book review in the March 4, 2021 edition of the London Review of Books about space as the next, or current, battlefield.

It's an excellent article. Looks like the two books on space war (cited above) that are reviewed in the article ("Where are the space arks?" by Tom Stevenson) are worth reading and sharing.

Thought you'd be interested.

Many kind regards, always -

K.

Comment:

Dear Catherine

I have just finished a new article and thought you might be interested as it very much confirms what you have been saying about the 'operating system'.

<https://www.option3.co.uk/covid-19-injection/>

The development of gene-based logic circuits forming CPUs, bio-sensors etc, fabricated using living materials instead of silicone is already well advanced.

"Controlling gene expression with sophisticated logic gates has been and remains one of the central aims of synthetic biology. However, conventional implementations of biocomputers use central processing units (CPUs) assembled from multiple protein-based gene switches....."

Sincerely,

D.

Comment:

The Eye MF enforcers are up-o-o-on you! All the live-long day.

<https://www.thenationalnews.com/uae/health/covid-19-on-patrol-with-abu-dhabi-s-door-to-door-testing-teams-as-they-screen-15-000-people-a-day-1.1181774>

Comment:

See <http://www.naturalness.com> March 9 for article explaining that life insurance carriers are denying coverage to those who've been vaxed or had the test.

Comment:

Hello Catherine/Solari,

This is great, great, podcast on permaculture liberation. It brings up how we have structured out society on the most fundamental level. Today almost everyone is incapable of seeing this but it and its problems are staring us straight in our faces.

This is interview Jack Spirko and Toby Hemenway both are two of the most powerful people in the permaculture universe.

I promise thing will be one of the best couple hours spent if you want to have a fresh take on positive directions to change as a country/world. Even if we just got a short distance in this direction we will have a brand new world.

Sharing is a beautiful thing you are able to give something very material and it takes nothing away from me pretty incredible!

[Permaculture Liberation Link](#)

Hope you listen if not pass off to someone who may it really is wonderful info

C.

Shadow Work

Question:

CAF Notes & Links:

Take Action

Comment:

Catherine-

I do have questions but, I'll probably be e-mailing you again so, for now I just wanted to share some fun posters I made while listening to your interviews and Solari reports.. Hope you love them! I have a presentation I am working on and will send it to you when I am finished, hopefully for some suggestions/input. Thank you for all you do and I look forward to connecting with you!

CAF Notes & Links

Conclusion:

Question:

CAF Notes & Links

Additional Resources

Send in questions:
Askcatherine@solari.com
Subscriber input