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The Solari Report

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**1st Quarter 2021 Wrap Up:
Loosen Technology's Grip on Your
Mind
with
Corey Lynn**



Summary: We continue the publication of our *1st Quarter 2021 Wrap Up* with Part I of our *Take Action 2021* theme: Loosen Technology's Grip on Your Mind with Corey Lynn.

One of the most powerful actions we can take is to organize, especially if we can do so with people we trust. This was the original purpose of *Solari Circles*, which we are revisiting to help with the specific challenges of our current situation.

To understand the possibilities of a *Solari Circle*, I invite you to check out several presentations posted at the *1st Quarter 2021 Wrap Up* web presentation: "Solari Circles: Take Action Together" by attorney Carolyn Betts, "Solari Circles: Taking Action at the Local Level" by former town manager Gary Heckman, and a special report by Corey Lynn of Corey's Digs: "Loosen Technology's Grip on Your Mind." These presentations will be available on the *Take Action 2021* web presentation. I recommend you read Corey's article before listening to the interview.

Before setting up a circle, it is important to be aware of things that could sabotage your circle, such as surveillance and mind control technologies. It is, therefore, critical to know about technologies that sabotage a coherent mind and how to protect yourself. For Part I of *Take Action 2021*, all-star reporter Corey Lynn will join me to discuss these issues.

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[Form for Employees Whose Employers Are Requiring Covid-19 Injections](#)

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Many more at [Coey's Digs](#)

Catherine Austin Fitts: Ladies and gentlemen, welcome to *The Solari Report*. This is the *1st Quarter Wrap Up, Take Action 2021*, which is our theme. We will start with a person I've long admired, followed, and read all of her materials, and that is Corey Lynn of Corey's Digs. If you haven't discovered Corey's Digs, you are in for a treat. You will want to check it out and sign up.

When I dove into determining what I wanted to do for the theme of *Take Action 2021*, I said, "I need some help."

So I reached out to Corey, and she agreed to do a piece. If you go to the web presentation for *Take Action 2021*, you will find it under the 'Take Action' navigation bar. It's called '*Loosen Technology's Grip on Your Mind*'.

Corey Lynn is going to join us incognito from somewhere in the Heartland. Corey Lynn, welcome to *The Solari Report*.

Corey Lynn: Thank you so much. I'm happy to be here.

Fitts: I can't thank you enough for everything you do.

Lynn: 'Right back at you'!

Fitts: You really take it on, but the thing I love about how you challenge it is you don't oversimplify. I'll never forget during the first couple of months of COVID, somebody sent me one of your articles and said, "What is she doing? She's implying that people are getting sick."

I wrote back and said, "Because people are getting sick." We have to start with reality here.

So you are a big one for embracing reality, and you seem to have networks all over the place; you seem to be drawing from many, many different sources.

Lynn: I've met many wonderful people along the way – other researchers and journalists. It's been an interesting ride, that's for sure.

Fitts: We are going to talk today about a topic that is the number one source

of my frustration, and that is mind-control and how you get free of mind-control, given that we are all dependent on technology. I always say that the internet and digital systems have zero integrity. In fact, I believe that they were created for control in surveillance.

The reality is that I am very dependent on using them. Everybody is. So the question is: How can we use them, but in a way that protects ourselves? I asked you if you would take this on, and you did. So tell us what it was like for you to grapple with this issue, which I know you do at Corey's Digs. I hear it all the time. You've been grappling with it, but tell us what it was like to write this.

Lynn: It was tricky. There is so much coming at us from everywhere, and there are smart devices everywhere.

You know me, I can't 'nutshell' things; I'm big picture. So, trying to take it and section it off to break it down to show people, "Look, it's not just on your television; it's coming through the computer, it's coming through our phones, and it's coming over PA announcements in the stores," was difficult. It's all around us. It's the constant manipulation and mind-control through technology devices. Some of it is very blatant, but some of it is subliminal.

Fitts: Some of it is phenomenally subtle.

Lynn: Yes, there have been times when I'm watching a TV show or a movie, and all of a sudden, I become instantly agitated or anxious, and it will have nothing to do with what I was just watching. It could have been a comedy, and I'm thinking, "Where did this just come from?"

I'm sure that something subliminal just flew by, and I didn't catch it. Like you and I were talking about before, Disney was famous for doing that in the cartoons.

Fitts: I have been warning clients and subscribers about this for years, and I feel like I've been unsuccessful in those warnings. I think it's very hard for people to fathom something that is not visible, and they have no personal experience looking at it from the other side – the operational side.

A video came around when we were putting your piece up of a woman who had her daughter take a picture of her with a smartphone. She had an old flip phone, and she was testing the light with her flip phone and accidentally took a picture of a subliminal screenshot coming across the TV that said, “Kill.”

I sent it to one client who wrote back and said, “You know, I’ve known about this stuff for 50 years, but it just clicked emotionally.”

Lynn: Sometimes we just need something tangible to lock onto it. When it’s unseen, it’s very difficult, and yet here we are. Look at what we’ve gone through over the past year with the unseen virus.

Fitts: The ‘magic virus’.

What I hope we can do today is express the fact that this technology is very, very real, and it is very, very dangerous. The most important things that you need to navigate are your health, your life, your financial life, and all the risks that we face. The thing that you need is your mind; you need a coherent mind.

The question is: How can you do this?

I’ve tried to do *Solari Circles*. This is part of a package of information, including people getting together and helping each other in groups. One of the things that I have experienced with groups is the fastest way to sabotage a group is to use this technology. It’s amazing how it works: Divide and conquer.

Lynn: You could be having a phone conversation with a friend at night where you are talking about a new rug you are looking at. The next day, you go online, and all of a sudden, you are getting pop-up ads for rugs. How did they know that? It’s all tracked.

Fitts: Let’s dive in. One of the things that you mentioned, which I hadn’t known about – because I don’t have a TV and I don’t watch TV – is that you mentioned a CBS reality TV show that I wanted you to tell everybody about called *Hunted*.

Lynn: That came out in 2017. I watched it because I was curious to see what

they were going to reveal in it. There were nine groups with two people per group. They were 18 regular, everyday people. It was a reality show where the goal was to go off-grid and survive without being caught by the FBI and US Marshalls for 28 days.

It was called *Hunted*, and if they ‘survived’ and made it to the end, they would win \$250,000. It was quite interesting to watch to see how people tried to navigate it.

They each had an ATM card that they started with, and they had a 30-minute head start, if I remember correctly. So, they could take money out, but of course, the ATM they used was then flagged, and they would leave.

Some of them abandoned their phones, and some of them were stupid and didn’t. Some were hitchhiking, and others were hiding out in forest preserves. At one point, they sent a drone in.

They were showing all the different ways that you could be tracked.

Fitts: Did anybody make it through the whole period?

Lynn: There were two, and they ended up hopping on one of the puddle jumper planes and getting out. So, they did manage to make it through. But, of course, it’s also TV. So even though it’s a ‘reality’ show, who knows if they actually did make it out or if that was staged. Nonetheless, it was interesting to see what they were revealing regarding how the FBI and the US Marshalls were tracking everyone and how people tried to evade them.

Fitts: You made a list of all the different ways that this gets in – whether it’s surveillance or mind-control. Talk us through your list. It’s quite remarkable. It’s the infrastructure of influence operations.

Lynn: The **influencers** come through:

- Social and news media
- Entertainment industry
- Education system – schools

- Politicians
- Big corp, big tech, and big pharma
- Agents of influencers who make it seem like there is organic support for the narratives being pushed
- Unknowing individuals who have been manipulated

There are many influencers out there. They are nearly everywhere you turn unless you are out in nature.

As far as the **applications** used, I think that most people are probably aware of that from:

- TV
- Radio
- Internet
- Smart devices

Fitts: I have to stop you and tell you that when I moved to Hickory Valley, I didn't have a TV. I explained to everybody that in 1984, I overheard some billionaires talking about entrainment technology, and that was it for me and TVs.

So when I got to Hickory Valley, several people tried to give me a TV. I felt like I was in the *Stepford Wives*, and they all needed to deliver a mind- control device to me. Finally, I just said, "If you leave it here, I will throw it out. So don't leave it here. Take it back."

Lynn: Good for you; no TV since the 80's – wow!

Fitts: It was 1984, and I overheard two billionaire types talking about the entrainment technology and subliminal programming and what it was going to do, and it 'scared me to death'. I don't scare easily, but it scared me right 'down to my little toes'. That was it for me and TV.

Lynn: It's too bad other people didn't have that same experience, and everyone was living without TV. right now.

I have a TV, so I'm guilty of it. I don't watch it very often, and I'm very selective when I do watch something.

It also comes through:

- Video games
- GPS systems
- Cell towers
- Smart meters
- Surveillance cameras on every corner
- Satellites and drones
- Transhumanism-related technologies
- AI and robotics
- Materials received in the mail
- Visual aids.

We saw plenty of this last year with signs, stickers, and plexi-glass walls.

It's a combination of conditioning, programming, manipulation tactics, and subliminal. So, there are many different aspects to the mind-control and programming going on.

Then there are the covert invisible forms of **mind-control** through:

- Long and short-wave electromagnetic forces that are emitted in public spaces to induce certain feelings
- Frequency manipulation
- Subliminal programming
- Brainwave manipulation
- Entrainment technology
- Waveform that can be transmitted through the entire power grid into our homes
-

Fitts: Have you ever been in a conference where they're using these things?

Lynn: I haven't frequented many conferences, so I can't say that I have, but I know you have had experience with this.

Fitts: I've had several experiences with it. I've also had experiences of going on a radio show, and when I started to talk, suddenly, somebody turns it on. It's the worst feeling in the world, because what do you say?

That has happened to me at a conference, too, when I started talking, suddenly somebody turns it on. It's a 'creepy' feeling because the audience doesn't understand.

I want to tell one story that my *Solari Report* subscribers have heard before. We first published our entrainment technology *Solari Report* because of problems that I was running into as an investment advisor. People were being defrauded, and clearly they were using this technology – including marketing private placements over the phone.

I got very concerned, and it was a challenge for me because the clients didn't understand that this existed. It's very hard to protect yourself against a technology that you don't even understand exists.

I think it makes a huge difference to just face the fact that this is real and that it exists because then you can catch yourself.

I was warning another investment advisor who came to me and asked for my help to start his practice. I was giving him various briefings on how to get going and different issues. I called him one day, and he was very grumpy, which was unusual because he was a very positive person.

I said, "What's the matter?"

He said, "My mother-in-law just went out and bought a really expensive car that she can't afford, and it's upsetting me because I'm ultimately going to be the family bank."

I said, "Did you warn her about **entrainment technology**?"

He said, “No, I don’t share conspiracy stuff with my family.”

I said, “Well, then it’s your fault. How did she buy the car?”

He said, “She bought it online.”

I said, “There you go.”

He said, “You think they used entrainment to sell stuff?”

I said, “Of course! This is not about conspiracy; it’s about making money.”

There was a long pause. This was when I first got onto the pornography schemes. He said, “You know, I’ve never told you this, but I have a ministry at my church where I help young men get unaddicted to pornography. Do you think that they are using this technology to get youths addicted to pornography?”

I said, “Of course they are. Don’t be ridiculous!”

I believe that ‘roping’ people into child pornography was critical in getting all the bureaucrats and other people that was needed to move the \$21+ trillion out of the U.S. government.

We created a way to produce thousands and thousands of control files on a for-profit basis. All you have to do is trick somebody into child pornography. I don’t know how long it is, but only for a short period. Then they’re hooked.

So, what we want to do and what I asked you to write about was how we can use this technology more judiciously. Let’s start with the basics.

Lynn: I broke it down into a few categories. I did it in the form of a checklist because I am like this, and I think that many people are like this. I tend to accomplish things better if I have a checklist.

It may seem like a large amount at first, but it’s things that you can do. Maybe you ‘knock off’ a couple a day. I’m still trying to remove some of this off my list.

Fitts: Me too, I call it turtling. Just start doing things; do one a week or do one a month.

Lynn: You will realize as you are doing it that you start feeling better, you start having more free time, and you start feeling a little less stressed:

- Unplug and turn off your TV, or get rid of it entirely.

Fitts: You saw the graphic that we chose?

Lynn: Yes, I love that!

Fitts: I don't know if you saw it, but there was this great video that somebody in Australia made of many different Australian people busting up and throwing out their TVs. If they didn't want to get COVID-19, here is what they did: The solution was to bust up your TV. It was rather funny.

Lynn: I didn't see that one, but some other basics are:

- Limit all the sounds and notifications on your phone to minimize constant distractions, and try to use the speaker when taking calls rather than holding the phone against your ear.
- You may consider setting up a second phone number on an app such as Kall8 to have forwarded to your phone. This will protect your main number and limit the amount of robocalls and other potential nefarious actions against you.

Fitts: That means that they are calling the first phone that is forwarded, and they don't know the number of the second phone, correct?

Lynn: Right. When people go online and start entering in their phone number and their address, whether it's because they are purchasing something or signing up for something, if they do this often, many companies sell this to third parties. The next thing that happens is you are getting all kinds of robocalls and junk mail. It's important to '**clean out the clutter**', which is my next bullet point:

- Clean out and organize files on your computer. Remove the 2,000 bookmarks you don't need and only keep a small handful. If you remove all of the clutter, it will help free your mind. Remove all application software that you do not use. People have so many apps on their phones these days.
- Clear your browser cache weekly. We have instructions for that here. It helps for speed.

Fitts: I have mine set up so every time I shut down, it's supposed to clear it.

Lynn: There you go! That's a good idea.

Fitts: You can do it automatically on shutdown.

Lynn: Next:

- Always read the **terms and conditions** when downloading or installing any apps. Though it is not recommended to install social media apps, these are the most dangerous ones because they sneak in information that allows them to access other areas of your phone. We have a link here to the 2013 documentary called *Terms and Conditions May Apply*.

Fitts: I love this documentary. In it, they said that if you honestly read, as of 2013, all of the terms and conditions that apply to anything you check, it would take you one-third of your year. Thirty-five percent of your year would be spent reading terms and conditions.

I'm somebody who reads plenty of terms and conditions, and it's frightening what they say.

Lynn: It is. It's like reading a legal document in some of them. And they sneak things in there, which we know that the social media sites are famous for that.

Continuing on:

- Never save your **password** when asked. We have a whole section in here on what to do as far as your password goes. If you keep it in your

keychain, first of all, it can mess things up. It's not a good idea to keep them on there. We also have some tips on some other ways of saving passwords.

- **Unsubscribe** to everything you find unnecessary.
- If you are **backing up files** from your computer, back them up to an external hard drive, not to an online cloud.
- Take some time every day to be out in nature and ground yourself.
- **Meditate and/or pray** several times a week. You and I talked about this. I do Qi Gong, and you do Yuan Gong.

Fitts: It's a form of Qi Gong. I think that Qi Gong is fabulous for this purpose.

Lynn: I do a seven-minute one in the morning.

The last one is:

- Keep your computer & mobile phone operating systems and applications **up-to-date**.

Fitts: What we are talking about is operating on a platform that does not have integrity; it has risk. You want to keep anybody out who doesn't have your best interests at heart.

I'm constantly telling everybody, "Get the big guys out of your wallet, out of your pocketbook, and out of your assets." But you can't get them out of your wallet and your pocketbook and your assets unless you get them out of your mind.

The mind is the first step. They get into your mind, and that is how they get into your pocketbook and your assets and your wallet. So, you have to 'connect the dots'. Get them out of your pocketbook, but first you will have to get them out of your mind. There is absolutely a connection between the people who defraud you of your money and the people who are playing with your mind. It's a business.

Next is **cybersecurity and privacy**.

Lynn: My background is in graphic design and marketing. I've been doing it for years, so I'm quite familiar with all of their marketing schemes. I didn't do that kind of marketing, but it's easy for me to spot it.

Cybersecurity and privacy:

- Ditch the smartphone if you can. If you can't, we find Apple phones and Linux-based phones far preferable to Android. Both Apple and Linux based phones must connect with telecommunication providers, and that is where much of the trouble can start. We talk about Faraday bags here. We have a link to one that does work.

Fitts: Many of them do not work.

Lynn: Right.

Next:

- Remove all **tracking apps** from cell phone, and all applications you don't need or use.
- It is best to uninstall **social media apps** from cell phones. I know that many people will struggle with that, but it is part of this, too. They've created a very addicted culture. People have become very, very addicted to social media and will find themselves spending six hours a day on social media. It's amazing when you step back from that and take some time to clear your mind and be out in nature and spend time with friends; have a laugh. It gets so vile and dark on social media these days. There is plenty of craziness.

Fitts: That is one of the reasons I always avoided these things. I was convinced that it was created as a way for the CIA to get you to update your own file. So I understood that from early on, but I did like Twitter. I finally went on Twitter, but had to leave because, first of all, the censorship got ridiculous. But the other thing was that the negativity was too much.

Lynn: It was intense. I did, too. I didn't get cut in their purges – shockingly –

but they removed thousands and thousands of followers. I reached a point where it was so vile over there that I deactivated my account; I couldn't do it.

Now I am only on Gab; that is the only social media site I'm on.

Fitts: I tried Gab and Parler, but I had too many 'hiccups' and problems. Finally, I said, "I'm only going to focus on *Solari*."

Lynn: I use it to get the information out.

Continuing on:

- Use **encrypted services** for phone calls and messaging, such as Telegram, which can also be utilized on a desktop computer.

Fitts: Remember that even with Telegram, I constantly get feedback. It's not really secure. I do want to emphasize that I don't think anything is secure. It's not ZeroOne, so it's not like it's perfect or it's not secure. I don't think that ZeroOne or Telegram is better than many of the others.

I can call anybody anywhere in the world from Telegram for free, so it's very attractive, but just remember that nothing is perfect.

Lynn: If they really, really wanted to, the 'top dogs' can access us. But these are the ways to help protect you as best as we can, and how to minimize things.

- Don't sleep with any **spyware technology** in your bedroom, especially a smartphone.

Lennar Homes is the nation's largest homebuilding company. In 2018, they decided they were going to start this 'everything is included' package. They called it 'Life Reimagined'; there's that word 'reimagined'.

They included— free of charge — with their homes all of these smart devices. From doorbells, security cameras, kits, Wi-Fi, thermostats, and invisible smart locks were all included.

Fitts: It's reached the point where it's easier to teach your children how to build a house. There is so much fraud in the homebuilding and the mortgage finance and the mortgage servicing that you just might as well learn how to build a house yourself.

Lynn: They started that in 2018, and in 2019, they did \$20.5 billion in home sales. So, my point is that in some cases, whether you want it or not, you really have to pay attention because these things are being installed all around us.

- Turn off Bluetooth on your phone unless it's absolutely necessary.
- If using GPS in your vehicle, be sure it is not one that transmits. Some experts believe all of them do; others say only some do. Don't use Google maps. If you can, consider picking up a hard GPS.
- No video platform is safe, so understand that you may be recorded.
- Avoid corporate operating systems. This and the next bullet are something I've recently done. This includes all Windows operating systems, Chromebooks, and Amazon Fire computers.
- Use Libre Office or OpenOffice instead of Microsoft Office.

Fitts: Trying to get rid of Microsoft is like trying to get rid of the gopher in *Caddyshack*.

Lynn: This is what I was doing during the last two days! I was on the phone with my cyber person, and I said, "I think I deleted it all, but I don't know if I got it all."

I got rid of all of that, and I actually use the Libre Office. I like that one because it seems to be very compatible. So, any of my old Word doc's or Excel files I can open right up, and there are no problems. It's fantastic.

Fitts: I confess that I have Libre Office and OpenOffice and Pages, which is the Mac. The Pages is easier formatting for me than the other two. But that's a problem because many people can't open a Pages document. So, I'm much better off doing Libre Office or Open Office if I'm sending to somebody.

Lynn: I've never used pages.

- Use Thunderbird instead of Microsoft Outlook.
- MacOS is recommended, or load a good Linux desktop distribution like Ubuntu Desktop or Mint on your existing PC hardware.

Fitts: Here is the ‘deal’ on Linux, and it’s the same for your computer as it is for your phone: Linux systems require more human expertise by people who really know Linux. So if you are going to use Linux, you need a Linux tech.

Instead of spending your money on the software, spend your money on the Linux individual, which I prefer. I would much rather pay a Linux tech to help me with Linux.

I think it’s very important when you make a decision to go towards open source software that you are either going to spend the time, or you find the expert, or both.

Lynn: Agreed.

- If you’re using MacOS, make sure your firewall is enabled. I think everyone needs a good computer tech.
- Use ClamXAV Anti-Virus.

Fitts: And get their desktop version, not their cloud version. I had the desktop version, and I upgraded, and all of a sudden, I realized that I was giving them access to run from their cloud. What?

So, make sure it’s the desktop version.

Lynn: That’s another thing: I didn’t put it here because I didn’t have time to research it enough, but I have Adobe Creative Suite with Photoshop and Illustrator.

Fitts: Adobe is the worst!

Lynn: Sometime in this past decade, they switched over to a subscriber base. I believe their version 6 was the latest one. So they switched over to a subscriber base, and it’s just like Microsoft, it’s all web-based. That way, “It’s so convenient

because your updates are automatically updated.” It’s \$54 a month or something like that.

I saw an article earlier where Adobe was talking about how they were going to start collecting data points from the materials that people are using on their own computers through using this software, and they will start collecting this data.

This requires a computer technician because if you go back to version 6, you have to make sure that you have everything tweaked just right so that as your computer system is updating you’re not going to run into any issues with the older graphics programs. So that is another one that I am working on right now.

Ad blockers is another big one.

- Firefox has a built-in ad blocker or you can use Privacy Badger for Firefox. For all browsers, you can use uBlock Origin ad, which is what I use.
- We have differing opinions from experts on VPNs. I do use VPNs, and they have worked well for me. Others use proxy servers, which are also beneficial. A proxy server is a remote application or appliance for anonymity and privacy when you are searching on the internet, and we have some links in here to some various ones that people could try for proxy servers.
- For search engines, I think most people know to use Duck Duck Go for a start page.

Fitts: I have to say one thing: The deterioration in the quality of searches on the internet is incredible. Now anything related to financial fraud, I need to know where it is before I get it because it won’t come up. The amount of white-out that is going on on any search engine you use is incredible. I don’t know how they are doing it, but it’s incredible.

So, I don’t think there is a good **search engine** anymore.

Lynn: Unless you know specifically what you’re looking for or where you’re going to find it, it gets trickier and trickier.

- Avoid visiting questionable websites to avoid viruses and trojans.
- Scams are at an all-time high. I can't tell you enough not to even click on links inside emails unless you absolutely know the person. For example, you can see that it's coming exactly from your bank. Make sure that you look at the sender because high-level scams are going on right now, especially if they are taking you to a log-in page.
- Don't use unsecured public Wi-Fi. In your home, connect directly by Ethernet if you can.

Fitts: I want to stop you here because Wi-Fi is very convenient, and it takes some real work to say, "No, I'm going to wire up and make wire accessible."

If you really think about it and invest some time, you can make wire accessible; you can do everything on wire.

I'll tell you another thing: I find there is a difference if I unhook the wire. I will unplug the wire before I go to sleep. If I don't, I'll start to sleep, and, for example, I swear I was starting to sleep the other night, and I thought, "Vaccines really aren't so bad." Then I went, "What? Where did that come from?"

Then I realized that I hadn't **unhooked the Ethernet**. So, I got up and unplugged the Ethernet. So when you go to sleep, keep it out.

Lynn: That's a good idea.

- If your ISP provides you a router with built in Wi-Fi, ask them to turn it off for you. I used to have a Netgear router. We have a tutorial on that if you want to try to set up your own router.
- Take the time to go into various background search databases and remove yourself from them, along with all other sites. That is something that I spent a few months doing. Some items are time-consuming – not only the background ones, but on many websites. It takes time to remove your digital footprint. I'm sure if you Google your name-Catherine-you will find yourself all over the first ten pages of Google. But it's like nothing ever leaves the internet. From a privacy standpoint and a trackability standpoint, I think it's good to keep your digital footprint small.

Fitts: I agree. Although, what happened to me during the litigation, I had to come out full-on. If you go public that far out, you can't get back in.

Lynn: Right, but for the 'average Joe', it's smart to **keep your footprint small.**

- Don't use email services by large corporations. If you need an alternative, we recommend Proton Mail or Start Mail. If you're looking for a full-service provider that can provide website registration and hosting, look at Infomaniak. I wasn't really familiar with that one, but you had suggested it.

Fitts: We have a wonderful, very brilliant subscriber who did very significant searches and due diligence, and he finally decided that he wanted to put up his own domain. He finally decided on Infomaniak, and he was very pleased with them. So that is why we recommended it.

We get plenty of criticism of Proton Mail, but we have many people who use Proton Mail who are very happy.

I'm still shocked that anybody would use AT&T and Google. I can't fathom it. But there are many subscribers who want to. We have to warn them that we can't promise we can email anything to them.

Lynn: Right.

- An often overlooked source of domestic **EMF and RF exposure** comes from nearby high-tension power lines: AM, FM, Short Wave broadcast, TV Stations, and nearby Military bases. These sources present radically higher EMF and RF exposure levels than cell phones and Bluetooth. Effective radiated power can reach, and possibly exceed, one-million watts. The only way to know your level of exposure is to hire a reputable engineering firm who can perform the required studies. Most people will not be able to do this, but I think it's very important to be aware of your surroundings and what is going up.

Fitts: Here is the thing: This is a great investment. It can be expensive, but you have to make sure that you find a competent person. So, you have to be very careful in finding the right person, both for EMF radiation and dirty electricity, if you can have someone who understands all environmental toxicity go through where you live and your house. I've seen people do serious remediation of their apartment or their home, and it makes an incredible difference to the quality of their health and their happiness.

Lynn: I would love to do that. I think that is a fantastic idea.

Then I had a little section on **Observation and Introspection** to avoid mind control techniques:

- When spending a great deal of time on your computer and your phone and your television, pay attention to your energy and your emotions switching, like suddenly feeling warm and fuzzy or feeling irritated. I was describing earlier that I've noticed if I'm watching TV or something, my mood shifts. It's important to be really observant externally, but also be in tune with yourself to see how you are being affected by these. I believe the more you do that and pay close attention, the more you will be able to pick up on these outside forces that are affecting you.

Fitts: Just break the connection: If you shut down for a minute and walk around and come back, you break whatever the trance is.

Lynn: Right.

- When you turn on a piece of equipment – understand what their incentive is. Are they selling you something? Are they trying to help you, or are they trying to harm you? Understand their intentions and their incentives.

Protecting Your Children.

Fitts: Here is the hard part!

Lynn: Right. This is the hard part.

- Try to keep a smartphone away from your children. I do not have kids, but if I did, I would have to say that I would want my child in this day and age to have a phone to be able to get a hold of me, but I would not be comfortable with a smartphone and free access to the internet. There's just too much out there.

Fitts: We have a commentary called *Mind Control Tactics Used on Children and Young People*. It has many different links, and it has links to tactics used on everybody. I made it because I kept running into grandparents who could not fathom what was happening to their grandchildren.

One of the links is to a book on machine gambling. When you study the history of what the gambling industry has done to cause gambling addictions, it's shocking. You can't even believe that it's legal when you read it, but it gives you a taste of what is now happening on the internet.

The one I try to get parents to read, particularly if they have teenage girls, is *Irreversible Damage*, which is a new book on teenage girls wanting to suddenly transgender. It's an amazing book, and her number one recommendation is, "Do not give your children a smartphone."

I think we all have to recognize that when you give a child a smartphone, you are giving access to psychopaths with billions of dollars of research and technology whose goal is to manipulate your children in a variety of ways that are not in their best interest.

Lynn: Absolutely. We are all just fish in a pond to them, and it's one big, giant marketing ploy. Everything that they do is gathering data and gathering information. The databases are off the charts with what these people have to target you and sell you this or get you to believe this.

Fitts: They are trying to get children to take steps with pharmaceuticals and surgery that cause irreversible damage, and they want the children to do it without their parents' consent. So, they are trying to grab these children and talk them into this behind their parents' backs, and then they have avenues for them to get surgery and irreversibly damaging drugs without the parents being able to stop it.

It's like giving a hotline to the Russian mob to your child. Do you want your children to have a hotline to the Russian mafia? Why?

Lynn: You know that I did an extensive four-part report on the transgender agenda and what they are doing to children. That was probably the most intense report. I literally cried a few times while I was writing that report because it was so shocking what they are doing.

Fitts: It's gruesome.

Lynn: It is; it's terrible. They are destroying their minds, and they are doing it through the schools, too. There are many children's books out there that say, "You know, it's better to talk to your teacher or talk to someone at your school than your parents," or, "If your parents don't feel comfortable with this, don't worry."

They are steering them away from the parents – as they've done for decades to break up the family unit – so that they can convince them to do these puberty blockers and transition therapies. It's terrible.

But there is plenty of legislation that people are trying to put through right now to stop this. There was one state where it just passed. I can't remember which state now.

As we were talking about earlier, **pornography** is a huge issue.

Fitts: My concern on pornography is not only what it can do if you get addicted to it, but my concern is that they 'rope' you into child pornography, and then without warning, they have a control file.

So if you want to watch pornography, buy the DVDs and watch it at home offline because I don't want you to get tricked into a control file.

Lynn: Absolutely.

- Search your local sex offenders registry, and be aware of who is in your

neighborhood. You may even consider showing the mugshot photos to your children and letting them know, “Hey, you don’t want to befriend these people.”

- If your children are still in public schools-I’ve written reports on this- you need to review their entire curriculum. I know that some schools provide that online, but some don’t. Especially review the books that are being read.

Fitts: I’m going to be a ‘bad guy’. If your child is in public school, you need to figure out how to homeschool, or you need to figure out how to find a private school that you can afford. They are not safe.

Lynn: I agree. I know that makes things tricky for many people’s situations, but I agree; the indoctrination is out of control.

- Planned Parenthood has gotten themselves quite involved with many public schools, too, and their goal is to just sexualize the children. They also dole out the puberty blockers.

Fitts: If you look at what the author of *Irreversible Damage* said, you can do irreversible physical damage to yourself, as a teenager, taking those drugs.

Lynn: Yes, it can sterilize you.

- **Climate change and sustainability** is a huge veil that has been placed over children’s eyes. I think most people know that.

Use **technology** to your advantage.

- I have some links in here with instructions on how to create an open-source cloud. So, if you do have a group of people who are wanting to share documents, it’s better to create that as opposed to using one of their clouds or sending them through email.
- I use the PEMF electromagnetic field health matt, and you use the QRS. These are ways to keep the energy field clear. If you are looking to block some electromagnetic field coming in, I have some links there on that.
- Play some Bach or Gregorian chanting or Buddhist chanting to relax to

soothing frequencies.

Fitts: I find the EMF blocker that is most effective is the Qi Gong.

Lynn: I agree. It is something that you can do almost anywhere. In a short amount of time, like seven minutes, you can feel different. I really like that one as well.

That fully covers it.

Fitts: One of the things that you mentioned is the **music**. I find that music is fantastic for clearing the energy in a place, and also taking us up to a higher mind. Everybody is different, so find the music that can help you really remain outside of the cult.

I wanted to bring up several things. One is whenever we have events at *Solari* – and this was pre-Covid – we would say, “You are not allowed to bring your phone in.” We would have a big tin box or something because when people tried to bring their phone in, we would have to confiscate it and put it in the Faraday bags and tin boxes and whatever. Even though we had repeatedly sent the instructions of ‘no phone’, we would have ‘wars’ with people. It was, “No, you can’t come in. Put it in your car. You cannot come in. You cannot bring it.”

I remember at one point having a couple of ‘food fights’ with Daniel Eschelen (a subscriber). He always introduces himself as part of Russian intelligence. He kept insisting that he had to bring his phone. I said, “Daniel, what is it about ‘no’ that you don’t understand? You can leave, or you can go put your phone in the car. What do you want?”

It would turn into these huge arguments – what my grandmother used to call a ‘taffy pull’. People literally couldn’t leave their phones. It’s as though they are entrained to bring the phone in. It’s like, “Yes, I know. No phones allowed. But it’s okay if I bring my phone in because I have a babysitter...” and all these different reasons.

What that tells me is that we are addicted; we are mind-controlled, but we can’t even see that.

Lynn: Right, and we believe that we are not safe without them, and we have to rely on them and they have to be with us. I've seen people have panic attacks because they left their phone at home.

It's mind-boggling when you think back to when I was a child, and we were running around the creek and the forest preserves. If we wanted to contact a friend, we would run over and knock on their door. We didn't have cell phones back then, and yet we survived.

Fitts: Here is the other thing: I'll never forget being in Vienna. I've only been to Vienna three times in my life, but it happened each time. I think the last time was 2017. I would walk across the city – and remember that one of Vienna's biggest industries was music because there is Beethoven and Mozart and an abundance of art – and between all of the concerts and the music, there are hundreds of thousands of people who work in the arts.

There are numerous cafes. There are as many cafes as there are in Paris. You would walk through Vienna, and no one has a phone. No one is looking at their phone, no one sitting in the cafes have their phone, and nobody is talking on their phone; they are all talking to each other.

One of the most beautiful days of my life was a Sunday in Vienna. It was 2010 or 2012, and it was right before Christmas. All of the Christmas markets were out. After lunch, we (a friend) kept talking to each other. I said, "Let's go hang out at the Christmas markets."

They sit outside. Everybody was in their fur coat drinking mulled wine. So you drink mulled wine to stay warm all afternoon, and everybody is just talking.

There are hundreds of thousands of people all over the Christmas markets drinking mulled wine and talking, and you don't see one phone. Unbelievable!

Lynn: I would love that! Even just walking my dog, ten people could pass me as they are walking or jogging or on a bike. I look at everyone and smile. I would say that one or two of them actually make eye contact, and half of them are 'glued' to their phones while they're walking.

As you said, you go into a coffee shop – and normally, you would be at a coffee shop to have coffee and mingle – and everyone is glued to their phones.

Fitts: Here is why I am bringing up this point: One of my favorite lines in scripture is, “Where two or more are gathered in my name, there am I.”

It’s not enough to loosen your mind from technology; you need to be around other people who are doing the same. One of my favorite lines from *Take Action 2021* is from Andrew Vachss. He says, “Your family are the people who don’t turn you in.”

We need to find each other, and we need to find other people. Having plenty of witnesses around protects you, but it also helps you maintain your field if you are not in the Borg (alien group) and you are around other people who don’t want to go in the Borg or in the cult.

I’m a big CJ Hopkins fan. He’s the person who defined the term ‘Covidian cult’. I think that to free your mind, ending on your last section, ‘**Free your Mind**’, you need to be around other people whose minds are free.

That is one of the reasons I like ‘hanging out’ at Corey’s Digs.

We will get thousands of subscribers who are much more knowledgeable in technology than you and me who are going to go to subscriber input and writing what they do every time I start discussing this, saying, “Oh, no. You are wrong about this, this, and this,” and that is terrific.

We want you to move on and tell us why we are wrong because that is how we are going to figure out much better information.

I think this is an ongoing conversation about how we navigate this material. I think that most people at *Solari* know this, but I do need everybody to face the fact that there is such a thing as evil, and the people on the other side of this are evil. Google has this expression, “Don’t be evil,” but unfortunately, if you are talking about many people on the other side of this, you can run into some quite

evil characters.

You need to understand that you are dealing with institutions, organizations, and people with absolutely no empathy.

Lynn: And they do not have us in their best interest at all. They have agendas they need to carry out, they have their goals they need to achieve, and they have their money they need lining their pockets.

Fitts: More and more, I tell everybody that you have the equivalent of three shifts of Stasi (German secret police agency) teams on your case. They're called 'AI software bots'. It's the equivalent of literally having around-the-clock Stasi teams on you. The frightening thing about it is not that you have one, but that you have 50 different companies with 50 Stasi teams on you, and all of them have their own agenda, which has nothing to do with anything that can create coherence for your mind. It's just attack, attack, attack.

One of the things that you said that I really want to emphasize as we close is that this is like a journey; it's never over. So, do what you can every day. Learn a little bit more each day.

Many of us went to college or graduate school and thought that we were going to learn investment. We didn't know that we were going to be a systems administrator who had an investment platform, but we were actually in the systems business. Do you know what I mean?

I don't know about you, but if I had to do it all over again, I would take two years of managing digital systems courses because this is a big part of our lives – learning how to deal with this.

Lynn: It is. It's a lot of work, and it's easy for people to get confused and get caught up in the chaos. I think that the distractions are off the chart right now. They are pulling people into so many different directions, and there is so much theatre going on to keep people pulled into it that you have to 'cut the cord'.

Fitts: Right, but I also think that you have to make a list of all the things that you have to learn. If I'm going to use this knowledge, I have to get the training,

and to learn it.

I know you've made a real effort to find experts and have them teach you. One of the things that I love about Corey's Digs is that you continuously prove with all of your different articles that you can learn this. You can figure it out and 'unpack it'.

Let me turn from this and remind everybody that we will be talking about circles next week. But before we close, Corey, I want to talk a little about some of the work that you have been doing at Corey's Digs because you have some amazing pieces that have just come out, and I know that you have another amazing piece that will be coming out soon.

Just tell us a bit about some of your recent work.

Lynn: Right now, I'm working on a big overall blueprint for an agenda project. Before getting that out – because that is a big one – I've been laying out smaller ones in increments. For example, recently I published one that I had put together from notes, but I asked James Fitzgerald, a wonderful writer out of the U.K., to write about the future of autonomous cars and what their real plan is.

Fitts: It's control.

Lynn: Oh yes! I'm working on a big one that has to do with Amazon's takeover. As you know, these aren't simple little articles with just one element; these are comprehensive with many 'connect-the-dots' to show the bigger picture and how this all plays a role.

However, recently I published what I think is very important. It has to do with the COVID vaccines. We have many employers out there who I believe could very easily face civil suits and are definitely crossing the line as far as what the FTC normally goes after people for and charges people for.

The CDC is pushing this 'safe vaccine', and they have a whole toolkit that they are telling employers to get their leaders to be 'vaccine champions' and incentivize your employees to get vaccinated.

Ultimately, what we are left with is many employers are either bribing or incentivizing, and in some cases, they are threatening termination if people do not get the COVID vaccine. The CDC is not even following the FDA guidelines. The FDA is stating that on all promotional materials, it was to be worded in a very specific way stating this is an investigational vaccine, it is unapproved, and unauthorized by the FDA, and that it is an emergency use authorized vaccine only.

They are not referring to it in that manner, and the FDA also says it's required that every recipient who gets the vaccine gets the fact sheets from these manufacturers.

Fitts: Informed consent.

Lynn: So, I have some tips in there and quantities of information because I think that people's rights are being 'stomped' on right now. So ultimately, I will get out the big one on Amazon, and then I'm going to start 'plugging away' on the blueprint to their agenda on a local level with things that are happening 'under everyone's noses' so that they can fight back.

Fitts: We did an interview with Jerry Day on 'Notice of Liabilities', and I'm about to publish a Notice of Liability that has been sent to all the European Parliamentarians because I think it's important to know that when an employer tries to require someone to get a vaccination and are not providing the healthcare disability and life insurance necessary to protect their family from bankruptcy. You are asking somebody to take on a \$5 million risk for free.

Lynn: Right. I linked to your *Family Financial Form* on your site because that was a brilliant piece. I have that linked in that report as well.

Fitts: We did that because it's very important that families cost these things out. Part of costing it out is costing it out with any employer who is pressuring you.

We are going to talk about this on *Money & Markets* later, but we now see the Chairman of the Federal Reserve and the head of the ECB coming out with big presentations saying that the economy is coming back because everybody is

getting vaccinated. I translate that to, “The bank stocks are going up because everybody is getting their chip.”

This is how prison companies trade. The more prison beds you have and the more prisoners you have filling up those beds, the more the stocks go up. So the more people who get chipped, the more the banking system goes up.

Lynn: That is interesting.

Fitts: Corey, before we close, tell everybody how to find your website and how to sign up and support you and learn more about your work.

Lynn: It's <http://Coreysdigs.com>. I have all of my links on there. You can follow me on YouTube and BitChute. I do weekly podcasts called ‘Dig It’ with a speaker in ‘The Sharp Edge’. That comes out every Friday.

You can also support me through Patreon, and I also have a support page on my site.

I also want to mention that I have a huge resource section. So anyone who is looking to do a little research, I have over 100 resources, and 95% of them are all free. They are open-source resources for research. I do have some of my reports in a bookshop in PDF format as well.

Fitts: Right, and I assumed when I first read you that you were a trained investigative reporter because you did some deep dives on Epstein and some of the corruption topics that are quite amazing.

Lynn: Thank you. I'm not trained; I'm just very resourceful.

Fitts: You are a successful entrepreneur who became really irritated by what you saw going on in the world.

Lynn: Yes, I do not like seeing people being taken advantage of and manipulated.

Fitts: Corey Lynn, ‘mama bear’, right?

Lynn: That's right.

Fitts: Thank you so much for doing this. There was no way that I could write this without losing my temper.

Lynn: That's how I feel about half of my reports!

Fitts: You did a much better job than I could have done. I really appreciate it.

Ladies and gentlemen, let me show you this again. Go to the web presentation, and if you go to the navigation bar for *Take Action 2021*, drop down to 'Take Action', and click on 'Loosen Technology's Grip'. If you see the smashed TV, you will get the first recommendation.

Lynn: I absolutely love your cover graphic of the *Wrap Up* as well.

Fitts: Isn't that adorable? It's the generations getting together and turning this around.

Corey, have a wonderful week. We will be talking to you soon.

Lynn: You too. Thanks so much, Catherine.

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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