Ask Catherine

Oct. 18th, 2021

Introduction:

We include questions sent to askcatherine@solari.com and posted at Subscriber Input.

Thanks for your questions!

Organized by Categories:

Cash and Precious Metals
Covid-19
Feedback
Going Direct Reset
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POINT OUT:

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https://home.solari.com/solari-circles/

Wim Hof
Cash and Precious Metals

**Question:**
Hi Catherine,

Thank you for everything that you are doing for humanity. You are a brave soul.

My question is about local currency. I am wondering if this is a possible solution to the upcoming FedCoin times. If a local community could produce basic physiological needs together and trade amongst each other, they could (in-theory) survive being cast out of the global economic system? I have been thinking a lot about self-sufficiency in the last few years. The current events are making things real, however. I value your knowledge, and would appreciate if you could comment on the topic. I apologize if you have already covered this. I have not been able to scour all the corners of your website yet!

Thanks,
J

**CAF Notes & Links:**

Both currency and equity - can only work if basic food, water, energy is sufficient. Can we just do it or with the environment be hostile. If we are chipped may not be as independent as we think.

**Question:**

Dear Catherine
In his recent interview 'The Fed Derivatives Scam',
[https://www.youtube.com/watch?v=nORlriHj3ho](https://www.youtube.com/watch?v=nORlriHj3ho)
Rob Kirby says, 'Who are the big players in this? Well, you've got the banks which effectively are the agents for the US Treasury. The Treasury is the ultimate issuer of the debt. It's the Treasury who needs the funding, who issues who issues the debt, and the broker for the US Treasury is the New York Federal Reserve trading desk. So to the lay person it looks like the Fed is involved in these transactions but understand they're only involved as an agent, as a broker.
The Fed acts as a broker for the Treasury, so understand the Treasury is the ultimate issuer of all the debt and it's the Treasury through their Exchange Stabilization Fund, a secretive adjunct of the US Treasury created in 1934, and it's it's this entity that effectively implements US monetary policy via their agent, the New York Federal Reserve who disseminates the orders from the Treasury, specifically the Exchange Stabilization Fund of the US Treasury. They disseminate those orders to to the commercial banks and the bank holding companies which basically bullies or drives US monetary policy making interest rates typically to make them go down.

How it works is you have this strong arm which is not visible to most people because it's the Exchange Stabilization Fund and most market participants view it as the Fed because the Fed is the broker that's disseminating the orders and it looks like the Fed. The Treasury's happy with that because it makes the whole illusion that America is solvent and that the dollar is strong and that the US bond market has depth and and liquidity.”

So if I've understood correctly what Rob Kirby has said above then it that is the ESF that is calling the shots or pulling the string or whatever other metaphor one chooses to use, and the Fed is merely the ESF's conduit. In that case, shouldn't we be focusing on the activities of the ESF rather than on what the Fed is doing?

I hope you can clarify this for me.

**CAF Notes & Links:**

Read State of our Currency - NY Fed, ESF, Integrated machinery - with the private side controlling.

**Question:**

Dear Catherine:

I have some inside information about what is happening to at least one community bank and probably others across the country. This is a small family owned bank; the owners with whom we have social relationship. Recently we had our typical how-are-you-guys conversation, but it felt off, less direct, more subtle. Later, upon reflection, we realized: “They” are getting our community bank under control. In the way of background, we discovered this bank about 14 years ago after a relative told us, among other things, to look for a small bank with which to do business and if a big bank buys it - look for a different bank.

This bank has been in their family for 3 generations and never failed even when during the depression, many banks closed their doors. They have a high rating and are solid. The family has always been conservative, independent, customer oriented and has doggedly stood-up to Federal bank bullying. (There's story there I won't go into now).

During our conversation, through stories and innuendos, we learned they had been reluctantly forced to change their way of doing business. It began with the usual bank examiners process, but it was different this time: very long, very invasive, very arduous and even focused on customer-bank interaction. For example, the bank was taken to task for giving a long time, good client some slack while in the hospital. Now they must vet new potential customers – both businesses and individuals. Some who come looking for their kind of bank have to be turned away; rather than, as before people were given a chance to start anew. They were advised not to loan money on undeveloped
land. They have to be every mindful of saying or doing something that might draw the wrong kind of attention.

We are wondering whether to remain with this bank, since we no longer live in the same state? Our friend seemed to be trying to reassure us, yet warn us - not realizing that we are only too aware of these implications. The very thing that makes a community bank - the personal, people oriented characteristic - is being removed. It is often said in our house that it seems “They” listen to Solari; then, plan the next move on how to undermined and control us all.

Thank you for Solari and stay safe in Europe. Hugs

LM

**CAF Notes & Links:**


**Question:**

Hi Catherine,

Can you recommend any books (or past Solari overviews) that give a good comprehensive explanation of the bond market, repo market, and I guess how this all ties into the stock market and economy? I’ve read several books from the investor’s perspective, but I’d like to learn more about how the whole beast ties together, and what it means when the financial news reports things like rising interest rates.

Big topic, I know, but knowing a good place to start would be a great help.

Many thanks!

P

**CAF Notes & Links:**

Investopedia - Wikipedia - learn definitions
Statistics - securities association and World Bank
For Dummies - WSJ
Make organization chart - map how relates to neighborhoods and governent budgets and credits.
Do simple first
**Question:**
Hello Catherine,

I know it seems redundant to thank you for what you do every time I send an email, but I think it is important to express how helpful it is to all of us. So thank you immensely.

My main question is this:
A long time ago, we handed over our financial lives and destinies to a small elite, by allowing these private institutions / central banks to print our money and decide what is valuable and what is not, with all the known consequences this caused in the short and long term. How did humanity allow this to happen?

UP against far superior technology - including mind control - let go of faith. Chose material convenience

And seeing how aggressively they are pushing their agenda globally, is there hope there will be enough of us to turn things around, or will we become outcasts? I understand the difference between becoming resilient and creating parallel civilizations lies in the numbers.

A

**CAF Notes & Links:**

Always hope. Will require a critical core of people willing to act. Listen to Gideon interview with Thomas Meyer.

Given the spiritual ramifications, even if you believe the freedom team is going to lose, this is one fight where being on the losing team is better than being on the winning team.

**Question:**
Detailed explanation for first time investors on buying $5,000 – $10,000 in silver coins. What type of coin, how and where to buy? Run through proper procedure and what to look out for to stay under radar as well as not get cheated. Finally, how to trade silver for real estate.

**CAF Notes & Links:**

LISTEN

Old Audio Seminar with Franklin Sanders

Some comments to underscore:
1. If in US, 90% silver or 1 oz rounds - sovereign or trustworthy round - your call - check prices first
2. Talk to 2-3 dealers - determine lowest presume to melt - Treasure Island in North Dakota, Fosters Coin Shop in Berkeley IF you are in Northern California and can go in person, Volunteer Precious Metals in Tennessee
3. Mail vs. Local - PO and delivery services vs
4. Listen to Hidden Safes with Dan Perkins - have to know where to store. Make sure someone you trust knows how to find
5. Lots more in Best of Precious Metals Market Reports with Franklin Sanders - just do a search
6. Pawn Shops
7. Check out the Money Changer for R

Covid-19

Comment:
“Plaintiffs have demonstrated their commitments to the United States Constitution and the Nation’s future comfort, security, and prosperity. This Court should demand that the Nation return the favor. Telling Plaintiffs they must accept or receive a shot they oppose according to their sincerely held religious beliefs, or face court martial, dishonorable discharge, and other life altering disciplinary measures, disgrace the sacrifices these heroes have made,” attorneys wrote in the filing, adding that relief is “needed now” to “prevent the immediate and irreparable injury” imposed by the vaccine mandates.”

Pentagon Faces Class Action Lawsuit Over Vaccine Mandates on Military, Federal Employees and Contractors
LAWSUIT
https://lc.org/PDFs/Attachments2PRsLAs/101521BidenDODVerifiedClassActionComplaintwithExhibits.pdf

TRO
https://lc.org/PDFs/Attachments2PRsLAs/101521BidenDODEmergencyMotionforTROandPlwithMemo.pdf

EO 9-9-2021
Executive Order on Requiring Coronavirus Disease 2019 Vaccination for Federal Employees | The White House

Executive Order on Requiring Coronavirus Disease 2019 Vaccination for Fe...
By the authority vested in me as President by the Constitution and the laws of the United States of America, inc...

CAF Notes & Links:

Discuss in M&M

Comment:
Dear Solari team,

A terrifying interview by LifeSite News with a doctor in the Dominican Republic on the new laws passed down yesterday -- no public transportation, no bank, no store-bought food if not double jabbed.

L I

CAF Notes & Links:

Comment:
Hi Catherine,
This is not a question. It seems the best way to get information to you that is possibly new. It is new to me.
This physician has found unusual structures in blood work. Numerous images. God bless the brave women coming forward to report this.
Z B

CAF Notes & Links:
Do not trust this one
Mysterious ingredients - prevent conformed consent
Essential that we get to the bottom of it:
Both HEK and high tech
Are getting reports of possibility of both
PLEASE BE EXTREMELY CAREFUL - disinfo used to keep people from figuring out
Read Rappoport at Solari

Comment:
Hi Catherine,
I want to send a link to an interview. This physician found an unknown organism in a Pfizer vial. This is a link to her website.
No public comment is necessary.
I only want to make you aware of the Aliens in the vaccines are a possibility. I am trying to find the validity of the findings. It looks real
Keep up the great work.
S.G.
Also Dr Franc Zelewski "The Thing" goes into detail about a Aluminum / Carbon based lifeform. It looks the same. Serious and terrifying if true.  

https://www.bitchute.com/video/SCnaAI3fL5B/

CAF Notes & Links:

Polish doctor.  
Trying to check out  
Again - INGREDIENTS ARE NOT FULLY DISCLOSED  
Must insist on multiple independent lab verifications on disclosure  

Creepy tech/life forms are in global spraying. Nano dust in food.  
List to Clifford Carnicom interviews  
Dr. Don Huber  

Question:  
Catherine:

I am writing to see if you have access to resources who can help find experts for the following: Employer are turning down religious exemptions for the Covid jab because they claim a “hardship” and that they cannot “accommodate the request”. This is arguably allowed, because the employer can argue that to accommodate an unvaccinated person is a hardship.

This argument, however, is demolished if the person asking for the accommodation can prove they have immunity to Covid, most likely from a prior infection. This essentially means that the employer can no longer claim a hardship, because the studies are showing that natural immunity is superior to the vaccine. The burden of proof would be on the person claiming the exemption to prove on a more probable than not basis they have immunity and therefore cannot spread the disease.

Unfortunately, we need expert witnesses to testify about such things and I do not have access to any at the moment. I am reaching out to see if you have any sweet hookups in your knowledge base or of there are any Solari Subscribers out there who are qualified?
Thanks,
M H

**CAF Notes & Links:**

Sent a request to Doctors for Covid Ethics to find out which of the affidavits may be usable.

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**Question:**

Subject: the Covid vaccinated as incubator bioweapons

Dear Catherine,

I am convinced the Metallic lifeforms with a Sigourney Weaver like evil are real. The self-organizing geometric rings and cellular distortions don’t feel as if it is a hoax in the video links I've sent.

The question is 'Can the creatures can survive once the host is dead'? I had a eerie experience that made me consider this.

It wouldn't take many resources for a qualified Doctor to have blood samples from vaccinated patients who have unexplained illness. It could verify what others are finding once looked at the blood under a microscope. This is way out of my league.

Im a simple artist trying to protect my family.

Best Regards,

**CAF Notes & Links:**

Same would apply to morgsllons. Will think about this. Important question to ask.

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**Question:**

Hi Catherine!

Thank you for doing this weekly! It is great to know that on a weekly basis 'the doctor is in'!
Regarding the "mandate" for federal employees and contractors, I fall into the contractor category and am dealing with an employer that is trying to not risk losing a large portion of their business by instituting a company-wide mandate, even though I don't work on federal contracts. I have an issue with requesting an exemption for something that is being challenged in the court as unconstitutional - what potential risks do you see with pursuing a religious exemption down the road (e.g. being on a list of those who are 'non-compliant'?

Thank you!

A

CAF Notes & Links:

If you truly qualify, I don’t see a risk. If you are a religious person, that is not a secret and not applying will not keep it a secret.

What some say is that it supports the mandate system which make it easier to get control.

Possible they will get you to go along by providing the exemption, then pull the exemptions and you would have been much better off creating an independent situation by biting the bullet in the beginning.

I would prefer not to work for someone who would mandate a poisoning in violation of the Nuremberg Code. If they will do this at this point, what will they do next?
Hmmmmm…..Why is the media promoting the narrative that the reason there is a supply chain interruption in autos, electronics and other durable goods is because there is a shortage of semi-conductor chips?

Could it be because the chip manufacturers had to design and gear up production of new semi conductors that talk to the central control smart grid that will go into every new auto, home appliance, cell phone, we use in daily life? Thus, making all the existing chips obsolete?

If so….Hanging on to older model auto’s and 4G cell phones for longer might be a very wise idea!!!

DM

CAF Notes & Links:

Reviewed on M&M - Treasury Deputy saying it is because not vaccinated. Control game and economic warfare.
Comment:

Subject: Eco Cars

No words ....

All the. Best!!

D

CAF Notes & Links:

Yes, the waste and environmental damage is appalling. More time next year on “climate change”
Comment:

Hi Catherine,

I just lost an email I was at the tail end of composing. I don't know if it sent or deleted as I have no record. Ugh. Regardless, it disappeared and I hadn't attached the Hillsdale Scope and Sequence before it was gone. So please forgive me if the following is a repeat.

With the national interest in school boards lately I wanted to get this message to you directly. The specific problem is evil, but the solutions are local, methodical, and doable.

I became a subscriber a few years ago and remember the first time I listened to you it made a million connections in my brain. I was a school board member and a republican precinct committeeman in Arizona at the time and was fighting the establishment over education. You made that fight against my own party make sense, so thank you! But they couldn't stop me. I fought them all Catherine, at every level, and I won that battle for the kids and parents in Lake Havasu Unified School District.

I'm a terrible writer and a high school drop out (and not ashamed of the latter), so please understand how hard the above six year fight was and bear with me and my grammatical errors.

I am not exaggerating when I tell you I personally fought Ducey, Brnovich, State Legislature, Michael Crowe (ASU), Arizona School Board Association, County Board of Supervisors, City Council, the AZ GOP, and every employee in the school district.

I tell you all that because IT CAN BE DONE! I was successful because I developed a close friendship while running for office in 2014 with Diane Douglas. She was running a primary against GOP establishment State Superintendent “Huppenthal”. She ultimately won the primary and then the general election against Garcia. We both took our seats in January 2015 and the battles began. She helped me to be successful in my district because she had served on a school board for 8 years and knew the evil game. Unfortunately, the republicans ate her for lunch in Arizona. They couldn't stand that she couldn't be bought and launched their smear campaign DAY 1. She is amazing, truly a hero and I am grateful for her friendship everyday.

But in my district, it was a different story because I had “local control” and Diane's knowledge and friendship. Local control only works if you exercise it. With that all being said… the culture war cannot be won if liberty loving people don't take control of every local school board.

In my 6 yr. term and with a handful of people I was able to completely transform our local school district and most of it was done during my one year as school board president. Happy to give more details to anyone interested but I have blabbed on long enough.

10k ft. level Steps I/we took:

#1 Hire a new superintendent when their contract comes up for renewal. The superintendents report to and are hired by the school board. Then have the new superintendent hire a new finance
director that believes in public transparency and responsibility to the public. We did this in 2016 and it was key!

#2 Become intimately knowledgeable with your local school board policy and do not accept “rubber stamped” policies sent by school board association. Change key policies around curriculum, data collection, sex ed., and public participation. This is how they are truly (centrally) CONTROLLING every school district. DO NOT ATTEND SCHOOL BOARD CONFERENCES!

If you have a committed group of elected school board members that are willing to take the arrows and the media smears you can completely take over every school board in the country. Seriously. It’s a methodical process. It worked. I am proof.

Attending school board meetings will do nothing. These board members are not paid and they do little if any research, they simply rubberstamp what the “experts” tell them to approve. It takes an independent thinker (or a high school drop out that can read) willing to dig in and fight.

I think homeschooling is the best option for education and mental heath, but the majority of kids will always be educated in public schools, and that IS the culture.

A short list in my 6 years of the accomplishments a handful of committed people were able to make:

1. New superintendent and finance director
2. Turned one of our elementary schools into a Hillsdale Barney Charter School inspired classical academy. I had a friend who was visiting Hillsdale in person and I asked him to ask Hillsdale if they would partner with my school district. They could not “officially” work with us, however, they sent me their K-12 Scope and Sequence and extended an open invite for our staff to travel to Hillsdale simply because I asked and no public school ever had, we took advantage of both! After the first year of the academy we adopted the classical curriculum for all our K-8 schools.
3. We brought in Rachel’s Challenge for every school to deal with suicide and we started a “pastors on campus” program. Yes, it’s legal.
4. We had a bankrupt self-funded employee benefit trust (totally corrupt) and we fixed that, got out of the healthcare business, and joined another trust with three cities. The school district EBT officially was dissolved yesterday and they returned $4m back to the district.
5. We ended the county sex ed program and stopped critical race theory before it was even a blip on the radar by fixing board policy.

It was a painful and fulfilling ride. I spent the last year on the board fighting Fauci and the dang lockdowns. My husband and I have since moved to Missouri onto a 90 acre farm (thanks to Solari) and we are working to figure out how to live a free and inspired life.

P.S. If you read this email for any reason please omit this paragraph. You said something during one of the Money & Market reports. Something like… if the wives of these CEO’s would tell their husbands “stop or you are cut off” it would stop. My husband (25 years) is a Walgreen’s pharmacist. I told him if he vaccinated for covid it was over. He stopped, he is on an extended leave of absence and is using YouTube to build us a small house on our property. I have faith we will figure out how to move forward before we run out of money. I appreciate you and your team more than you will ever know. May God continue to bless you all and keep you safe.
Warmest regards,
NC


CAF Notes & Links:

WHAT A INSPIRING REPORT AND WHAT A TREASURE CHEST - thank you so much!

Would love for you to start a Solari Circle on Connect in Missouri- if you have not joined, might want to
https://home.solari.com/solari-circles/

Question:
Hi Catherine,
Thank you, thank you, thank you for what you do!
I am tempted to post a link to "Planet Lockdown" on my neighborhood’s social media page. There would be no way to make it anonymous.
Would this be dangerous for me + my family?
Thanks,
M

CAF Notes & Links:

Don’t know your neighbourhood.

Can always ask a question

Question:
Hi Catherine,

I hope this find you well. I am in Australia and have just gotten out of Brisbane and moved up the coast to get out of the city.

Thank you again for all you have done and continue to do to share your knowledge and help provide guidance trends and patterns to consider.

I have been doing a study course on Steiner for nearly 6 months and am loving the Spiritual Academy.
You have been talking a lot about Spiritual War for a long time and I was inspired to write a short essay on this, which I have attached, and if you think this is may be of help to your subscribers, you are more than welcome to share this.

Thank you again


**Spiritual War**

We have seen a number of physical wars throughout history, the World Wars and other numerous conflicts over time that have been written about or portrayed in documentaries, movies or television (tell-a-vision) shows, and as a result of this we all have an idea or image (albeit it may be a false one) of what a physical war looks like, but alongside every physical war throughout history, there has also been an ongoing spiritual war.

So to understand how to fight and win a spiritual war, one must first understand what is meant by the term spiritual war. Spirit as a word has a number of different meanings depending upon the cultural context or lens you are viewing through. It can be used to describe a type of ghost or supernatural being, for Christians it can be aligned with the Holy Spirit, for some familiar to the new age movement, it can sometimes be used to talk about some form of connection to something else, be it nature, universal intelligence, God, Creator or the Universe, as in I am spiritual and for others it may be ‘the thing’ which gives the human being life.

Rudolph Steiner talks about the human being as having three sides to its nature: body, soul and spirit. He defines **body** as that through which ones environment reveals itself to that person, the **soul** is that which one links these things to their own being, and the **spirit** is that which becomes manifest in a person when they look at things as a ‘divine being’¹.

A spiritual war is really an attack on all three of these aspects of this nature, as it impacts ones view of the world physically, how you feel about the world internally and also your connection to your higher self or purpose, be it God, the Universe or whatever other term you may connect with. It is clear though a war waged on a spiritual level not only attacks the union between the individual and their connection with their higher self, it also attacks the connections shared between groups of people.

Today the spiritual war continues to rage, with a non stop narrative designed to illicit three key feelings or emotions, fear, helplessness and hopelessness. Whether it is the fear, helplessness and hopelessness associated with the whole COVID narrative: the cases, the variants, the man made ‘laws’ or mandates, the vaccinated or the unvaccinated, or whether it is other issues like climate change, global warming, cyber attacks, terrorism, or geopolitics that is causing these emotional states, it is important to understand the impacts this has on ones connection between body, soul and spirit. This is alongside the covert attacks that are part of this spiritual battle: hyper-materialistic consumption, pornography, the gender division, religious division, breakdown of family units, narratives around political correctness and diversity, all of which are designed to confuse, distract, divide, disconnect and ultimately destroy the connection between body, soul and spirit, individually, and also collectively within groups of people.
You see the spiritual war is a war waged against frequency, and it is won or lost based on whether people are experiencing constant feelings of helplessness, fear, sadness and apathy or whether they are experiencing constant feelings of courage, love, compassion and faith. David Hawkins talks about the scale of emotions, which corresponds to levels of consciousness, whereby he discusses that everything emits energy, whether it is positive or negative. It is important to note that courage is a critical point on the scale of emotions as this is when the energy shifts from negative to positive. It should be also noted that apathy (hopelessness), grief (helplessness) and fear are three of the bottom five negative energies on the scale of emotions, alongside shame and guilt.

Spiritual Wars are won or lost on an individual level, with ones own ‘inner being’. If you are not ready and have not taken the time to look inward and get yourself spiritually ready, then the chaos and incoherence you face each day in your outer world will ultimately paralyse you as without inner peace you won’t have the energy or emotions to deal with this constant attack. Remember in a physical war, there are bombs, bullets and tanks, but a spiritual war is often fought with words, messaging and images. A physical war involves violence, a spiritual war involves coercion, although one could argue this line is currently blurred. You see this spiritual war is one that has been going on for centuries, it is just now that it seems to be so overt in it’s attack on such a global scale.

Fighting back is simple, but certainly not easy. We all have the weapons and defences we need already within us, we just need to connect or reconnect with what lies within in order to fight back.

**Weapons of Choice for Spiritual War**

**Integrity**

In order to be spiritually fit to fight this war, you must live a life of the highest integrity. And for anyone who thinks they have this already sorted, I would suggest unless you consider yourself an enlightened being, potentially this is an ongoing journey. This involves being constantly vigilant of thoughts, actions, physical things, where you spend your money, where you bank and what you invest in, the people you surround yourself with, where you spend your time and what you give your energy to. Sometimes you receive new information which sheds light on some part of your life that is lacking integrity – when this happens this may mean another change in your life to bring integrity back into balance. That could involve a change of friendship circles, a change in food sources, a change in the stores you shop at, but like most good things in life there are no shortcuts to be had, just constant effort, but with that constant effort comes constant rewards.

A personal experience is an ongoing challenge of ‘distancing’ from Microsoft, Bill Gates and Google. This involves the journey of getting some open source office software, a private email address, a VPN, new search engine, deleting apps, changing things around. It continues though, as my children still play xbox, I still say ‘google it’ nor have I completely untangled myself as it is a constant journey of taking personal responsibility to act with integrity. There are certainly bumps along the way, but once you get through the initial discomfort and overwhelming feelings, and just start, it does get easier.

**Consciousness**
The word consciousness is a word that has been used and misused often in recent years, and it is a word that has so many different meanings, whether psychological, medical or new age, they all have their own lens, but a very crude definition of consciousness is just awareness. You are either conscious or aware of what you are thinking, feeling, and doing, or you are unconsciousness, not aware of what you are thinking, feeling and doing.

But when we look at this from a spiritual war point of view, it is slightly more complicated, because our consciousness or awareness, may not even be our own, it may be heavily influenced by the collective consciousness. Remember the spiritual war is waged on people with images, words, messaging, marketing, programming and propaganda, so how much of our consciousness, or awareness is impacted by this?

How much of our lives, be it our thoughts, words or actions are habits that have been programmed into us over time. Do we even give ourselves the time and space to consider where our thoughts come from? Or are they even our own?

Thinking about consciousness in a different way and having an openness to consider that your reality may be just something that has been manufactured over many years is a great place to start looking into ones own level of consciousness and beginning to free yourself from years of programming. Once done you can begin to form thoughts and feelings that are actually your own, that come from within. You can then take actions that are in alignment with what you know to be true and good.

Faith
Faith is again a term that may be misunderstood, based on religious dogma; however I see faith as a critical weapon to defend ourselves in spiritual warfare. Faith is a belief in something that you know to be true, or a strong conviction in something; however from a spiritual perspective it is a belief in something that you may not be able to experience with your physical senses. For some it may be God, for others it is the Universe or Divine Intelligence, but I believe it is this type of faith that has a significant role to play in spiritual war.

A spiritual war involves many competing weapons, many of which are invisible, whether it is energy frequencies, mind control, subliminal programming, alongside whatever darker spiritual forces are at work, it is faith which will combat this. When we look at how some human beings continue to treat other human beings, it is clear that there are some darker evil spiritual forces at work, and if this is what we are at war with, then one can assume that there are good spiritual forces that can help us to battle these dark forces.

Lastly on faith, it requires creativity and imagination. Catherine Austin Fitts has said it is not enough to stop the evil, we must be able to imagine what type of world we can build together³. For me this is a world with communities living a simple, peaceful, rewarding, loving and sustainable existence in harmony with natural law.

Alignment
I mentioned earlier Steiner’s three sided view of human nature, being body, soul and spirit. It is also important to consider a three sides view as thoughts, words and actions. Are these in alignment? Remember your thoughts may not be your own, yet it may be someone else’s thoughts that begin the chemical reactions in your body, which lead to the emotions (and therefore memories) which then
lead to your actions. Those actions then become less conscious, less aware and less deliberate than they would be were you in control of your own thoughts.

In a spiritual war, which remember is a war on frequency, where the battle is won or lost based on the scale of emotions, are we keeping our energy positive? Are we loving and nourishing our body, our soul and our spirit? Are we making sure our thoughts are aligned with positive emotions like courage, whereby we feel effective action is possible, or willingness, whereby we are happy to help others, or acceptance whereby we no longer feel the need to blame others, and ultimately where we get to compassion and love⁴. When we are in alignment, there is no inner conflict that exists, as we are thinking, feeling and acting in complete harmony.

**Compassion**

In a spiritual war, humanity is divided, men against women, kids against parents, religion against religion and now vaccinated against unvaccinated. It is such an easy trap to fall into when we judge another for a decision they have made, or something they see differently to how we see it. I have heard the term people are sleeping, or others being referred to as ‘sheeple’. The truth is we have all been on both sides of this coin, whereby we have been the one ‘asleep’ or not ready for whatever it was someone was trying to share with us.

Having compassion is critical, it ensures we view everyone as human beings, which helps to ensure we all stay connected to that Divine Intelligence that connects us all. The truth is that some people have certain spiritual growth they must go through in this life, and they will make decisions in the physical world, which may frustrate us, bemuse us, shock us and sadden us, but it must be remembered it is their journey. We are not to know what lessons someone needs to learn, nor can we know what unique individual circumstances led a person to the point they are at now, so having compassion for others is an important tool for us all, especially now.

**Love**

Love in the English language means lots of things, fondness, affection, deep care, passion and desire, and in the Greek language, they actually distinguish between these types of love, with at least four different words to describe love. The type of love I am referring to here is known in Greek as Agápē, which refers to a selfless kind of love, one that is not motivated by self interest or self preservation, it is love motivated by the welfare and care for others. In the Bible it is referred to as expressing the essential nature of God.

Imagine feeling this type of love, even for moments throughout a day, let alone being able to remain in this frequency for extended periods of time. The headlines, the words, the images, it all vanishes in an instant when our frequency is aligned with this type of selfless love. This is really the ultimate weapon in a spiritual war, having this type of love puts an end to the war, for us as individuals, but also for all of humanity.

**How the Spiritual War Ends?**

This outcome is determined by each of us individually to ensure that we are spiritually ready to fight this war. We do this by ensuring we have the weapons and defences that are listed above. We fight this war, not physically, but first internally with ourselves. We ensure we think, act and speak with the utmost integrity, compassion and love. We keep genuine faith that we will not only survive, but
We continue to be aware of our thoughts, and make sure they are ours, not someone else's. We stand firm as a spiritual warrior and if we win this spiritual war within ourselves, as individuals, the whole energy shifts. When we master this aspect of self, we can then lead and inspire others to do the same with courage, compassion, love and peace the dominant frequencies that will resonate amongst new communities and groups of people. This is how we win the war on spirit.

References

1.

CAF Notes & Links:

VERY GOOD> Put in the notes. Many people do not understand the power. And we can do it anytime anywhere.

Comment:
Hi Catherine,

I highly respect you and your work. Thank you very much for everything you have done and continue to do. I have never heard you speak about Anna Von Reitz (www.annavonreitz.com). I have corrected my status as an American State National on the Land and Soil jurisdiction here in America in New Jersey State (tasa.americanstatenationals.org). I think this is something that is extremely important in the fight for our freedom. I and I am sure many others would love to hear your opinion on this. Here is a great interview she did with SGT Report: https://www.bitchute.com/video/lhFEUH8jyJ9e/

Sincerely,
G

CAF Notes & Links:

Generally ignored legal actions of these kinds since in my experience the people are dealing with will not respect them. All legal actions can get powerful if combined with financial actions - see Theme next week.

Question:
I just finished watching the third quarter wrap-up Part I .....I listen in segments in order to digest all of the information. At the end you all were discussing the use of foreign troops in other countries and could be used here too. I have been concerned about that since NATO has established its North American headquarters right here in Norfolk VA. What is your opinion on that?
Secondly, please thank John Titus for letting me know about the Des Griffin book “Descent Into Slavery?” I could not put it down and now my friends have bought it and are having the same experience. It is on the Internet in PDF and one of them read it that way because it is getting more difficult to find. We also read his “The Fourth Reich of the Rich”. $24 for a used paperback!

**CAF Notes & Links:**

NATO - globalising US military

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**Question:**
Catherine has stated the the two best US states to weather all this are Texas and Tennessee. Yet in 10-07-21 interview with Joseph Farrell she reminded us of the Tennessee governor's executive order which could/would greenlight mercenaries to come in and run the state. If this concern about mercenaries is founded or plausible, then why is Tennessee such a great choice for a Plan B? Have we carefully compared this situation against, say Missouri or South Dakota or Arkansas or Oklahoma? Would such a (strategic) comparison be a useful Solari exercise or side project? To that end, I have ordered Strategic Relocation, 4th Ed from JoelSkousen.com.

**CAF Notes & Links:**

Stated:

Utah
Idaho
Tennessee
Texas
North and South Dakota

Low debt, high pension funding
High % of Christians
Legislature
2nd Amendment
Some aspects of economy
Quality of water and farmland

**Question:**
In the 10-07-21 interview with Joseph Farrell, I think in the context of all the stuff going on with Australia and Antarctica etc, Catherine quipped that some or all of the process likely started on October 9, 2018.
She then chuckled about the reference and clearly she and Joseph had some mutually understood inside joke/reference etc.
For my part I have no idea what they were talking about or what they were implying. The only thing I could find about that day was Nikki Haley resigning from the UN. I have no clue about what that’s about. I’m still in the process of redpilling. Please explain this reference. What in tarnation does that mean?

**CAF Notes & Links:**

US Federal budget, credit and most of US stock and bond markets went dark with FASAB 56


**Question:**

In a hypothetical future of genetically engineered transhumans or human-other hybrids, could the resulting society allow free movement and interactions of different species/castes?
E.g. if some life extension technology is immature, perhaps wealthy “extended humans” may require a more controlled bio-environment, unlike resilient non-GMO humans. If inequality continues to increase, could supply chains be reconfigured to prioritize some groups?
How can empathic humans introduce these topics into governance and legal discussions, before it’s too late? If two billion humans have been fully vaccinated, we may already have an irreversible and unknown species/caste separation.

**CAF Notes & Links:**

Just start talking about it and bringing it up - the shared intelligence has to address and we do so by praying about it and talking about it and learning about it.

**Question:**

So ships are piling up at Long Beach waiting to get unloaded. The port is jammed full of containers with no place to stack more. The liberal media is blaming it on the trucking industry while the
nation's store shelves are becoming bare… Well here’s more to the story. Could Gavin Newsom and California’s liberal trucking laws be the blame?
The NEWS says the California port situation is caused by a driver shortage. Not so fast: It is in part caused by a California Truck Ban which says all trucks must be 2011 or newer and a law called AB 5 which prohibits Owner Operators. Traditionally the ports have been served by Owner Operators (non union). California has now banned Owner Operators.
Long term, truckers in California are not investing in new trucks because California has a law that makes them illegal in 2035. The requirement is to purchase electric trucks which do not exist. And in the words of Paul Harvey, “Now you know the rest of the story”
BUSINESS
CARB to begin blocking certain trucks’ DMV registrations in 2020
Carriers domiciled in California with trucks older than 2011 model, or using engines manufactured before 2010, will need to meet the Board’s new Truck and Bus Regulation beginning in 2020 or their vehicles will be blocked from registration with the state’s DMV, the state has said. The new “health-based requirements” will need to be met before a driver is allowed to register his or her truck through the Department of Motor Vehicles, CARB says. A new enforcement tool used by the DMV beginning in 2020 will automatically block 2010 and older trucks from registration

CAF Notes & Links:

Great comments. THANKS!

Going Direct Reset

Question:

CAF Notes & Links:

Health

Question:

CAF Notes & Links:
Local Gatherings

Question:
Hi Catherine,

We live in California and would like to buy farmland with a pre-existing home within the state if possible. Are there any resources/co-ops/groups of like-minded people you can recommend?

Do you feel like staying in this state is ill-advised or dangerous, no matter how rural or like-minded the immediate community is?

Thanks so much, and keep up the great work!

Best,
C M
S M

CAF Notes & Links:

Some people believe they will be ok in great pockets. Paradise was last straw for me. I would not stay. But that does not mean it is the right thing for you.

Question:
Dear Catherine
I am trying to find out if there are any Solari Circles in Germany. I have written to Darlene and Mark at Customer Service but have not heard back from either of them. Can you please suggest whom else I should contact about this?

Many thanks.
A

CAF Notes & Links:
There are. Put in a support ticket and Siu Ling will respond. She is Canadian but currently living in Germany.

Recommended Links

Comment:
Truly sick people! Reminds me of how in Ireland, they used to tax the small cottages of the peasants based on the size of their windows, as they were breathing “The Queen’s air”.


CAF Notes & Links:

Yes, the buy up and securities the planet plan is on. They want corporate municipalities and this is part of the beginning.

Question:
Hospitals are now ran like Prisons – security everywhere, can’t be with family or friends, family members dying alone, why, why, why?

https://www.facebook.com/groups/250365063179812

CAF Notes & Links:

You know why. No need to ask. Make alternative plans.

Question:
Catherine,
Have you seen the movie G-Force? It's about specially trained guinea pigs that stop a billionaire from taking over the world. The billionaire uses household appliances to control people. It seems relevant to a lot of what I hear you talk about as I listen to your interviews and weekly reports. I
have a soft spot for guinea pigs, so I'm a fan of the movie. If you haven't seen it, you might want to check it out.

https://www.imdb.com/title/tt0436339/

Thanks for all you do. I'm a fairly new subscriber and am appreciating the wealth of information you're providing.

J H

**CAF Notes & Links:**

Will check out. Trailer is pretty funny.

**Question:**

Subject: Only. 55% …. And this is TEXAS!

So we STILL have lots of work to do as too many people are STILL mind co trolled.

All the. Best!!

D

**CAF Notes & Links:**
Comment:

Dear Catherine and team,

I respectfully ask that you view and share this important video:
https://vimeo.com/629254238

"A 16 year old and her Mother discuss what is happening in Oregon City High School classrooms, and how students are treated that don't submit."

This documentary-style-article-video is so well presented. I feel so sad for this student and her mom. I hope this gets distributed to more national levels.

Thank you for your consideration.
Regards,

T T

CAF Notes & Links:

Watched.

Most learn technology

`Must Home school

No point in trying to navigate government funded schools

Tax issue

Question:

You spoke about it … here it is!

The f!!

https://vm.tiktok.com/ZM8jUwB3d/

All the. Best!!
CAF Notes & Links:

Got to deal with the money. This is certainly one way

Comment:
Wide ranging, brilliant discussion ... the last ten minutes where she talks about "future things I am worried about." ... are worth noting.
Below the Surface: An Interview with Whitney Webb
https://odysee.com/@Chris_Martenson:2/WhitneyWebbd

Whitney Webb is my hero of the week.
Cheers, DW

CAF Notes & Links:

Webb is doing great work. Great interview with Titus.

Comment:
this info may save many lives
https://orthomolecular.activehosted.com/index.php?
action=social&chash=eae27d77ca20db309e056e3d2dcd7d69.209&s=43e96916ce0269f3a11bb19e89
4aca77

CAF Notes & Links:

Comment:
Here is recent evidence of the clan level conflict:
French Finance Minister Issues Declaration Of Independence From The US
They are turning on each other. This is very encouraging for our long-game: prudence and fortitude.

**CAF Notes & Links:**

**Comment:**
Soon all staff and visitors to zoos will require vaccination. Next it will be every dog, cat and pet to save our pets and prevent new variants. Then it will be the animals in the wild. The madness and paranoia continues.


**CAF Notes & Links:**

**Comment:**

![Image](https://example.com/caf_notes_and_links_image.png)

**CAF Notes & Links:**
Take Action

Question:

CAF Notes & Links:

Other:

Question:

CAF Notes & Links:

Additional Resources

Check out Wim Hof, Connect and CASH FRIDAY!

THANKS FOR YOUR QUESTIONS

Send in questions:
Askcatherine@solari.com
Subscriber input