

Actionable intelligence to live a Free & Inspired Life



The Solari Report

March 25, 2021

**Coming Clean
with
Jon Rappoport**



Summary: In anticipation of our *1st Quarter 2021 Wrap Up* with “Take Action 2021” as its theme, I want to revisit a classic *Solari Report* presentation that has evolved over the years: **Coming Clean**. To review the concepts behind *Coming Clean*, I asked friend and ally Jon Rappoport to join me because of his leadership at helping people develop their personal power.

The *Coming Clean* concept represents a series of actions or changes designed to help people clean the corruption out of their lives and build a free and inspired life—which would also bring about a wealthier, more human society. Every action we take, every thought we think, and every word we say are influential in shaping what happens in our lives, work, communities, and relationships.

I became aware of the importance of this a long time ago when I realized I was banking with the same bank that was engineering the mortgage bubble, which would leave millions of people homeless and bankrupt. I decided I needed to “come clean”—to stop financing and profiting from the very practices that were engineering such terrible harm. I am still on this journey today.

Jon and I will discuss different areas of opportunity where we can each grow. As with a buffet, you can choose to focus on what is important to or resonates with you in a way that works for you. The goal is to help you create the life you aspire to live, or what we call a “free and inspired life.”

Bio: Jon Rappoport (born April 16, 1938) is an American journalist and author living in San Diego where he does much work advocating alternative medicine. He studied [philosophy](#) for four years at Amherst College in Massachusetts, graduating in 1960. He has published the web site [nomorefakenews.com](#) since 2001. He has been an investigative reporter for over 20 years. Rappoport has also authored several non-fiction books. Although his main focus over these years has been the power of the imagination and creativity, he is most often cited and interviewed as an authority on conspiracies and global elites, the work of the latter, as Rappoport sees it, in general being implemented through the seven global cartels, which he identifies as the government, military, money, intelligence, energy, media, and medical.

Rappoport is vice-president of the publishing house Truth Seeker Company, Inc. and authors and sells audio CDs on magic, past life regression and

development of paranormalabilities. For a period from 2010-2011, Rappoport hosted his own weekly radio show on the Progressive Radio Network. The archives of this radio show are no longer available. Appeared in the 2013 documentary *American Addict* directed by Sasha Knezev.

Books:

- If I Were King: Advice for President Trump
- The Power of the Dragon
- Truth Seeker
- The Ownership of All Life
- The Secret Behind Secret Societies
- Madalyn Murray O’Hair: Most Hated Woman in America
- Oklahoma City Bombings: The Suppressed Truth
- Aids Inc.: Scandal of the Century
- Many other publications which are found on his website:
NoMoreFakeNews.com



Catherine Austin Fitts: Ladies and gentlemen, welcome to *The Solari Report*. Joining me today is Jon Rappoport, a man who needs no introduction in the world of the ‘real deal’, let alone on *The Solari Report*.

Jon met with me last year. His most recent contribution was an incredible series on the COVID-19 pandemic, and it was very interesting. We published that, and on your first recording very early on, somebody called me and said, “You are taking a horrible risk because I think Jon is finally wrong on this one.”

I said, “No, he’s not. Rappoport has been teaching me for 20 years. He is ‘dead on’ with this one. You will see.”

They said, “This is very, very risky.”

I don’t know if you remember how early you called it. You foretold it on essentially the first day. Now you look like a genius. But as we know, genius takes many decades of really hard work dealing with healthcare fraud.

I wanted to give you the opportunity to say something about it because I think it was the best call of 2020.

Jon Rappoport: My tech associate got in touch with me. I can't remember when this was; it was sometime in January 2020. He said, "Here we go again – a new pandemic. People are already asking, 'What does Jon think?'" because I had covered numerous other 'duds' like SARS and Swine Flu and, of course, AIDS was the first one back in 1988."

I looked over some of the articles and said, "Yeah, this is going to be a replay of all the same lies and configurations and fake stories and so forth. Sure, let's give it a 'whack'."

So now, some 250 articles later about COVID, I've never written so many pieces on one event before. It was quite obvious from the beginning based on what I had seen about AIDS – stretching the definition of the disease to cover all bases: Anybody could be diagnosed, the overlap with the flu and other immune-suppressing conditions, the fallibility and deception of the diagnostic test, the failure to really document the discovery of the virus in the first place, the toxic treatments including the toxic vaccine or injection, etc.

They just rolled this one out in the same way that they rolled all the others out with the one exception, which really was the one that caught my attention. That was the Chinese regime lockdown of 50 million people virtually overnight.

I said, "Whoa! Wait a minute now. This could become the model. The CDC and the World Health Organization have been drooling for decades at the prospect of being able to do this, and they were never able to pull it off. Now, watch out!"

Sure enough, the rest is history.

Fitts: They've tried to make the others go, and they never could get them to go. I believe that is the difference.

I'll say that I could never have understood this or followed it without literally years of reading your work and getting educated by you, but also integrating the

financial controls. I think this is a monetary event. The healthcare angle is part of the marketing of the monetary reengineering. You have to understand how they've built the financial train tracks and have controlled for the last 50 years.

They've been building up and building up, both on the health side and the money side, and now it's finally come together. Without that history, it seems that it is very hard for most people to fathom it.

I wanted to point out that you 'nailed it'. You nailed it when it was extremely unfashionable and dangerous to nail it. You were fearless; there was not a scintilla of doubt in your mind.

I always tell everybody, "Jon Rappoport is my 'foo dog'. He stands in front of the temple, and he barks the evildoers away."

So, we are here to discuss 'coming clean'. That is because what we've been doing for the last year – whether it's *State of Our Currency*, or *Going Direct Reset*, or *The Injection Fraud* (which we published in December, but it miraculously took 90 days to arrive on people's desks, so they are just getting it now) – we wanted to step back. What everybody wants to know is, "What can I do?"

The *1st Quarter Wrap Up* will be on *Take Action 2021*, and it's really focused on what you can do – both individually and then within a family, and then within a community on a broader scale. It looks at both culture and money, and all aspects of our life.

Before we started that, I wanted to go back to a piece that we, as a team, wrote in 2004 called *Coming Clean*. It's about the actions you can take in your intimate personal life to improve your situation. It started with an event that most subscribers have heard me tell before. In 1998, I was dealing with a broad-sided attack by the central bankers. I had the Department of Justice, 18 audits and investigations, and it was a complete legal and financial war.

I was writing a check on my account at JP Morgan Chase private banking, and suddenly, my hand froze, and I said, "Why am I banking with the institution most responsible for the predatory lending that is now skyrocketing in the mortgage and consumer and student loan area? I mean, these guys are the

enemy. Why am I banking with the enemy?”

I said to myself right then, “I need to come clean.”

I had no idea what I was getting into. ‘Come clean’ was an expression I had always used in my life, but then I said, “How can I get the ‘bad guys’ out of my life?”

I realized that they were intertwined through all aspects of my life, and so I started on a process that took many years, and it is still going on; it’s never over. I call it ‘coming clean’. It’s how you build a life that is righteous and fulfilling.

I truly believe that the more people who can get away from ‘feeding the parasite’, the better. If you drive around America, you will see everybody feeding the parasite. I get so frustrated in speeches because people will say, “Can you go stop the parasite?”

I look at them, and they are all feeding it. It’s like, “How can I stop something that is growing because you are feeding it?”

So before we dive in, do you have any thoughts on the notion of coming clean?

Rappoport: Yes. I don’t hold myself up as a premier example on all accounts; it’s a forever process. Different people are attacking different elements in their life. My position has always been to make forthright statements about what you believe to be the truth, and don’t stint; don’t go halfway; don’t go a quarter of the way; don’t keep asking yourself the question, “How will other people perceive what I’m saying?” as a monitor of what you should do or think or say. That way leads you to one compromise after another.

I see this playing out in many areas where I could tell from reading certain things that people write that they are trying to gauge what they should say or what they should believe based on what they think ‘the audience’ is going to respond to or reject, etc.

Fitts: I have to tell you what the ‘quote du jour’ is this week on *The Solari Report*. It’s from Marcus Aurelius, “The object of life is not to be on the side of

the majority, but to escape finding oneself in the ranks of the insane.”

Rappoport: Exactly, those are the choices. If you stall at the starting gate, so to speak, and say, “I have to keep gauging my position vis-à-vis the audience or people that I know or my family or my friends,” and that just becomes the regulator of everything you do and say, then you are in an untenable position; you can’t move. What are you going to do?

That doesn’t mean that you don’t try to be clear in what you are saying, but it does mean that you have to stake out an independent decision that is reflective of what you truly think and believe. That is where it all begins.

Fitts: You have to take responsibility to create your own world.

Rappoport: Exactly.

Fitts: How can we create a world that we want to live in if we can’t create a person we want to be?

Rappoport: It’s impossible.

Fitts: So this is somewhat creating the world you want inside-out.

There are 24 steps in *Coming Clean*, and we will dive deeply into all of them. I want you to think of this as a buffet. You should take what is useful and ignore the rest. You should sequence your use of it in exactly the same way. The most precious commodity that we have is our time and our attention. So, you want to look at the buffet and say, “What here at this buffet can help me live a more free and inspired life? What here can help me get to where I want to go?”

Only do what is useful and energizing for you, and please feel free to completely ignore the rest. This is not what I think you should do; I think these are ideas that have helped me. If you consider the opportunities I had to come clean, I had a lifetime of more opportunities, even after doing this for many years.

In each one of these steps, we recommend resources. You will see many resources on Jon Rappoport’s website, *No More Fake News*, and his collections,

and some of the interviews that he has done at *The Solari Report*.

If I failed to mention something that you think should be there for that section, please pipe in. You have many great audios and articles and books that are very helpful in many of these different points.

Let's begin: *Coming Clean* is divided into three areas. The first is cross-cutting opportunities for cleansing and building total wealth. Then the second goes into living equity, which is health and well-being and relationships. The third one is on money. So let's just dive into the first, which is cross-cutting.

I. Cross-Cutting Opportunities for Cleansing & Building Total Wealth.

Step #1: Be Divine. This quote is from Jesus, "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, 'Remove hence to yonder place'; and it shall remove; and nothing shall be impossible unto you."

I'll never forget sitting in a Pentecostal church listening to a sermon on this exact point, and realizing, "I could be listening to one of Jon's imagination seminars." They are saying the same thing, which is: We have the power with our intention and our imagination to access all the intelligence in the universe. That is the way that I would say it.

I did some quoting of quantum physics on this, and one of the resources that I used is a great *Solari Report* called *The Power of It*. Do you remember that one?

Rappoport: Yes, I do.

Fitts: So that was number one. Do you have anything that you want to say on this?

Rappoport: Yes. It's the difference between saying, "This is my life. It's playing out the way it has played out in the past, and so I just follow the same road because this is what I do and this is who I am and these are the circumstances that I'm dealing with," versus making a jump-off point and realizing, "I don't have to continue copying my own history, and I can change what I'm doing. I can change what I'm thinking or imagining or envisioning or

creating. This is doable.”

In fact, many people who look at their past will see moments when they did that. So, it's that separation. It's being able to say, “Okay. I can stop at this moment, and I can begin to imagine what it is that I truly want to create, and what I truly want to do. I can flush it out, and I can build a new road.”

That, to me, is the key.

Fitts: Yes. The second one is close.

Step #2: Be Inspired. This is very important because there are many things going on around us that are hugely depressing and saddening. There is plenty of grief. The quote I used was from John Keats (English Romantic poet). It is, “Beauty is truth, and truth is beauty. That is all you know on earth and all that you need to know.”

My grandfather used to scream that at me all the time. I had no idea what he meant. Then one day when I was in the ‘pressure cooker’, I realized, “Oh, now I understand.”

It echoed, and I could hear his voice saying it in my mind. I think the Quakers believe that if they beat it into you at a young enough age, you will remember it when you need it.

Two of the resources that I mentioned were, *How Your Mind Creates Your Future* with Jon Rappoport, and *Imagination Creates Reality*, by Jon Rappoport. But you have written and talked a great deal about this. After many decades of being an investigative reporter, you came to the conclusion that at the heart of real solutions were people realizing the power they had to change the world with their intention and with their imagination.

Rappoport: Yes, absolutely.

If I had thought, when I was investigating many different scandals and crimes etc., that's all there was, I would have stopped long, long ago because it would have been too depressing and too limiting. So, this idea of being inspired is a

constant operation for the individuals as far as I'm concerned.

What can I do today to be inspired to do and create what I really want to create? It isn't something that you make a decision about once and then it carries you through the next 50 years; you have to keep renewing that inspiration. Some people, because they've been taught incorrectly, believe there should be one event that changes everything forever, and then you just 'get on your sled and ride down the hill', and everything is wonderful forever. It doesn't happen that way.

Personally, I can say that I will be sitting here at the keyboard wondering what my next article is. I have nothing. I look back at everything I've written and say, "I can do this again," but I've done that 15 times already, and I'm 'bored to death' with that. I've done everything I can on that. What about this? No, I've also done that 100 times. So, what is the next thing that will inspire me to do something that has energy connected with it for me?

When I find it, everything changes, but I still notice it. At 10:00 in the morning, I think, "I'm all done; I'm finished. That's it. Now I'm going to become a billiard player or something because that's something that I've always wanted to do."

I can't think of anything else. Then I take a nap, and at 2:00 in the afternoon, I wake up and think, "Wait a minute. Here is the next article." Then I'm on fire.

Every day you have to find that inspiration factor; you have to get it. When you do, you know that you are different; you're not the same as you were ten minutes ago.

Fitts: You have these exercises on one of your audio seminars, and it started me going. There are about ten different exercises for imagination. Some of them are designed to get you to soften and manipulate and extend your aura, but there is one that got me when I was driving on this long drive. As I went down the road, I would spread diamonds and emeralds and pearls and other gems on different people and on their homes

Now when I go for long walks, I can spread all these precious gems and

emeralds along the housetops. By the time I get home, I'm on this high of, "I'm a powerful person who can distribute millions of dollars of gems all over my neighbors' homes."

Do you remember that one?

Rappoport: Yes, indeed I do. It's quite fantastic if you jump in and actually do it because you feel the difference.

Fitts: It's tremendous!

Rappoport: Then you can say, "Well, now that I've done that, what do I want to do now? Now I feel different; now I feel inspired; now I feel alive and energetic. I realize that I have creative power. It's a whole new 'ballgame'."

Fitts: I want to bring up something: You are probably tired of me telling this story. I was bugging you for years to get all of your interviews collected and make them available. Now I think you have them in *The Matrix Revealed*.

You were saying, "God, I don't want to do this," and I said, "Jon, it's driving me crazy! You've got to do this."

I kept recommending them, and then people would get angry because they couldn't get them.

Finally, you put them in a collection, and we did a *Solari Report* called "The Matrix Revealed", and that was the *Solari Report* where three different sources of power and two or three different sources of the internet went down during the call, including the electricity in the room. It was shut off in a big, corporate hotel. I've never seen anything like it before or since. I've dealt with plenty of interference, but that was amazing.

I was worried about it, so I was super prepared, and I don't think that you even noticed that I was migrating from one phone to another and from one battery to another. The whole thing was, to some extent, on how the globalists engineer reality. It was a great background for understanding the pandemic.

When it was over, one of my most wonderful subscribers – a really wonderful person and a very creative person – emailed me and said, “All my life I’ve been going to these New Age workshops that tell me that I could invent my reality. It didn’t help. It never worked. Then I listened to Jon Rappoport saying how Mr. Global invents my reality for me, and now I realize, ‘Oh, I can invent my reality,’ now that I see how Mr. Global does it.”

Rappoport: That’s the ‘other side of the coin’. If you see that, then it’s exactly like you j said: If somebody else-Mr. Global- is inventing reality, why do I have to just sit there and take it? Why can’t I invent my own?

Fitts: Step #3: Check Your Indicators. I mentioned the Popsicle Index, which I came up with when I was Assistant Secretary of HUD. The Popsicle Index is the percent of people in a place who believe a child can leave their home, go to the nearest place to buy a Popsicle, and come home alone safely. The reason I came up with this is that I realized that everybody who was trying to get the Dow Jones index to go up didn’t notice that they were doing it in a way that made the Popsicle Index go down. I thought, “Why is there no constituency for the Popsicle Index?”

That is when I realized that if you reengineered the financial system, there could be a positive relationship between the Dow Jones and the Popsicle Index. It doesn’t have to be this war between financial equity and living equity.

The Popsicle Index was the one that was near and dear to my heart, but I feel that it’s very important for us to define what indicators are important or valuable to us because I keep hearing, “Things are fine because the stock market is going up.”

I said, “No, things aren’t fine. It’s only the oligarchs stealing everything. That is not the right indicator.” So, I think it’s important to have a good indicator, and I think that more attention needs to be paid to it.

I tell everybody to do a time budget; do a sources and uses of your time. Then identify everything in your life that is causing your Popsicle Index to go down. If you can, delete it from your life.

Rappoport: I think that is one of the most powerful things you have ever come up with – the Popsicle Index. The way that I would frame it is: Imagine if the major media in some miraculous way suddenly decided that it was very important and began writing stories and doing broadcasts and so on about what the Popsicle Index is in this community and that community, on this street, and this neighborhood and that city, and why can't we change it? What are the forces that are preventing the Index from going up, and how can we eliminate those forces? How can we get back to what people really want?

You can go into certain neighborhoods – and I've written about this – and if you would talk to the mothers of children, they know what it's like. Don't ask the men, but ask the mothers, "What is your neighborhood like for your kids?" and you will get the truth about the Popsicle Index. If the mothers were actually driving the news stories and the reforms and everything that was necessary to drive that index up, we would have a completely different world.

There is a conspiracy not to consider the Popsicle Index.

Fitts: I'll tell you a funny story. Right when the Feds hit me in 1997, we had a wonderful young TV reporter. We were doing the first community development project. It was like a *Solari* equity pool for your neighborhoods so that you could do things like community offerings to get everybody investing and backing the small business.

We had financed our first in Norfolk, and had this wonderful reporter. We had a donor who was going to donate cameras. She was going to give these little video cameras to the children and teach the local grade school children how to go around the neighborhood with her and film the things that they believed made their Popsicle Index go down. So, 30 children were running around the neighborhood filming what made their Popsicle Index go down.

We had to stop the project because when they came after us, it all fell apart. But here is what was really funny: I kept promoting the Popsicle Index because I thought that if you looked at the capital gains opportunity, the capital gains opportunity is fantastic if you could realign the Dow Jones and the Popsicle Index. You just couldn't control it centrally.

So, I kept promoting and promoting this thing, and then it was in the early 2000's that some reporter picked up on it, and it started to spread virally in an incredible way and it really grew. Suddenly, Alan Greenspan made a huge speech on community and local indicators and why it has to be something that can be verified by academicians.

The important thing to understand about the Popsicle Index is that your Popsicle Index is whatever you feel it is. No expert or academic or anybody funded by a central banker – no scientist or doctor – can tell you that it's anything other than what you believe it is and what you feel it is. So, it is the ultimate expression of a democratic process because it can't be controlled by somebody else.

So Greenspan gave this speech, and you could tell that he was 'mad as all get-out' about, "There is no such thing as an indicator that is of any value if it can't be rigorously and scientifically supported by well-paid academics."

Then suddenly, the censorship came down like a rock at the same time, and that was it for the Popsicle Index. That's when I knew, "It's good!"

Rappoport: You bet it's good! I have to interject something that I could talk about for an hour here. As an example, serious gangs in inner cities will certainly drop a Popsicle Index every single day in every single way. To make a very long story short, there could be Federal prosecutions of a number of these gangs on the basis of the RICO (Racketeer Influenced and Corrupt Organizations) Act, which is continuing criminal enterprise. It's been used against mafia families in New York. That's why it was passed as a law. It could be extremely successful, except that these gangs are distributors of drugs by major drug cartels who wash their money in major banks.

Therefore, you don't see RICO prosecutions of gangs, and the Popsicle Index in these neighborhoods stays way, way down.

If groups that are protesting injustice in these communities and neighborhoods would start to focus their attention on gangs, drug cartels, and banks, watch out!

Fitts: It's all going to bring you back to the banks.

I'll never forget when Kelly O'Meara, who put me onto your work, was all excited because we had been doing a large amount of research on narcotics trafficking, and she had lunch with a very top DEA official who was recently retired. Right in the middle of lunch, he leaned over and said, "Look, honey, let me tell you how it works. Every financial transfer, every bank transfer, every wire batches goes to the New York Fed. They know where every penny is."

Kelly came back and said, "Ohhh!"

Step #4: Optimize Your Time. I talked about doing a time budget, but I believe the most important thing is how you use your time. I put two most-liked *Solari Reports* up that I did with Lawrence Gonzalez, who wrote one of my top ten favorite books called *Deep Survival*. It's really about never giving up and using your time with ruthless focus to accomplish whatever your purpose is.

I also put up something called 'Shadow Work'. The biggest weapon in economic warfare is wasting other people's time. The deep state is a master of creating shadow work for you. So, if I can make every process double or triple the time, and if the insiders spend two hours a year on taxes and you and I have to spend 100 hours a year on filing our taxes, it just adds it up with all of the different regulatory processes.

At *Solari*, I estimate 50% or more of our year is spent on technocratic rules and regulations, taxes, and other compliance issues. It's extraordinary how much time and money we spend.

Rappoport: I can attest to that personally without going into great detail. You have to be ruthless, and say, "Here is another time waster that just came in the mail. Look at this thing. It's six pages of print that I can only read with a magnifying glass from some government agency instructing me on something that I need to do or something from a bank telling me what I have to do or something from a company."

There are companies that are like government agencies, but they are actually companies, and they put themselves into the line-up of distractors that you have to deal with. They have no function. They make money, and just put themselves

in a chain of hand-to-hand passage of data from one operation or agency to another, and they send you stuff, and you have to comply and fill out forms and this and that.

Every time one of these comes, I have to say, “Okay, my blood is not going to boil. I’m just going to sit here. Who do I have to call? What do I have to do? How can I minimize all of this?”

You have to be completely ruthless with your own time for the work that you truly want to do. Otherwise, you’re going to say, “Well, for the last six weeks I’ve done nothing but comply with regulations.”

Fitts: This next one is one that is near and dear to your heart and my heart.

Step #5: Switch to Real Deal Media. I want to read the Walt Whitman quote that I love, which is from *Song of Myself*:

Stop this day and night with me and you shall possess the origin of all poems,
You shall possess the good of the earth and sun, (there are millions of suns
left,
You shall no longer take things at second or third hand,
Nor look through the eyes of the dead,
Nor feed on the specters in books.
You shall not look through my eyes either, nor take things from me,
You shall listen to all sides and filter them from yourself.

I am convinced there is nothing more important than getting good access to information and having a good map, and I am constantly frustrated.

You know my story. I had a dreadful experience with *The New York Times* in the Bush Administration, and then a worse experience with *The Washington Post*. When it happened, I said, “I will never again give them an hour of my time. That’s it!”

What is interesting is that they keep calling or writing, and I have this little template email that says, “Here is why I don’t speak to people from *The Washington Post*,” and it tells the story of how much time and money of mine

they wasted.

Whether it's the shriek-o-meter (which I used to call 'corporate media', but I don't call it that anymore), and hope porn and fear porn and lousy sources, I see so many people whose time is completely wasted with bad information. It's heartbreaking because if you don't have a good map, if you drive to California and your map is wrong and you end up in Maine, that is a huge waste of time.

Rappoport: Indeed, no question about it. That was one of the first things that propelled me into working as a reporter. There was a news story back in the late 1970's about how in the Angeles National Forest, they were going to spray a pesticide. It was one of the pesticides that contained dioxin –was perhaps one of the most toxic particles on earth. I don't know why. I hadn't been working in any way as a reporter or anything close to it, but I went 'nuts'.

I ended up talking with a news head on a local station, telling him that I knew about this pesticide, and there was information as to how toxic it was. I think it was the next July 4th, and there were going to be all kinds of campers out there. He said, "This could not be true that this is a dangerous pesticide."

I said, "It is true."

He said, "No, it couldn't be true. They wouldn't do that. I'm going to check with one of my sources."

He actually got back to me, and said, "You're crazy. I spoke with one of my scientists, and he said that this was ridiculous."

That is when I saw that it's dangerous and time-wasting, and all of these kinds of things all rolled up into one. You have to get at the truth of something to know what is actually going on.

Fitts: The fact that I ended up working in a function known as media is ever-shocking to me. I've been raised to only speak honestly with 20 people either on the trading floor or at the Jockey Club or lunch or dinner at 21, and that was it. So, the first time I had to get on a radio show and talk to a million people, I froze. I was like, "How can I talk about this?"

The only way to find an avenue to be truthful is to do your own.

Rappoport: Exactly, to do your own. If you don't, there is no way out. Your experience is also my experience.

In talking to mainstream reporters or editors, I realized fairly quickly how much of a waste of time that was. There was no way that I was going to convince any of them of anything. When they approached me, that was even worse because they were prepared to do some sort of a hit piece or try to put me up as a ridiculous example of something. It's just like 'taking the bait'; that's all it is.

"I'm going to give you the bait, you take it, and then I demolish you. I waste your time, and then you stumble off and don't quite know what happened, and try to figure it all out."

You can't be relying on these people to ever tell you the truth about anything.

Fitts: That is why occasionally, I link to articles from them if the article was useful for some purpose, but generally, I just ignore the whole profile.

Once you've had a very low integrity experience with any of these sources, the best thing in the world is to shed them.

Step #6: Vote for Excellent Leadership.

Step #7: Participate in a Solari Circle. I should mention that I had my attorney write a new piece on *The Solari Circle*. I tried to encourage people to get together because there are so many things that you can do to take action together, particularly in a neighborhood, where you can save each other time and money. You can help each other kick up your learning metabolism on all the things that you need to get more resilient.

Some people like to do it, and some people don't. You should do what gives you energy. It comes down to whether you can find people you can trust to 'watch your back'. I think in a world that is becoming increasingly dangerous, if a local snitch tries to say that you wear polka-dots, you have eight people who

will line up and say, “No, you don’t.”

We will talk more about that later, so we won’t go into that now unless there is something that you want to say on it.

Rappoport: No, except that I think it’s a great idea if you can pull it off and do it in a way where you don’t immediately try to organize everything. There is usually somebody who will want to structure everything, but really what is necessary is that people are talking to each other. They are talking, and things organically develop. People realize their common interests. That is the inspirational, energetic piece that is absolutely necessary.

Fitts: The goal is to help each other with what is in your face this week. There are many ideas that might be useful, but it’s like a buffet; you take and use what you want.

You have to let things evolve, and it has to be very organic. One of my favorite authors says, “Your family are the people who don’t turn you in.” Those are the people you will need.

II Our Living Equity

Step #8: Create Excellent Health & Well-Being. You know a tremendous amount about this, having been married to one of the great nutritionists of all time. She helped me immensely.

The quote is, “To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control one’s own mind.”

I’ve linked to the *Food Series* and the *Wellness Series*. We have a tremendous amount of information including some great interviews with Dr. Laura Thompson. I don’t know if you want to say anything on this. This is rather obvious, and I have to say this. When I first met Kelly O’Meara, who turned me onto your work, I thought, “They are stealing all of the money, they are stealing all of the money.”

Kelly said, “That’s not as important as the fact that they are drugging all of the

kids, and they are lying about HIV, and they are poisoning all of us. That is more important.”

I didn't get it. I was thinking, “They can only do that because they are stealing all the money,” but I finally came around to realize that Kelly was right. It is more important that we stop them from poisoning our children than we stop them from stealing our money.

Rappoport: There is so much to say about that. As far as personal health is concerned, all that I can say is that you come to the progressive realization that you know more about your own health than you think you do.

Whatever that knowledge is, it is energizing and healing if you pay attention to it as opposed to saying, “Well, I know nothing. I will never know anything. I have to absolutely 100% rely on somebody else to tell me what to do.”

That is a major fallacy because somewhere along the line – no matter who the healer or the practitioner is – you have to be looking into yourself and coming to your own conclusions about what works for you. Some of that is not even going to be physical; it's going to be spiritual. It is going to be creative; it will be mental and emotional.

Things that you know, if you don't pay attention to them, it's as though you are on your own train and yet you are trying to get off the train or move the train onto somebody else's track, and it just doesn't work.

Fitts: One of the most interesting things about the last year is that I can't tell you how many subscribers, including people who are doctors and nurses, are coming back to me and saying, “Oh my God! My colleagues are going to get these injections, and I just realized that they know nothing about health.” It's frightening!

The subscribers who have the best result in terms of health know how to navigate. They take responsibility for their own health, and they do as much as they possibly can on their own or with natural methods. They only dip into Western medicine when it's appropriate – like if they had a car accident and broke a leg and needed a trauma expert or an orthopedic surgeon to fix their leg.

But when they do, they dive in with such insistence on understanding what is going on and making sure that they have the right person.

It's a system where getting the right person is the best thing that ever happened, and getting the wrong person could kill you. You really have to navigate, and you can't do that unless you invest time into educating yourself.

I have to say that learning in this area is one of the best investments of time that I know if you want to be financially successful. Health problems are the number one cause of financial problems.

Rappoport: Yes, and the number one distractor. How are you going to operate if you are in ill health all the time?

Fitts: Step #9: Create a Beautiful Home. This is a favorite for me. As a *Solari* resource, I have one of my favorite *Solari Reports* that I ever did with a very dear friend of mine, Eunice Boston. She taught me how to clean. She has a cleaning company, and she brought in a crew that cleaned our office. We tell the story in it called *Coming Clean, Transforming Lives through the Power of Cleaning*.

Eunice said, "Look, you have to reach a certain level of cleanliness before the angels come, and you need angels." She taught me all about this.

She brought a crew in. The FBI and the HUD Inspector General and their people came in, and they were there for four or five days in our offices. They did 'number ones' and 'number twos' on the floor. They crushed food and cigarettes into the carpet. The place was spotless before they went in; we had designed it around the look of a Japanese tea house; it was beautiful. We won a big award from the American Institute of Architects for Advanced Facility. The pictures are up on the Dillon Read story in the resource center.

It was disgusting with the smell and the effluvium. I walked in and said, "I cannot leave it like this." So I used my own money, and hired Eunice. It was like that scene in *The Godfather* when he went to the undertaker and says, "I need you to use all of your powers."

I said, "Eunice, money is no object. I am paying for this personally. Get your

best crew, and bring them in. I need you to do the most difficult job you've ever done.”

She came in, and she and her crew went through and cleaned the whole office. Then we had a prayer service to cleanse the place because it felt demonic. It was the weirdest feeling in the world.

The property manager came in on Monday. He thought that he was going to have to clean it. He was an immigrant from some South American country that had these terrible situations where there was a substantial amount of genocide. So, he was an escapee from the genocide. He walked in, and was so ‘touched’. He turned to our facilities manager, and he said, referring to me, “Tell Austin that I saw them try to falsify evidence when they were in the space. If she gets her attorney, I will give him an affidavit.”

So I got my attorney, and we acquired the affidavit. Sure enough, they had tried to falsely frame us on an obstruction of justice charge, and we were able to produce documentation that they had engaged in a criminal felony and had broken the law. Of course, it stopped it ‘dead’; it didn’t get them fired, but it stopped it ‘dead’.

I think that if it wasn’t for that affidavit, I would have ended up in prison. It was a total frame job. I absolutely believe that Eunice’s cleansing efforts and her prayers changed the whole thing around and literally saved my life.

I’ll tell you that I believe in the power of cleaning; I’ve seen it work.

Rappoport: That is amazing!

Fitts: As I said, she is an amazing woman. It’s public now, so anybody can access it. It’s an astonishing story. Listening to Eunice talk, she can see the energy in a space.

When I was very, very wealthy, I used to give people a present of a spring cleaning by Eunice and her crew. She has all these ex-corporate executives. She has one person who used to be an executive at AT&T, and she has another person who was a very successful stockbroker. These are all people who said,

“You know something? I’ve had it with the corruption. I’m leaving. What can I do?” And they end up working for Eunice and cleaning.

She works for all of these big celebrities. For a super cleaning job, they can make a large amount of money. When I tell you that these people are amazing and they are fast, they are.

Somebody would go in, and the crew would show up and spend three or four days cleaning everything so that it was spotless, and you’ve never seen cleaning like that; it’s spring cleaning.

People would call me and say, “Oh my God! Why didn’t you tell me that was a spiritual experience?” It changes their lives.

Eunice used to tell me, “I can’t change the corruption, but I can get into their homes, and I can clean their homes, and I can un-corrupt their space. That helps get them to un-corrupt their lives.”

Rappoport: It works. It’s amazing!

When I was a child, I had this serial pattern which was in my room, and things would get more and more messy. I would play games and leave pieces on the floor. I had ‘this and that’ – whatever it was. There would be a low-level battle between my parents and me, “Clean it up.”

Then one day, on my own, I decided, “That’s enough!” Then I would get inspired, just like we talked about earlier, and I would clean everything and put everything away – no matter how long it took. Then I would call my parents in and say, “Take a look at this.”

They would say, “Oh my God! What did you do?”

“I cleaned up everything.” And I would feel like I had left one life and entered another.

Fitts: On the days when it was so depressing, when I couldn’t bear to even look at another subpoena, I would have a list of things that I needed to do, and

I would just clean my closets. The next day, it would be like a force multiplier: There would be momentum because I hadn't just given up; I had gotten something accomplished.

One thing about me is that no matter how bad it is, I can always clean.

Step #10: Strengthen Your Relationships. Remember when I said to do a time budget and make a list of everything that is lowering your Popsicle Index? We also need to look at everything that is raising our Popsicle Index. Who are the people that make our Popsicle Index go up?

One of the things that I find plenty of times is that people celebrate and honor and respect the Kardashians, but they don't celebrate and honor the people making their Popsicle Index go up. You don't have your eye on the prize here.

There is a great quote that I love from Nikki Giovanni that I put at the top, "I do think it's not asking too much for you to engage those among you who are visionary, and remove from your life those who offer you depression, despair, and disrespect." Get them out.

Rappoport: There is no winning that battle by enduring the problems that are deposited on you by people who are determined to celebrate doom in one form or another. That is their art; that is what they are painting all the time.

You think, "Well, if I can just get them to see the light on this problem, then we will be okay," but, no, there is an endless series of problems that they are ready to bring up that will put you in the hole forever if you keep on staying with them. That is the way it goes.

I've had this happen to me numerous times in my life from the time I was a child. Looking back, I can see, "There is a friend; there is sort of a friend. I did get something good out of it, but there were two years there where I was embroiled in nonstop insanity because of that person. The minute he was gone, everything came back, and I felt better."

Fitts: With what is happening with the mind control in the U.S., I watch many people struggling because they have to separate from people who were good

friends or family, and it's very painful.

Rappoport: Especially with family. You get an email where somebody says, "I understand everything you are saying. I agree with you. But every time I bring it up to my family, they tell me that I'm crazy, and we get into arguments. What can I do?"

Well, what do you think you can do? Are you going to just sit there and go through the infinite labor of trying to deal with these people – whether intentionally or habitually – crushing your soul? "I'm going to sit here and endure it because I have to." Not really; you don't have to, but it is painful.

Fitts: When I was in Hickory Valley, the other thing that I did was my approach to other people was, "How can my knowledge be useful to you?"

One time I had a wonderful relative come to me and say, "I told my husband this morning that she always knows what is going to happen. So, I decided that this is how we are going to relate. You are going to tell me what I should do so I'm prepared, but I don't want to know why I should do it. So, just tell me, 'You might want to consider stocking up on beans,' but don't tell me why."

I said, "Fine! I'm happy to do that."

I think it's very important to use your knowledge to help people according to what they need and not try to inject into their life knowledge that they don't want today.

Rappoport: I agree. Also, there are moments when you can see a way out. I can recall many, many 'moons' ago when my parents and I got into a horrendous conflict. We weren't talking to each other for many months. Then my mother got in touch with me. We were living in the same city, but not the same house.

I said, "Let's get together. Let's have supper. I just have one condition: We don't talk about the past at all."

People could say, "Well, obviously," but for me, that was a revelation that came

to me. If I could just get that on the table, and we could agree, maybe things would work out.

They said, “Yes,” because they were not happy and I was not happy. We sat down at a restaurant and had supper. We had a nice conversation. There was a feeling that took place at the moment simply because we agreed not to talk about the past.

When I walked away from that, my mother was in a cab, and she was waving at me through the back window as they drove away. It was like a revelation.

Fitts: That’s great!

Rappoport: Sometimes you get those moments where you see, “I can do something here. It isn’t necessarily the most obvious thing or the most rational thing, but I see a way out of this insoluble problem if I say this or do this or I get my opponents to agree to something. Then we can start over again.”

Fitts: Right, and you can get something done.

Step #11: Honor the Children in Your Life.

One of the links is *Gifts to the Children We Love*, which is a book I wrote initially for my clients. I discovered that in every family there were children who needed support – greater support than they were getting. Some people in the family had money, and other people in the family had time. But what the children needed required both. I wanted to beat them all up and say, “Will you guys get together?”

They said, “I don’t have time.”

“Yes, but you have money, and Harry has time. You put up the money, and let Harry put up the time. Pay Harry to do it. Don’t let this go by.”

I think that the children right now in our world are sorely in need of greater respect and greater protection. It’s a very dangerous world for children right now, and I think that every one of us should make this a priority because they

are our future.

Rappoport: Absolutely, and I would add to that that there are times when parents have to ‘put their foot down’. We live in a culture where increasingly, for the last 60-70 years, the theory has been, “Well, you just permit everything because you have to. Otherwise, you are nasty, and you are authoritarian.”

No. There may be repercussions when you put your ‘foot down’, but it’s good. This is the situation, and this is what is going to happen. Period. End of story.

If your child accepts that, regardless of how they accept because they must accept it, they learn something. “Okay, so I can’t do everything that I want to do. That doesn’t mean that I’m a slave or that I’m being put upon. I’m free, but there are certain things where it’s not up to me to decide. That’s good.”

Fitts: I have a post that I did called *Mind Control Tactics Used on Young People and Children*, which I will put up the link for, and one of the ‘drums I beat’ often is that digital technology gives some of the most powerful psychopaths in the world direct access to your children.

I finished reading a book called *Irreversible Damage* about the effort to get young women to engage in transgender pharmaceutical treatments or surgery without their parents’ consent. The number one recommendation of the journalist who wrote it, Abigail Shrier, is: Don’t buy your children a smartphone because it’s dangerous. This stuff is dangerous.

Rappoport: It’s hugely dangerous, especially that part about ‘without consent’. You see parents, and they are mind-controlled and brainwashed into believing that all these non-issues suddenly have to become vitally important and on the table with their children. It’s as if these children are geniuses at the age of ten who are making up their minds about what their bodies are going to consist of 20 years from now. It’s just patently ridiculous, and the social constructionists who are trying to foist a whole new civilization on us want to make it seem as if this is just ‘every day at the office’ that you let your children make these momentous decisions about their own when it’s suicide.

Fitts: Step #12: Create Community. This is another one that we could talk

for an hour about. Every four years, I beg *Solari Report* subscribers to ignore the Presidential election and to focus on the local elections and local leadership. There is so much that can get done if you will just invest a little time.

If you look at what is coming down from Washington and the central bankers and this reset, this is where trench warfare will be fought for freedom. There are many different opportunities. There are many resources here on different opportunities to protect the food supply, to protect safety, and to protect property rights.

The war will come down to your state and local jurisdictions all around the world. It's the same worldwide. It's the places where you have clusters of people who are willing to fight for freedom. Look at the difference between being in South Dakota versus New York City.

Rappoport: Enormous differences. Look at what has been happening even in a populous state like Florida, where somebody has gotten the ear of the Governor and has awakened him to some of the incredible COVID deceptions. Governor DeSantis's decisions have made a huge difference in the life of millions of people there.

Fitts: It's unbelievable. He just published an article in *The Wall Street Journal*. It's an essay entitled, *Don't Trust the Elites*.

Rappoport: I've read it. It is fantastic.

Fitts: He is quite a hero. I would love to know the backstory on how he 'pulled it off'. It's one thing to try to do it, and it's another thing to 'pull it off'.

Kristi Noem (Governor of South Dakota), in her speech at CPAC, explained that Anthony Fauci told her that there were going to be 10,000 people trying to get into the hospitals. She said that at the peak, they had 650.

We've had some great people on *The Solari Report*, and I listed some of them, like Chuck Marohn from Strong Towns. We recently had the head of the Tennessee Firearms Association. I don't know if you know this, but Nashville, Tennessee, was the number one drop-off place for U-Hauls in 2020. I told John Harris, the

President of the Tennessee Firearms Association, “Every realtor in Tennessee should call you and say thank you.”

Senator Frank Nicely is an amazing legislator in Tennessee on protecting your local farmer. We have two links for Frank Nicely. There is plenty of good information.

Step #13: Value Nature. We have Jeffrey Smith on GMOs and Bertram Verhaag, who is that great German director who did *Scientists under Attack*. Another one that we have listed is a piece I wrote after I had a screaming match with an environmentalist trying to bully me into promoting climate change on *The Solari Report*. Good luck with that!

It’s called *An Intelligence Conversation about the Environment* where I told him, “If you can answer all of my questions about the environment, then I will take a position on this,” and he couldn’t answer any of my questions.

I think that nature and the environment are very, very important, but we are at a time when the use of climate change and love of environment to control and destroy human rights is profound.

Rappoport: Absolutely profound, and that is the plan. So that there is no misunderstanding about it, and I keep repeating this over and over again: What is behind the whole scientific false front about climate change is the technocrat premise that they want to lower the production of energy and the use of energy all over the planet. That is what is behind all of this. They say they want to transfer it.

Fitts: I wouldn’t say that they want to lower it; I would say that they want to lower the use by the general population.

Rappoport: Yes, but there are some people who, of course, would be immune from that. Certain corporations and government agencies can do whatever they want. But to you and I and people at large and whole nations are who they want to lower the energy production.

Patrick Woods spells this out very well in his book, *Technocracy Rising*. The

history of the technocracy movement starting in the 1920's in America was where engineers got together and said, "The problem with the world is politicians, so we have to get rid of them so that we, the engineers, can run the world as if it were a machine, and everybody has a slot in the machine. But the thing that we need to do is to measure in real time – moment by moment – the overall production of energy and the usage of energy as numbers, and we don't have the technology yet to do that." But now they do.

Now they can say, "Energy quotas are the following..." and that is how they intend to run things.

Fitts: They can literally turn off your freezer or your appliances in your home if you're not good.

Rappoport: They say, "We are going to have brownouts here and power outages there." You saw what happened to Texas, which is a wretched story on many accounts.

This is where they are going. They need to be able to say to people, "If you want energy, then you behave. If you don't behave, you don't get energy."

Fitts: When people say, "We want to lower our energy use," what we are looking at with crypto is one of the greatest 'energy hogs' of all time. So they are driving energy use up wildly.

I was just reading David O'Hagan's fabulous article on COVID-19 injections where he collects all the amazing quotes from Moderna saying, "This is our operating system, the software of life..."

He has one great quote from Microsoft and a video of a Microsoft developer talking about how they can install a computer in every cell.

I was talking to Sofia Smallstorm, and she said, "There are people who believe that they can turn your body into a computer on the network, and they can literally do bitcoin mining as you are walking along."

I said, "Sofia, I'm a great one for collecting creepy technology stories, but I'm

going to wait on this one because it's too depressing, even for me.”

Step #14: Raise Your Learning Metabolism. You are the master of this because you just keep learning. I love to learn.

On ‘*Let's Go to the Movies*’ on *The Solari Report*, I had a documentary called *The Booksellers*. It was about New York at its height when it had almost 400 bookstores and the culture of people who loved to learn.

Some of the resources that we have under this one are several that you and I have done on ‘*Best Books*’ and ‘*Best Movies*’. Documentaries and movies are some great ways to learn.

Then in 2019, we did a huge amount on Leonardo da Vinci, and we have a link to that. He was the ‘*Hero of the Year*’ and our big project for the year. I think da Vinci was a person who loved to learn; you couldn't stop him from learning.

Whatever is going on in our world, there is always more you can learn that will help you navigate. What I say to everybody is this: Raise your learning metabolism. Start learning.

Rappoport: And go where you want to go. There are certain places where somebody would say, “Well, this is what you have to learn about,” and then you say, “Okay,” and you go there, and the first thing that you do is fall asleep. That's not where you should go because that is something for you that is – at this point in time at least – impossible.

I've had this happen to me over and over again where I will say, “When they say that they have sequenced the virus and they know the genetic sequence, what are they talking about?” That is a question that I've asked myself for years.

Then I try to find out, and I go to sleep because the number of technical terms that you encounter is outrageous; there are dozens and dozens of acronyms and words that you have never seen before.

For that moment, that wasn't it for me, but when I went ‘next door’ to look at the adverse effects of medical drugs, now I understand what I'm looking at here.

Then I would go back to genetic sequencing. Finally, about eight months ago when I started reading and listening to Dr. Andrew Kauffman and Dr. Tom Cowan, it all started to come clear. I finally understood what the deceptions were, what they were talking about, how they were doing this that was ‘roping in’ all kinds of people, “If they say they have sequenced the virus, then they must have sequenced the virus.”

I’ve had professionals who are rebels in every other town that you could imagine when it comes to science say to me, “They’ve sequenced the virus. They have to. Look at all of these studies.”

I say, “Well, aren’t you the one who said that when it comes to this other scientific subject, XYZ over here, there are thousands of studies that are completely nonsensical? But now you’re saying that these studies about sequencing the virus are all valid? I mean, can’t you see that there is something here that maybe you should think about?”

“No, no.”

That is all a ‘long-winded’ way of saying that the inspiration to learn should occur to you naturally and organically. What do you want to learn about? It doesn’t matter. If you pursue that course, your IQ is going to go up, you will get smarter, and then in some other areas where you decide, “I should learn about this,” you are going to be more capable of doing it because you’ve raised your IQ learning about something you want to learn about.

Fitts: Right, your intuition is the best navigator here.

Rappoport: Absolutely.

Fitts: Let’s turn to money.

III Our Financial Equity

Step #15: Appreciate Money as a Power Tool to Build Your World.

One of the things that happened to me when I started on this journey in leaving the establishment and trying to figure out what was actually going on was discovering that there were many people – who for many legitimate reasons – hated money. They hated money, they hated bankers, they hated the financial system, and they thought that the whole thing was a fraud, a scam, evil, etc.

They didn't understand that if you took the time to understand money, it could improve your personal power. They didn't understand that money really was a power tool.

I told you many times that one of the shocking things for me in this experience was that I was brought up to believe that conspiracies were the fundamental operating principle of getting anything done in this world. In other words, you have a group of people together, you came up with a plan, you implemented the plan, and you stuck around and kept it secret, and that's how you built the future – one conspiracy at a time.

Most of them were perfectly legal. So, I'm not talking about doing anything wrong. You build your future through making plans and implementing projects and implementing transactions. The future is created from transactions.

So, I was shocked to think that people thought that money was bad or that conspiracies were bad. It was like, "How could you have any fun in this world without conspiracies?"

It's a tool, and anybody can learn it and understand it. Believe me, I do understand why some people would find it hard or frustrating. I've had to spend an enormous amount of time in the last twenty years trying to learn about biological sciences. I find that biological sciences are about as easy to learn about as some people find money to learn about. Yet we are all being forced to learn these other disciplines.

Do you have anything on learning how the money works around you?

Rappoport: Yes, I've gotten plenty from you about that – plenty. That is one of the areas where I just 'kind of go hooey'. I always go back to the starting gate; I take a few steps in, and then I come back and say, "Wait a minute. That

doesn't make any sense.”

After listening to you and reading what you've written, I've gotten footholds. “Now this is beginning to make sense.”

When you talked, for example, about how the protests and riots in certain areas were in a straight line along cities, and how this now becomes fertile ground for bargain-basement prices to buy up all these areas that have been destroyed, now that is making sense to me from a money point of view.

So, yes, it is very important.

Fitts: Things that look incoherent, when you look at them financially, make total sense.

Rappoport: Yes, including the premise that you hate money. That begins to resolve when you learn about money. I can attest to that myself.

There is a thermometer that is also operating, which is the more that you become successful at getting money, the more you begin to see how it works, but if the thermometer goes down, the less a person tends to think, “I don't understand money, and money is bad. I don't want to have anything to do with it.”

I've seen this in myself. There have been times when I had zero money, so I would think, “Money is evil. People who are involved with money are evil. I'm not interested in money,” and then I would do something, and I would make some money. Then I would stop and say, “Wait a minute,” and my thoughts are now different. I can learn about it.

So there is that, too.

Fitts: When the economy is working right, the ability to generate a profit tells you that you are being useful.

When you have an economy that is so overrun with central banking printing, that is the problem; they print money and buy everybody into doing something

that is fundamentally not productive. Then you get these divides in society between the people who earn money and the people who can print money or be the friend of people who print money. Then you get these kinds of messes.

There are plenty of resources for this step.

Step #16: Learn How the Money Works Around You. I am a big believer, whether in your industry or in your jurisdiction, in trying to get a good map of how things work.

I'll never forget Franklin Sanders being frustrated that he couldn't get his neighbors interested in anything. I finally mapped out how the Federal money was flowing into his neighborhood and who was getting what, including the USDA government subsidy database that shows right 'down to the farm' who is getting what. I took it to his house. He read it, and I thought he was going to fall on the floor. His mouth dropped, and he said, "Oh my God! Everybody around me has been bought by the Feds!"

I said, "I told you. you have to understand how the money works around you."

Rappoport: I believe that is another one of the biggest things that you have talked about. Suddenly, the 'lights go on'. For example, where I live, there is a huge university. Looking around, I would think, "Most of the money flows in this area must have to do with the university."

Well, much of it does, but, no, it turns out that the biggest employer in this area is the hospital.

Fitts: Yes, in the 1990's, the Feds made it a huge business to grow the hospitals and build numerous hospitals and pour money into healthcare. It was the engine that was driving the stock market and much of the real estate construction.

Rappoport: A person who I know teaches in the University of California college system, which is like its own empire. The two biggest university systems, interestingly, are California and New York. They are gigantic.

I was talking with him one day, and he said that one of the things that you have

to realize about the University of California college system is the amount of money within that system that goes into medical; it goes into medical research, hospitals, treatment, grants for research, etc. He said that you would not believe how many departments and divisions and sections and areas are completely controlled by flows of money that have to do with medical, medical, medical.

Even within those systems where you think, “This is education,” it’s medical.

Fitts: When I was driving around; I put over 500,000 miles on a couple of Nissans driving around the country from 1998 on. There was a period after the financial crisis, which actually started before, where you could see that the planning had been done after 9/11. What you saw were three things in every community all across America: You had a new corrections facility or courthouse or both, and they were basically to cycle people through the narcotics trafficking and illegal drugs. You bring in the drugs, and the buyers go ‘out to the grave’. You run it through the prison system and the correctional institutions. That is the private prison game that I described in *Dillon Read*.

I got a traffic ticket near Franklin Sanders’ house. I went there (to the courthouse), and half of the county was being processed through with civil fines. You’ve never seen such a beaten-up group of people, and they were getting constantly turned by this system. It must have cost a fortune. The richest thing in this whole county was the courthouse and criminal justice complex. So that was number one.

The other was the hospitals. They were building all sorts of hospitals, but in all of the grocery stores and Walmart, they were completely reengineering the design and target of the store to significantly increase the pharmacy and the drug square footage. You realized, “Oh, the way that they are going to lower life expectancies is for the poor people to go through the criminal justice system, but the middle-class people are going to be processed in the healthcare system.”

It was frightening because it was your vision of Hotel Auschwitz.

Rappoport: I interviewed a person who works for the DEA about the opioid scandal. He was the person who confirmed for me that a law was passed in 2014 during the Obama Administration. Obama signed the law.

He said, “This law made it far, far more difficult for the DEA to go into pharmaceutical companies where they knew that those companies were shipping enormous numbers of opioid drugs out the door for illegal trafficking purposes.” It was far more difficult, if not impossible, to shut this kind of thing down. The law was passed in Congress virtually unanimously without comment.

When *The Washington Post*, of all papers, actually ran a good piece on this, they mentioned that they had reached out to Obama for a comment, and he had no comment whatsoever on this law.

Fitts: I will tell you something: The predatory lending and the FDA approval of oxycodone started exactly at the same time. In October 1995 or 1996, the budget deal blew up, and when the head of the largest pension fund in the country said to me, “They’ve given up on the country. They’re moving all of the money out, starting in the fall,” he meant that budget deal.

The deal blew up, and it was like somebody rang a bell: If you can’t get the funding behind the retirements and the promises, then you have a lower life expectancy; it’s actuarial algebra. “If I can’t get the funding, then I can’t keep the promises.” This means that people have to die younger.

It was the next month that they approved oxycodone, and I don’t think that is an accident. Then suddenly, those neighborhoods were being flooded with predatory lending, oxycodone, and illegal narcotics.

I’ll never forget: At the same time, the FHA approved a new business plan to flood those neighborhoods with mortgage credit. I said to the controller, “Look, you’re talking about more mortgages than there are houses. People are going to have to refinance their homes twice a year from prison.”

She turned to me, and said, “Shut up! This is none of your business.”

So they knew; they knew exactly what they were doing. They were going to run everybody out by putting them into a mortgage and then defaulting them and getting them out, but this attack on the population was very concerted, and it came immediately after that budget deal busted.

Rappoport: You see that again. When it comes to money, these are things that people can put together. They can understand rising higher to look down on the whole scene. Looking down, you can see the manipulation, which has nothing to do with being an entrepreneur and earning a living doing what you truly want to do.

Fitts: Yes, but it has much to do with ducking.

Rappoport: What I'm saying, though, is that understanding how the game is played is not a reason to hate money.

Fitts: Exactly, it's a power tool. Other people are using it against you, so know how to navigate.

Step #17: Eliminate Debt, Create Financial Freedom. Part of what happened with COVID-19 is a debt trap. You shut people's income down, but they still have to pay their debt. It's different ways of putting people in a 'barrel'.

I am constantly warning people to be very careful about debt, particularly because in America and many countries around the world, the Fed banks are borrowing at 1%, but you are paying 16-17% on average on your credit card. So, be very careful because between usury and the little games, you can really get hurt.

One of the things that I want to mention is that I have a wonderful little piece in these resources that I did called *How to Find and Evaluate a Local Bank*. This is the one that I am always 'bugging' you about: Having a bank that you can trust and where you know decision-makers and you have a good relationship with can make a world of difference to the quality of your life. It takes time to build that relationship – to find the bank and build the relationship – but I found it absolutely worthwhile.

We have a group. The New York Fed Member Banks, in my opinion, are dangerous. If you look at the criminality they've engaged in that has been well-documented, I said to one person on the January 6th event in Washington, "What is your estimate of how many of the people who showed up in

Washington on January 6th had a bank card or a credit card from one of the big New York Fed Member Banks?”

They said, “Probably about 70-75%.”

I said, “What if they all stayed home and used their time and money to move their bank account?”

They said, “That would have been a revolution.”

I’m telling everybody to get the bank that you deserve. That is one way to use a group of people. Get some of your friends together and do the research and figure it out together. There is not a local bank or credit union in this world that if you showed up with five or ten people and said, “Would you give us a presentation?” that wouldn’t fall over backward to give you a presentation.

Step #18: Vote with Your Money to Build Real Wealth. This is really about focusing your time and attention on building things that last.

Where I am right now, I’ve been reading the history of the Hanseatic League, which is a group of merchants during the Middle Ages who provided a form of governance and management structure when governments weren’t there. Their tagline was, ‘Serious business with long-term partners’.

I keep seeing so many people around the world running off on doing things that I consider to be scams. I can’t tell you how many people I’ve seen get lost in the Dinar (Iraqi Dinar Investment) scam, which just ‘drives me crazy’. They lose money, and they lose time.

Look at making money with something that makes a difference in people’s lives.

You have an audio that I’ve listened to maybe 10-20 times. It’s the one that has the arrow of magic in it. What is it called?

Rappoport: *The Voyage of Merlin.*

Fitts: Yes, I listen to it on the long drives, and I can’t tell you how much value

that audio seminar has added to my life. It's a perfect example of one person doing something, and it creates enormous wealth for the person who buys it.

It seems there are so many different things that we can do in this world to be useful, but when you build a career or when you build a way of using your time every day, do something that builds real wealth; don't be part of the scam.

Rappoport: I would add another shading to that, which is if you are doing something that you want to do that will potentially earn money for you, then if you keep doing that thing, something is going to happen of value for you, and it is going to be proof positive that keeping at it – no matter what – actually has results. That is a very interesting 'one-two punch'.

I'm certainly not alone in this. Many, many other people have experienced the same thing. You do something that you truly want to do, and you begin to earn money. Then people show up, and say, "Why don't you do this? I like what you are doing now, but if you were to add that onto it, then you could create a whole other division over here." It just keeps on going over time. Every time you look at one of these suggestions, you say to yourself, "Yes, but that is not doing what I want to do; that is now looking at the whole area of what I want to do as if it were only and solely a money machine, which it isn't. That is why I'm not going to do that thing."

Then the person who made that suggestion grumbles and goes away. "Well, he wouldn't take my advice. I could have made him \$10 million. He just kept on doing what he's doing," and on and on.

How many times has that happened to me and to many other people? If they don't become sidetracked and just say, "That's interesting," and they go back to doing whatever they want to do, they see that leaves are blooming on those branches and flowers are coming out and fruit is developing on the tree of doing what they want to do. Money is coming in, and it's okay; it's fine. They didn't have to suddenly take this other position that other people are suggesting.

Fitts: We are going into the next one.

Step #19: Vote with Your Job. I'm going to tell a story that I've told many

other times, but I love this story. I don't think that you've heard it.

I was with Congressman Dennis Kucinich in Washington after he left Congress. We were having breakfast, and decided to walk across Union Station to find a different restaurant because the first one was too noisy.

As we were walking across, one of the senators from Delaware came in. It was a person who had been elected after I left Washington, so I'd never met him. He and Dennis were friends, and they started talking. Then Dennis introduced me. The senator was being very polite, and said, "What do you do?"

I said, "I publish something called *The Solari Report*."

He looked at me like, "What's that?"

I said, "Well, I have a group of really fabulous subscribers who pay me to go where I want, research what I want, write about what I want, interview people about what I want," and I was trying to be light and funny.

This wave of grief came over his face, and he said very sincerely, "How can I get that job?"

I said to him, "Senator, the apprenticeship is a little rough!"

That is when I realized, "God, I'm lucky!"

Rappoport: I wish I had been hovering in the background with a video camera when you had that conversation.

Fitts: I'll never forget one subscriber saying to me at an event, "I can't believe you are willing to work for us rather than George Bush."

I said, "You can't imagine how grateful I am that I work for you instead of George Bush."

Rappoport: Really?

Fitts: Yes.

Step #20: Profit from Protecting Our Natural Resources & Infrastructure.

We have a great interview with Eric Toensmeier on Permaculture. There are so many ways of investing in the natural world and the infrastructure around you, and there are so many ways that are good business.

I'm in the Netherlands, and just watching these people deal with water and engineering water, it's like a mastery. They've raised it to a craft that 'takes your breath away'. To be in a city or a town where the canals weave in and out and the locks and the water is doing 'this and that', it's all wonderful.

If you look at our physical world, there is so much opportunity to contribute to it in a way that is good business for us. It can be good business.

Rappoport: Absolutely.

Fitts: Step #21: Invest in the People & Assets You Know and Trust. I'm spending a great deal of time on this, and I'm going to spend even more time on this in **Take Action**. I'm a great believer in families that help each other out – whether it's your biological family or the family you've created when the mind-control divides and splits you from your family.

We have a wonderful *Solari Report* with a man named Jay Hughes. His book is *Family Wealth*. It's about families sitting down and saying, "How are we going to help each other succeed as human beings doing what we really want to do?"

Some people in the family want to do things that make money, and other people want to do things that don't make money. When a family can conspire to help each other succeed, it's amazing what can happen.

I also talk plenty about how you need to stop financing your enemy. I'm always shocked when I see people saying, "Well, these pharmaceutical companies are going to make a lot of money at these vaccines. Let's buy their stocks and make money with them."

I think, "Do you really want to make money poisoning another generation of

children? How is that going to build a real society?”

The problem is not that they are putting the money in the pharmaceutical stocks; the problem is they are not building the world that they want to see.

Rappoport: That is such a crucial difference to see that. We go back to what we talked about in **Inspiration and Imagination**. When you see or envision the world that you want, if you could do that, then you look at the way things are, and the way things are becomes much clearer to you. You say, “Wait a minute.”

If you can only look at the way things are but you can't envision the world that you want to see come into being, then you are stuck. Where is the exit door to the way things are? You don't have one. But when you do have one, then you can look at the way things are, and can say, “That's not what I want. I don't want to be in there, and I don't want to contribute to that. I don't want to build that up at all, and I don't have to because I can start to work over here building the world that I want to see.”

This is where so many people fall down. They've never been in a conversation with anybody about imagination. They've never spread that out in front of them to look at what that really means. So when you begin to talk to them about imagination, it doesn't register and it doesn't click. They say, “Yeah, but I have to get back to the way things are.”

That's the problem: You don't have to get back to the way things are. In fact, what you really need to do is to find a way to envision it the way you want it to be, and strengthen that and get your energy and inspiration and spiritual sustenance from that. Then your IQ goes up, your interest and fascination go up, your inspiration goes up, and then when you look back at the way things are, you say, “Okay, I've graduated out of that. That's not where I live anymore,” and you don't.

Fitts: They don't know about Phillip! When they don't know about imagination, it's because they don't know about Phillip.

Rappoport: Right.

Fitts: My reference to Phillip is that you have a fabulous story. Where did we tell that story? It's in one of the many things that you have done on *The Solari Report*.

A group of people decided that they would invent a person named Phillip. They invented him in their imagination. Then Phillip showed up!

Rappoport: I think it happened in Canada.

Fitts: You were the one who introduced me to that story. That was a life-changing story. Then they wanted to know if they had created Phillip, or if some interdimensional intelligence decided to show up and be Phillip?

Rappoport: Phillip was helpful, and he had interesting things to say. These people were not particularly tight people; they were regular people who wanted to have some fun. Somebody made that suggestion, "Let's get together and invent this guy, Phillip." I'm sure they all had a good laugh about it. "Why not? Let's try it."

Is there a law against it? No. Are we transgressing against something or other? No.

It's a game like Monopoly, except that they were inventing Phillip. So they did it every week, and then Phillip showed up in some form or another. There were certain 'paranormal' events that focused around the appearance of Phillip that were unexplainable with things moving around the room and things like that.

But they didn't take it as, "Oh, this means that now we have to pledge our allegiance to the following ideology of XYZ." They just said, "Oh, here's Phillip!" and kept doing it, and they all seemed to say the punchline together that they had all gained from the experiment. They all felt a sense of well-being. Life became more interesting and exciting, and they felt inspired by this. But it didn't lead to some cult or anything of that nature at all; it was only, "Look at what imagination can do."

Fitts: It's unbelievable.

Step #22: Integrate Your Time & Money. One of the things I've discovered is that there are many people running around trying to make money, and then have to live in a place or live a lifestyle where most of the money is burned away in expenses.

If they could look at their money and time on an integrated basis, they would realize, "I can stop generating as much income, but, in fact, I can do so much more for myself and have a much more pleasant life and live in a lower-cost area. I can save more and certainly be healthier."

You really have to look at things on an integrated basis. Money is not just something that you put into a slot machine, and when you hit the cherries, you get enough money to live on no matter where you are without thinking.

Step #23: Gift and Tithe with Intention. When I was on Wall Street, the bankers knew to give, give, give; they were huge givers.

Certainly, when you can print money, it's much cheaper to give more. But it was incredible because I was always competing with Goldman Sachs where I had worked as a summer intern. They were the biggest givers in town; they knew to give.

It was always difficult to out-compete them because their donations would buy them many friends and plenty of network and a good deal of influence. They could get to everybody because they had given to people on things that they cared about. They had supported many of the institutions of the city that made the city great.

What is interesting is that happened when I was there. Now, if you go back, I keep being told that these people don't give anymore. But what I have found is that when you give, and tithe with intention, it is all part of building the world you want, and it always comes back around to you. I've always been a giver, and it wasn't until I got to Tennessee that generosity was somehow considered a weakness.

I had one relative say to me, "Oh, well you are generous," but it was a criticism.

I thought, “Wait a minute. What does it say in the Bible? You’re a Christian? What?”

I’ve always found that generosity works.

Rappoport: You’ve illustrated that many times, which I think is wonderful.

Fitts: It’s all about living in the world you want to live in. What you will see again and again is that places that succeed do so because there is liquidity. There is liquidity because people circulate what they have and make it go.

I’ll never forget when I moved to Hickory Valley. A couple of falls after I went there, there was a massive storm coming. Suddenly, everybody in town went over to the cotton gin. They were bringing in the harvest. Everybody went over and started helping. Nobody made a deal, nobody asked to get paid, but they all pulled together and got the work done.

It was almost as if they just magically knew they all had to go over and help. It was incredible. Liquidity comes from people being committed to keeping things circulating.

Interestingly, you see a group of people who have this intention, and they create far more wealth together than when they aren’t. When you are frozen, and don’t create that liquidity, people’s skills don’t get put to work and projects don’t happen, and things freeze and seize up.

If things will work, you have to circulate. Some things you can circulate as a purchase, and some things you can circulate as an investment, and some things you have to circulate as an ‘Oh f**k it! Let’s just try it!’ (Pardon my French.)

Rappoport: That frequently is the winner: “Let’s try it. Why not?”

Fitts: The resource that I put there is *Gifts to the Children We Love* because my favorite thing to do in terms of, “Let’s just try it,” is with the children. It’s amazing how one day they are seven and you try that, and the next thing you know they are 17 and they just got a job at the orchestra. It’s like, “What?”

Wow!”

Those are the different areas. We have some appendices and some other comments. What I find is that when I get stuck, I go back to *Coming Clean* and say, “What is the area where I could be inspired to get something accomplished today?”

I’m never short of opportunities to do things.

As we close, let me talk about you. You are always reading something, you are always learning something, and you are always ‘building some muscle’ in one of these areas. So before we close, as you go through *Coming Clean*, tell us a little about what has you inspired now.

Rappoport: I wrote all these articles about COVID – the science, the fake science, taking it apart, deconstructing it from so many different angles and areas for month after month after month. I got to a point where I felt that I have to bring more imagination into this because this is where my energy is.

So, I began writing different sorts of articles, still honing in on the main subject, but from many different more imaginative points of view.

For example, I recently wrote a piece called, *Dr. Fauci: A Conversation in Hell*, where he shows up all of a sudden in this giant cavern under the earth. He meets his old mentor who has no name and is an unknown person who begins to talk to him and tell him how he has completely ‘screwed the pooch’ on deceiving everybody about COVID, and how he has to get back on the ‘straight and narrow’ and stop contradicting himself all over the place, and opening up the conversation to the fake science involved in COVID.

It’s one of the many revelations for me along the way because, once I started writing that article, it was as though, “Okay, here we go. Now we are talking. Now we are getting into a world of exploration and showing what is really going on,” but it has this other element that is interesting to me at this moment. It is inspiring in a way because it shows what is really going on. Fauci, of course, is being extremely nasty and egotistical and trying to assert how important he is to this ‘agent of the devil in hell’. The agent is having no part of this every time.

Fitts: This is like the *Screentape Letters*.

Rappoport: Yes, in fact, somebody wrote me and said that it was. I hadn't read the *Screentape Letters* in a long time, and I had forgotten, but it is.

So for me, I can't lose sight of the role that imagination plays in whatever it is that I'm doing to embody it so that I'm inspired to keep on doing the work that I want to do. If I don't, then it starts to wear out. That's just a personal example of where I am at the moment.

In the larger scheme, we have to preserve our imagination – poetry, painting, drama, great film, novels, and all of the rest of that – because artists have been saying to us since the dawn of history-since they began drawing on cave walls-that things as they are is only one component of the infinite potential of creating reality. That is something that I'm dedicated to and I can't lose sight of.

Fitts: It's what Joseph Farrell means when he says that we have to preserve the culture.

Rappoport: Indeed, we do because the culture was built on inventions by individuals. It wasn't just, "Oh, well I just figured this out."

Yes, there is that, but there is always a gap between what came before and what is created now. It's not a gap that you can explain or fill in; it's some individual being inspired to go beyond what happened before. That is what continues to make culture.

Fitts: It was very profound because in 2019, I went to the Van Gogh Museum with Nina Heyn, who writes *Food for the Soul*. I explored on that trip the role that Van Gogh's sister-in-law played in preserving his work and legacy and keeping the collection together, and then getting it to the Dutch government and the museum.

It showed the role of a great 'publisher'. Then we went to Milan, and Nina explained to me as we were looking at some of his etchings, Leonardo had figured out how the whole circulatory system worked and had mapped it out

with his backward handwriting for confidentiality. At his death, it had been given to his heir, and it was never published. A few hundred years later, finally medical science figured out what Leonardo had solved long ago.

I realized that being a publisher is quite an important thing.

Rappoport: It is fantastically important the role that they played then, and how they are deserting that role now.

Fitts: Not me, and not you!

Rappoport: We carry that all because the people who should be carrying it are not doing that anymore.

Fitts: Everybody listening or reading this can carry that ball.

Rappoport: Exactly! Everybody listening or reading this can do that.

Fitts: Jon, as always, this has been a wonderful conversation. As we close, I would love for you to explain this: If I want to learn more of what you have been teaching on imagination, how can I come to your website and find all of the best material?

Rappoport: The website is <http://NoMoreFakeNews.com>. You will see three collections prominently: *The Matrix Revealed*, *Exit from the Matrix*, and *Power Outside the Matrix*. They all have information on the subject of imagination, creativity, and inventing the future you want.

The one collection that has the most of that is *Exit from the Matrix*, which contains all these imagination exercises that you can practice on a daily basis. That would be the one that has the most power-packed presentation of what we've been talking about here.

It's easy to do. You can order the collections and access them and use them. They are not something that you would exhaust in a couple of weeks; they are something that you can continue to make use of onward into the future.

Fitts: The idea of trying to digest it all in a couple of weeks is laughable. Even I couldn't do that!

The only problem with your interviews was that I would read them, and then I would have to think about it.

Jon Rappoport, it's always a pleasure. Thank you for joining me for a discussion on how to come clean. You said, "I'm not necessarily clean; I'm kind of a dirty spy."

I thank God that you are a dirty spy who is spying for our team. As always, I can't tell you how much I appreciate you being in my life.

Rappoport: Thank you, and the same to you, Catherine, as always.

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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