

# **How to Build Networks of Trust to Protect Your Freedom From the Threat of Centralized Control**

## **A Special Interview With Catherine Austin Fitts**

### **By Dr. Joseph Mercola**

#### **Dr. Joseph Mercola:**

Welcome, everyone. This is Dr. Mercola helping you take control of your health. And today we are joined [by] Catherine Austin Fitts, who is really one of the ideal people to discuss in these times as we are emerging the global cabal's Great Reset. And we're going to talk about some really important topics, so you're going to want to pay close attention. And there's very few people that are well-qualified to comment on this because not only is she brilliant and really smart, but she's an insider. She was the former assistant secretary of HUD, Housing and Urban Development, I believe, during the Reagan administration, which of course was a public administration. And she got a lot of insights into how politics works.

So, she uses that and her commitment to truth and freedom and integrity to help us all figure this thing out. We're going to really focus on a lot of important things that you need to know about today. And one of them is banking. Catherine works really closely with CHD, Children's Health Defense, and did recently, earlier this summer, a four-part series on banking. I think that might have been catalyzed by Chase's debanking of my financial accounts with them. Not so much mine because I really didn't have any personal accounts with Chase at all. It was my staff and my business that was affected. So, we're going to talk about that and some really other exciting things that I think are even more exciting. So, welcome and thank you for joining us today, Catherine.

#### **Catherine Austin Fitts:**

Well, thank you. And thank you for everything you're doing for health freedom and freedom.

#### **Dr. Joseph Mercola:**

Yeah, yeah. Well, it's a team effort, and you're certainly a big part of that. So, I think maybe we can jump into the financial component. I'm curious, was your focus [inaudible 00:01:49]-

#### **Catherine Austin Fitts:**

Yes. So, we've been doing for several years Financial Rebellion on CHD-TV, and we regularly get questions on banks. "How do I find a good local bank or credit union? What are the questions I ask? How do I [do] due diligence?" And I do Financial Rebellion with my general counsel, Carolyn Betts, who is great at all the incredible details of banking. And when you started publishing about the issues with Chase, we just got a tsunami, a new round of questions. And I said, "Carolyn, we're going to sit down, and we're going to –" And the title is "How to Develop a Successful Relationship with a Great Bank." Because what I want everybody to have is a really successful relationship with a great bank, and it makes an enormous amount of difference to your

life. And once upon a time, people thought they could just go online or walk into a bank, get any old account, and it would be professional and function[al]. Now we're talking about a significant relationship, and it's very important that your banker knows you and you know your banker.

You have a relationship where you can pick up a phone and call if there's a problem and get things handled. It's an important relationship and train tracks in your life, and you need to invest and make sure it goes right. So, we decided, "Okay, we're going to go through every bit of the detail," and we collected all the questions we've gotten over the last – Well, in 2004, I published an article called "How to Find a Good Local Bank" at Solari.com, at the Solari Report. And we just took all the questions we've gotten since the very beginning and rolled them up into a very detailed four-part series that goes through every possible aspect of how you might relate to your bank, and how to find a good bank, and how to build a relationship with the bank. And what I have to tell you is I have a great relationship at a great bank, and it is one of the great joys of my life. Wherever I am all over the world, because I travel all over the world, whenever I have a problem, Joe, I just pick up the phone and call them. And it's wonderful.

They're watching my back. And it makes an enormous difference. It takes time to find the right bank or credit union and to build the right relationships. But anyway, so we go through it in all the gory detail, and I encourage anybody who's not satisfied or happy with their bank or nervous about their bank to go listen to the whole thing. It's something you can listen to. And we have the questions for each part listed so you can skip around if a part, say, about how to take out a mortgage is not relevant to you. So, I really encourage you to do that. It's a great thing to do while you're driving or cleaning, to go through all the gory details. So, there it is finally.

**Dr. Joseph Mercola:**

Thank you for compiling that.

**Catherine Austin Fitts:**

Oh, thank you for your pain in inspiring that.

**Dr. Joseph Mercola:**

Well, it wasn't so much pain to me personally as it was to my business and staff. My CEO and CFO. It was just devastating. But actually, because I had learned the lesson – It wasn't my first rodeo for debanking. PNC debanked me two years previously at the beginning of the pandemic, which made perfect sense. This Chase debanking made absolutely no sense because there was nothing new that happened. It just came out of the blue. And they've never provided us with an answer, and they don't have to. It's part of their rules. But we're going to post the four-part series you did on the page that is embedded with this video. And because CHD did the interview, it was through Polly's portion of it, and she's engaged in this Vax[-Unvax] bus program, so the first part of most of those is delayed.

So, we'll put the point where you start up with your program just to make it a little easier to get to the chase because a lot of people don't have time to be sorting through this and they're going to say, "Where is this, Catherine?" No, it's right there. But I want to emphasize the fact that you

mentioned relationship multiple times in your response, and I've watched all four parts and that was the key take home. It's all about a relationship. And it wasn't like it was in the past at all where you could just go in and sign up and you're set. There was absolutely no review or groundwork that was required, but now it's completely different. And you'll use the analogy of almost like getting married. It's that much of an effort.

**Catherine Austin Fitts:**

Actually, it's the financial equivalent of a marriage. And it's so important that your basic transactions run on a platform that you can trust. One of my favorite quotes, and I keep quoting it and promoting it, is from one of the doctors in Switzerland. He said, "The currency of the future will be relationships of trust." So when we think about our financial life, we have to think about, "Okay, what are the personal and professional and institutional relationships that I have, and how can I make sure that they're trustworthy?"

**Dr. Joseph Mercola:**

Yeah. So, you've got to have a good one that you're lined with, and you can pick up the phone and talk to a person that you have a relationship with, who knows you.

**Catherine Austin Fitts:**

So, let me tell you two of my favorite bank stories. Several years ago, I was in Italy to see "Beethoven's 9th" in the Verona amphitheater, and in the summer, the cathedrals have these wonderful free concerts. So, we were cathedral hopping going from concert to concert, and we were walking from one cathedral to another, and we'd stopped and gotten some Italian gelato. And we were kind of high on the music, and it was a day when you didn't want to think about banking. Anyway, so my phone rings and it's my bank saying, "Somebody just charged \$500 at Paris, Disney World, and we are sure it's not you."

**Dr. Joseph Mercola:**

There you go.

**Catherine Austin Fitts:**

And I said, "It's not me. Shut that card down." Bam. Now, if I'd been in a big bank with no relationship, it would've taken me days to figure it out, days to get it unraveled, days to get it changed or fixed. Perfect example. Another time I flew into Romania, and for the first time in many years, my debit card didn't work. Normally, my debit card works everywhere in the world. So, I got on the phone with my bank, and they stayed on the phone with me for 30 minutes until we got it to work. So, I was never sitting in Romania without cash. But when I call them, they know who I am. I can find somebody who knows me, who I have a relationship with. And anybody can have that if you invest in finding the right institutions and build a relationship. And that's the kind of thing you want if there's a problem.

**Dr. Joseph Mercola:**

Yeah, for sure. Because inevitably there will be a problem at some point in time. They're almost-  
[inaudible 00:09:11]

**Catherine Austin Fitts:**

Right. Absolutely.

**Dr. Joseph Mercola:**

It's just life. That's the way life works. But in my experience with credit cards, typically mine aren't associated with the bank because most of the ones I use are Amex. But they're liable. If there's a charge on your card and it's not valid, they're liable to pay that charge. So, they have very sophisticated algorithms that monitor things very carefully, probably with a lot of AI (artificial intelligence) embedded in there, too. But if anything gets out of the pattern, we get a call. We get a call from the security service. And it's a pain, but it's good that they do that. It means they've got your back. It's okay to be annoyed that they're calling you and shutting your card down because it could be a problem. You definitely want them to do that.

**Catherine Austin Fitts:**

So, one of the most frightening Solari Reports I ever did was with Bob Sullivan on identity theft. And I worked very hard to find the top people on identity theft. Bob was one of them. And after we went through all the different things that could go wrong and how to prevent it, one of the things he said, I'll never forget it, is he said, "Check your accounts. Just regularly check your accounts." Because a lot of times what we'll find is they'll put through a \$2.50 test to see if they can get away with it. And if we're sweeping and checking our accounts, we catch it and then it doesn't go onto something bigger. So, you want the companies to have your back and, as you described, do what you say, but you also want to regularly check your accounts because your financial transaction train tracks are very, very important. And you can't afford for them to be compromised.

**Dr. Joseph Mercola:**

No, not at all. And I think most likely – Identity theft is a serious problem. They almost got away with it on me because I made the most common mistake, which was responding to an email that appeared legitimate. They were phishing. It's called a phishing attack, and they replicated an eBay. And normally I don't use eBay, but at that time in my life, I was just in the middle of this transaction with eBay. So, I just assumed it was related to that and I wound up sharing my information, which is what they want to do. And once they've got it, it's off to the races. And they could take your house, they could take everything, and then ruin you for a long time if you don't catch it early. So, you got to be super careful. Identify theft is awful.

**Catherine Austin Fitts:**

Yeah, catch it early. Catch it early.

**Dr. Joseph Mercola:**

Yeah. Yeah, for sure. All right. So, I've got a lot of personal curiosity questions with your level of expertise because we all agree that the global cabal exists and this Great Reset appears to be imminent. So, so many questions. Where do we start? I think that probably the first one along those lines is acknowledging that we're 11 months in, almost to the day, when ChatGPT, a large language model and the progenitor of almost all the other ones that are out there, was released as the form of AI that we're most familiar with. Certainly not AGI, artificial general intelligence, but it's a significantly powerful and absolutely beyond surprising implementation that we thought was years away, maybe a decade away. But to have this level of power – And they're giving it to us, which is really unusual.

And for the most part it's free. There are paid versions, of course, that are a little better, but it's basically free. So, if they're giving this away for free, they probably have souped-up versions. And they have been – By “they,” I mean Mr. Global, the people in charge, have been enormously, beyond enormously, successful in brainwashing and propagandizing the public, probably if not the majority, certainly very close to it, and maybe even more than the majority, with the existing strategies that they have. And now that they have AI, its power is going to probably be exponentially improved to brainwash people. And I'm wondering if you've given that implementation of AI into this process some thought.

**Catherine Austin Fitts:**

Yeah. So, I think AI is a component piece of a system that's been very successful at brainwashing and propaganda and mind control. It's a complex formula of how they influence and manipulate people. So yes, it's been very successful, and when you combine it with entrainment and subliminal programming and propaganda and software that creates addictions, you create this phenomenal infrastructure of things that really suck people in. Part of the power is not how it's manipulating our mind. It's access to tremendous data about what we're thinking, what we're doing, what we want. So, it's the surveillance component in combination with the rest of those. And of course, AI just makes it turbocharged. Have you ever seen the movie about East Germany surveillance called “The Lives of Others”?

**Dr. Joseph Mercola:**

No, I haven't. I haven't.

**Catherine Austin Fitts:**

Oh, it's a really powerful movie that describes what it's like to be under 24/7 surveillance, which I experienced when I was in Washington litigating with the federal government. And what I try and tell people, I try and get them to watch that movie and say, “You are under 24/7 surveillance by AI and software bots from all these different organizations, companies and governments.” And the problem is it's not like you're under surveillance by one. Every company, every government – you have hundreds of these things, and each one of them has no interest in optimizing your personal experience. They're trying to optimize whatever the point of view is of that company or that institution. So, they're just trying to get their piece. So, you have hundreds of these things targeted at you doing surveillance of you, collecting data, and trying to nudge and influence you for their individual point of view and purpose. So, it creates this enormous state of

incoherence, and it's the only way I can describe it. And of course, our challenge is how do we manage to organize and optimize for our best interest?

So, one of the ways I describe it is the system we're facing, which is very much driven by the tech, is trying to harvest or steal our wealth, and we're trying to build wealth. Right now, for example, I think the number one thing stopping anybody from building wealth is what I call the Great Poisoning. And the reason I love your website is, for years, you've been trying to defend and protect people from what I call the Great Poisoning. And that's critical. So, it's critical [that] instead of me just going in and doing whatever the software bots encourage me to do vis-a-vis food or nutrition or my health, it's essential that I say, "Wait a minute. What are my personal goals, and how do I optimize them?" And work your way through this literal blizzard or tsunami of online or electronic tools that are trying to talk you into whatever's good for that institution or organization. It's a war. It's the only way I can describe it. It's a war.

**Dr. Joseph Mercola:**

Yeah, I couldn't agree more. Now, you had mentioned one of their goals is to capture our wealth and prevent us from building our own. But I'm questioning that, and I'm curious to hear your thoughts on it because we both – I love your term "Mr. Global," which I think is a metaphor for the families that control the wealth. If you think that Elon Musk and Jeff Bezos and Larry Ellison are the wealthiest people in the world, you are seriously, seriously deluded. These guys have only one generation of wealth. There are families that have had dozens of generations, centuries, and they're called Mr. Global. We're not going to name them because there's no need to, but they exist. Just that [inaudible 00:17:37] concept. So, it seems to me they've accumulated the vast majority of wealth in the world already. So why do they need a few hundred thousand, a million dollars here? It doesn't make sense. There's got to be another motivation. There's another motivation.

**Catherine Austin Fitts:**

Right. So, money is simply a management system. Money is a control system. So, they're not so much interested in money as in managing the crowd. And digital technology, if you look historically, one of the most profitable businesses, and the businesses that makes it easy to manage the crowd, is slavery. And unfortunately, [from] my personal experience with the folks within the Mr. Global basket, they believe in and practice slavery. And digital technology, if you go back and look at why we canceled slavery the last time around, digital technology can solve those problems. So, I think they are centralizing control because they can, because the technology affords them the opportunity and the ability to do it. And so far, they've been successful. If you look at the tremendous centralization we've dealt with since World War II, this has been a steady push. Now, part of that is not just because they can.

Part of that is if you look at the risk issues that they're managing, they truly believe that they cannot trust the general population in a period of faster and faster learning speeds and change to keep up and make intelligent decisions about the risk management issues they face. Every quarter on the Solari Report, we do a series called "News Trends and Stories," and the first one is on the top 20 stories. But the second one is a whole Solari Report just on the unanswered questions. And of course, the big unanswered questions are, what are the risk issues that keep

Mr. Global up at night? What are they worried about? And if you look at some of the geophysical risks, I believe one of the reasons they globalized was they wanted to create the engineering and other capacity they needed to go into space because you don't want to bet the ranch on one planet. So, I think there's a real push in space for a variety of reasons, but one of them is simply diversification. And I think they are worried about one or more geophysical risks is my guess.

**Dr. Joseph Mercola:**

Well, they may blow up the planet. There's a realistic possibility that's [inaudible 00:20:09]. They may not say it's going to happen, but it's a possibility.

**Catherine Austin Fitts:**

Absolutely. Well, the scarier one is nuclear accidents. All you need is a few nuclear accidents, and you've got a real mess on your hands.

**Dr. Joseph Mercola:**

Yeah. In addition to what we already have.

**Catherine Austin Fitts:**

Right. Exactly.

**Dr. Joseph Mercola:**

So in a previous interview with you, you surprised me with your view on cryptocurrencies. And since that interview, I've come to understand that you were spot on, couldn't be more correct. And for those who – Most people know about cryptos now, especially Bitcoin, which is the first cryptocurrency that was developed by Satoshi Nakamoto, that is – the story goes – a brilliant guy, figured this thing out, then gifted it to the world and then disappeared. That is a fantasy and a myth. I'm convinced that he never existed, and Satoshi realistically is military intelligence. This is one of their tools.

**Catherine Austin Fitts:**

Right. That's the logical explanation, I'm sure. I'm highly confident that's correct, but-

**Dr. Joseph Mercola:**

I couldn't agree more. I'm at a 99.9% degree of confidence on this. So, what are your projections for this? Because it seems like they're going to let it go again. We're in the winter now. It's going into the point where the Bitcoin [is] having a – It's suspected that crypto will increase again, but that doesn't mean it's a long-term play. It is not something you're going to carry on for generations. It has a limited lifespan.

**Catherine Austin Fitts:**

Well, it depends on how they go to total control. There are many different scenarios of how they could go to total control. Just talking, if I were in their shoes, I would continue to pump and dump crypto and use crypto. I wouldn't close it down yet.

**Dr. Joseph Mercola:**

Okay. So, you think it might be around for a few more years?

**Catherine Austin Fitts:**

Yeah, I think it might be around – Well, it depends on how their rollout of complete control works with fast payments or CBDC (central bank digital currency) or the other things they're doing. But as long as they have the ability currently to assert complete control and shut it down or so marginalize it, cut off the oxygen to it, it's easy for them to assert control. And until then, they can continue to pull money out of precious metals and real and hard assets by encouraging retail to go into crypto, number one. But they can also prototype lots of different technologies and methods with crypto.

The brilliance of what they did with crypto is they got all the freedom fighters and hackers in the software world, or many of them, to figure everything out for them and do it for free as long as they just poured some money in to pump and dump the thing. So, it was a very, very clever strategy. And the important thing to understand [is], if we had a free world and a world dedicated to freedom, we would absolutely use Bitcoin and cryptos. We would want an analog and a digital system, and we would want private currencies, both something like Bitcoin or community currencies. So, if you're looking at this and thinking about an ideal financial system, your immediate reaction is, "I love Bitcoin. Bitcoin's great. What's not to love about Bitcoin?"

**Dr. Joseph Mercola:**

100%.

**Catherine Austin Fitts:**

Right. So, my objection is not to Bitcoin. My objection is to an all-digital system because that is what affords control. And my objection is I'm constantly seeing Bitcoin potentially used to help advantage the bad guys. So, you see a lot of great, wonderful people being harmed with the pump and dumps. So, I don't know if you remember this, but every time they pump Bitcoin, I'm constantly saying, "Please, please, please. If you swap into the pump, you're creating taxable liabilities. If you're a U.S. citizen, please sell some and escrow your tax money. Because on the dump, you're going to discover that your tax liability is greater than your entire position's value. So, please escrow taxes on the way up because otherwise, you're going to be toast." And sure enough, every time we get a dump, in comes the – I hear the pain of people who didn't do that, and there you are.

**Dr. Joseph Mercola:**



It's also valuable for another strategy because one of the recommendations by the experts if you're going to enter crypto is to do something called dollar cost averaging, or DCA. As you're buying into it so that you get the best price overall. It's clearly the best way to do it. You can't beat that. But you want to do the same thing coming out. It's dollar cost out averaging. So as Bitcoin's going up, you want to be selling. You definitely want to be selling for sure. You got to take a profit. You have to take the profit.

**Catherine Austin Fitts:**

Well, it's very interesting. I have a couple of subscribers who are very knowledgeable financial people, and at the beginning of 2017 when it was really going to roll, they said, "This is a game and it's going to be a speculative. They're going to pump and dump, and I'm just going to play it." And there are rules of how you play a speculative market. And as you said, you dollar cost average out, and they did. In a ruthless, ugly way, they just said, "This is a scam. I'm going to play it like a speculative scam, and I'm going to make a lot of money." And they did.

**Dr. Joseph Mercola:**

Yeah, yeah. If you know what they're doing. And not many people do. The people who understand what we just discussed are probably under 1% of the population. Easily. No question.

**Catherine Austin Fitts:**

Here's the thing. When I did that interview with you on Bitcoin, I had done a very – At the time in 2017, I was an investment advisor. So there are very strict rules and very good rules about how to do due diligence, and what are the standards of you recommending something to your client, whether it's "Do it" or "Don't do it." So I started on a serious due diligence, and it was funny because I finally decided, "I'm way in over my head." So I have a brilliant, brilliant friend and subscriber who was the former head of research at National Semiconductor and has a Ph.D. from MIT (Massachusetts Institute of Technology). And I said, "You got to help me." So he jumped in and we spent a couple of hundred hours just learning about crypto and Bitcoin. And then I rolled up all my questions and I flew to Baltimore. I called Bill Binney, who was the former NSA (National Security Agency) technical director. And I said, "Bill, I got a bunch of questions for you."

And I flew to Baltimore and sat and had a long lunch with Bill Binney and asked him every question. And then I finally felt like, "Okay, I think I understand this." But the advantage I had was I understood all the classic custodian issues in the securities world, and you had a wonderful industry of people who were new to custodian issues, who had no training or background in custodian issues, and you had no regulation. And they really didn't know. They really didn't know. And they also didn't know – having litigated with the Department of Justice for 11 years and dealt with very extreme physical harassment, I have a lot of knowledge about the legal and covert operations related to how control is affected in a financial situation. Because I was targeted. They tried to set me up on a phony frame of financial fraud.

So, I learned a tremendous amount about how you litigate and enforce on financial issues by the outward bound of my MBA (master of business administration) program. So, understanding

classic custodian and then how real control works in the real world, those were just two pools of knowledge that a lot of people in the Bitcoin world didn't know yet because they're young and enthusiastic. And frankly, they've enjoyed a tremendous amount of liberties that people in the rest of the world don't experience or know.

**Dr. Joseph Mercola:**

Yeah. And that custodian issue was the crux of what happened with FTX and Sam Bankman-Fried and a few others that were involved. So, it was all related to the custodian issue, and there were a lot of people who were fooled by it. They didn't do your deep dive and due diligence that you did and had your training and background to understand this was a serious issue.

**Catherine Austin Fitts:**

Well, but part of it – It's funny because I like to look at things from Mr. Global's point of view and understand things from Mr. Global's point of view. And I was raised to have a lot of empathy with Mr. Global's point of view, so it helps me do it. But one of the things that was very clear once the financial crisis hit was that the debt growth model was coming to an end and the race was on to get the hard assets. In other words, you want the land. You want the precious metals. You want the water. You want the minerals. The Sunday after 9/11, I went to this wonderful church in Hickory Valley, Tennessee. It's got a fabulous pastor named Melvin Bufford, who I love. And he came up to the podium, everybody was on pins and needles waiting to see what he'd said. And he got up and he stared at the congregation for about 30 seconds. And then he said, "Ladies and gentlemen, rush hour cometh." And what he meant was the war is now on for the real assets.

That's exactly – I was doing research work with a firm in the city of London and right afterwards I called him and I said, "You've got to get a load of this." And of course, their next newsletter, the title was "Rush Hour Cometh." But especially after the financial crisis, it started with 9/11 and the move of the army into the Middle East, but then you have a shift of the smart money slowly out of the bond market and fixed income into establishing control of the real assets. So, you have the central bankers around the world buying gold, particularly in the BRICS (Brazil, Russia, India, China and South Africa) nations, buying and building their stockpile. In 2005, Russia just went on a program to completely move their reserves out of dollars and into gold.

But then we saw in 2008, if you look at the list of the 100 top landowners in the United States, I think by 2012, their landholdings, Joe, had doubled. And so, there was a real push by the central banks and the Big Money to move steadily into real estate and precious metals. Like Buffett is buying the railroad companies, Buffett is buying the big gas producers or energy distribution companies. And so, you see this shift into hard assets so it's a no-brainer that you would want to interest retail in digital assets to keep them out of the market.

In other words, you want them to walk away from gold and buy Bitcoin because the last thing you want is the competition to buy up all that stuff. And it was so obvious. I always tell the story of when I went to Basel. I was in Basel and I drove by the BIS (Bank for International Settlements) to go to the train station. This is when I was in the middle of the due diligence. So, I go in 2017, and of course, Bitcoin was not anywhere near as popular at the beginning of 2017 as

it was even the next year. And so, I go into the Swiss railway. They have these machines where you buy your ticket on the Swiss railway. I was just taking the train over to Zurich, [Switzerland] and it offered me the opportunity to buy my Swiss railway ticket right next door to the BIS in Bitcoin and top off my wallet. And I said-

**Dr. Joseph Mercola:**

No, thanks.

**Catherine Austin Fitts:**

“This is not a grassroots –” well, I mean, I had no objection. If I’d had Bitcoin I would’ve bought it, I have no objection to that. But what was funny is I realized whatever this is, it’s not a grassroots phenomena. You had Zug, [Switzerland], which is one of the great tax havens and tax deal places outside of Zurich. You had the Zug guys promoting the fact that they were the new center of cryptocurrency globally. And that was 2017. It was in the ads in the stations. So, whatever it was, it wasn’t a grassroots phenomena.

**Dr. Joseph Mercola:**

So, I think we’ve well established that the existing crypto market is a scam. It’s a fraud at the fundamental level and it’s controlled by Mr. Global-

**Catherine Austin Fitts:**

Well, I wouldn’t call it a scam. I would call it a prototype.

**Dr. Joseph Mercola:**

Okay, a prototype.

**Catherine Austin Fitts:**

A prototype.

**Dr. Joseph Mercola:**

But it’s not what it appears to be.

**Catherine Austin Fitts:**

It is not-

**Dr. Joseph Mercola:**

Most largely related to the fact that it’s centralized. That’s where they get the control. You mentioned digital would be an issue. I don’t think that digital is the issue as much as the centralization as opposed to decentralization.

**Catherine Austin Fitts:**

Right, but digital technology could be wonderful in helping us decentralize and build extraordinary new wealth, but it's not being used that way. Technology is being used to centralize control, which is the opposite of how you would want to use it if you wanted to build the maximum amount of wealth. And I think what happens – Tim Wu had a wonderful book about this. I don't know if you've ever gotten Tim Wu on the show, but he was a Columbia professor. I think he's a law professor who ran for Lieutenant Governor. But he wrote a book about how, for the last couple hundred years, a new information technology will come out, and all the entrepreneurs say, "Oh, this is wonderful. We can use this to build freedom and new decentralized wealth." And so you have this wonderful period of prototyping and creativity and then suddenly, wham, everything comes down to a few things and it institutes more central control. And so, you have this process where we all get tricked and then, boom, it comes in. And I think the same thing has happened to us with digital technology, including crypto.

**Dr. Joseph Mercola:**

Yeah.

**Catherine Austin Fitts:**

Yeah.

**Dr. Joseph Mercola:**

All right, well, I want to go to a different topic now, which is – I think we're both equally enamored with Whitney Webb as being one of the best investigative journalists out there.

**Catherine Austin Fitts:**

I just have to announce our new third quarter wrap up is a piece by Whitney on AI.

**Dr. Joseph Mercola:**

Okay, great. I'd love to look at that because she's just amazing. She's just so brilliant and insightful and I know we both cherish her equally. So anyway, her most recent podcast was exceptional. It was maybe one of the best she's done with respect to the coming Global Reset. And she announced that from her analysis, she's projecting within the next year, likely sometime in 2024, maybe even sooner, there is going to be a cyberattack on the banks. Of course, it's a false flag. It's a 9/11. So, they're going to use this as a justification to implement the Cyber Patriot Act. And [the] internet's going to be down, who knows for how long? Days, weeks, months, who knows? But then they're going to release it back and the only way you're getting it back on is you're going to have to be authorized through your ISP (internet service provider) through this form of digital ID, which is essentially going to be equivalent to the CBDCs.

**Catherine Austin Fitts:**

Right.

**Dr. Joseph Mercola:**

So, I'm wondering if you have heard of that and what your views are and do you agree with it or what's your position?

**Catherine Austin Fitts:**

So, I haven't had a chance to listen to it, and that's what I'll do. I'll make sure I listen to it this week. And if Whitney thinks that it's a plausible scenario, I would take it very seriously. So, this is one of the scenarios they've been working on, and it certainly tracks – it's a more sophisticated version of what they did during the Depression, sort of wholesale, bring the banks down. So, this is one of the scenarios that's possible. And there is no doubt right now there is an effort to control and engineer consolidation in the banking system. Now, the question in my mind, which I don't know the answer to, is will they be ready by 2024? And if you look at the Fed bringing up the FedNow system, it's still voluntary to join it, and I just don't know operationally if they can make this work in 2024. Now, if you look at what's happening globally, they may be forced to just do it and have it be very organic and messy. But is this a plausible scenario? Yes, it's a plausible scenario.

**Dr. Joseph Mercola:**

I think eventually – I mean, we have a very limited time with the internet as we know it now. And the internet as we know now is almost exponentially inferior to what we had previously when there wasn't censorship. I mean, I've been censored for well over a decade. The censorship started getting severe about seven years ago though, and then it exploded from there with COVID. So, we know our access to natural health information and to understand the corruption and the fraud with all these industries that are poisoning us is essentially being censored. You cannot access it. And the tools, the resources you're going to need to survive, not only survive but to thrive in the coming times, is essentially being culled out of reach.

**Catherine Austin Fitts:**

Right. I'm looking at your beautiful bookshelf and for 15 years, I've been making sure I buy everything I need in hard copy on the assumption that everything digital would be censored.

**Dr. Joseph Mercola:**

Yeah, it is. Yeah.

**Catherine Austin Fitts:**

That we would need a library of gardening and all sorts of technologies and skills, we would need in a hard copy. And one of the things I would say to our listeners is, if you don't have it in hard copy, for heaven's sakes, print it out or buy it now because you want to have a complete archive of everything you need in analog form.

**Dr. Joseph Mercola:**

Absolutely. That is a key part of the equation, the essentials, because most of us – Humanity has devolved in so many ways with respect to our reliance on technology and our ability to comprehend and do some basic functions that our recent ancestors, perhaps even our parents, certainly our grandparents, almost all of them were able to do, and we don't know how to do it anymore. We've lost that knowledge, that skillset.

**Catherine Austin Fitts:**

Right. If you read the stories of who did well in the Depression, what you hear are stories of people in communities that had, among each other, all the skills they needed for survival. So, that's why anything you can do to build your skills, particularly in the food and health area – I often talk with people about how to start community currencies or network currencies. And what I say to them, "Look, if you haven't worked out the health and food, whatever you do in the currency area won't work."

**Dr. Joseph Mercola:**

Yeah, that is the currency. It's what you need to survive. Health and food.

**Catherine Austin Fitts:**

Well, there's a reason Mr. Global is trying to – Did you get our copy of "Pharma Food"? I know we sent you one. I don't know if you have it yet. Our latest wrap up is on synthetic food and lab-grown meat.

**Dr. Joseph Mercola:**

Yeah, I heard your interview with Greg Hunter on it. It was fascinating.

**Catherine Austin Fitts:**

It's the most terrifying thing.

**Dr. Joseph Mercola:**

And the Netherlands researcher who's just profoundly excellent?

**Catherine Austin Fitts:**

Yeah, Elze van Hamelen.

**Dr. Joseph Mercola:**

Elze, yes.

**Catherine Austin Fitts:**

Yeah. So, she did “Pharma Food” and then we had her do “Dutch Farmers and Fishermen,” and both of them – it shows how the Dutch farmers and fishermen are connected to the whole global agenda, One Health, the WHO, everything, it’s really wonderful. So, these two pieces really sort of out what they’re doing in the food area. And one of the reasons they’re trying to get complete central control of food is you can’t get central control of the financial system and currency unless you have that kind of control of food. They’re two sides of the same coin. So, you absolutely want to make sure in the health and food area that you are ready to be as resilient as you possibly can be. And when we did “Pharma Food,” I thought it would be sort of the least popular thing we’d ever done, but I felt we had to do it anyway because it was very important for people to know.

And what I discovered is, we have a lot of fresh-food people in our viewership, as do you, and what they’re all doing is they’re using it to finally persuade their spouse or family member that they have to go all in for local fresh food and gardens, and do everything they can to build a resilient food supply. And so absolutely, that’s critical. And have you ever thought of putting together packages of all your information in different areas so they can quickly download?

**Dr. Joseph Mercola:**

Oh, funny you should say this. And no, this wasn’t a softball that I asked Catherine before the interview to throw a question at me, but yes I have actually. I’m in the process of creating a course of the most important information I’ve learned in the last 50 years about health and resilience. So, each course is about an hour, an hour and a half, and there’s lots of resources. I mean each module, and it’s a 10-module course, and I’m about halfway through. So yeah, that’s going to be available probably in another month or two.

**Catherine Austin Fitts:**

Oh, fantastic.

**Dr. Joseph Mercola:**

I’ll get you a copy for sure.

**Catherine Austin Fitts:**

Okay.

**Dr. Joseph Mercola:**

Yeah, you’ll be able to download it and store the information and the transcripts and all the details, because you got to have this information. I couldn’t agree more with the food, but fortunately, the solution’s pretty simple. They’re making it worse, as you went into in your new report, but it all boils down to staying away from processed food. That’s it. Because they bastardized the system at the time of the Civil War, when they created the ability to extract oils from seeds. Seed oils, essentially, and it’s just pervasive in all the processed foods. But if you

eliminate processed foods, and of course all seed oils, the quality of your diet is going to go up exponentially.

I mean, that's the single most important thing you do. And processed foods include most restaurants, people don't realize that. They think, "Oh, I'm going to a restaurant, it's fine, it's no problem." No. I mean, even if it's a health food restaurant, likely they're using these seed oils, which is the worst. I'm convinced – well, maybe with this new technology with the mRNA vaccines and everything, what they're doing in creating these synthetic proteins in meat, fake food, fake meat – but seed oils is fundamentally, in my view – and this is actually one of the first modules in my course – the primary reason for the explosion, the epidemic we have in all chronic disease — obesity, heart disease, cancer, diabetes [and] Alzheimer's, every one of those is related to seed oils.

**Catherine Austin Fitts:**

So, let me tell you the positive thing that I'm seeing.

**Dr. Joseph Mercola:**

Oh, good. I like positives.

**Catherine Austin Fitts:**

So, since 1991, I came out of the Bush administration, and I said, "They're going to take digital technology and kill us all. We need another plan." So basically, I spent the '90s prototyping how we could do a positive reset instead of the current reset, but a wealth building reset that would protect and preserve the middle class, which is very possible even at this late stage. Anyway, so I spent my time doing that and I was absolutely convinced that part of getting that kind of reset going was you need a critical mass of people who understood that this push to centralized control was going to go to a place where we couldn't afford to go. I mean, first of all, it was going to destroy us. It was going to kill us. There was somebody who was trying to kill us. They were trying to steal our stuff and kill us. And it started – I wrote an online book called "Dillon Read and the Aristocracy," about how they were targeting poor neighborhoods with the predatory lending and the pill mills and the private prison sweeps, et cetera.

But I think a lot of people thought, "Oh, that's just poor people. I'm safe." What I'm now seeing that I have not seen until now is a critical mass of people saying, "You know something? My doctors are lying to me. I cannot trust them. My government is lying to me. I cannot trust them. And in fact, there is a plan to kill me." And it relates to the food, it relates to the spray, it relates to the pesticides, it relates to the injections, it relates to the pharmaceuticals, and the whole thing is not trustworthy. Now, this is the first time since 1991, and I spent 10 years as an investment advisor, this is the first time that I've seen a critical mass of very capable, well-educated professional people with real skills or people who do the concrete work of the world, whether it's truckers, plumbers, they were much quicker to get this.

But now you have a whole world of people, of doctors and scientists, and people coming together and saying, "This was a mass atrocity. They're trying to kill us." And that's a simple



breakthrough because once you have a clear picture of the problem, then you start to use your time effectively. Once you realize it's really that bad – and this is the first time since 1991 that I'm starting to see significant critical masses of capable, competent, hardworking people come to the realization, "Oh, there's a coup. Somebody's trying to kill me, and my job is to protect my family and stay alive." And that's a breakthrough. I mean, we are now in the middle of a huge breakthrough.

**Dr. Joseph Mercola:**

So most likely in '91, the number of people, the percentage of the population that understood that was way under 1%. Now, 2023, late 2023, where do you think that percentage lies?

**Catherine Austin Fitts:**

I think in America that percentage lies at about 25% to 30%.

**Dr. Joseph Mercola:**

Wow, that is so encouraging.

**Catherine Austin Fitts:**

And I think that group of people, many of them are reticent to talk about it, but I think that group of people is a highly – those are people who can shift things. And I think one of the things they have in combination is they tend not to be susceptible to mind control technology, whether it's their nature [or] their background. I just watched a video that said 25% to 30% of the population is not susceptible to the entrainment technology. I don't know if that's right or true. I have no way of corroborating that, but that's my experience. So, I think these are people who are less susceptible or they don't ingest a lot of media.

I stopped watching TV in 1984 when I heard the billionaire types talking about the mind control technology they were going to roll out on TV. So I was like, "Oh, that's it for me and TVs." But the big breakthrough is COVID, when they saw people they love essentially killed by either the injection or the remdesivir protocols. It takes a lot to get a person to realize that their local hospital is euthanizing relatives or the injection is poison and is intentionally killing people. That's a big shift for them to digest if they've grown up in a world where they felt they could depend on their doctor. So, this is a big emotional and mental shift for a lot of people, and it's an emotional mental shift that some people can't make but I think there's about 25% to 30%, whether they've seen relatives die and get killed or poisoned. They're watching people being poisoned, and they're seeing it and they can now recognize it in a way that was hard to recognize three years ago.

**Dr. Joseph Mercola:**

So do you think the COVID, or CONVID, scam may backfire on them eventually? Or do you think that it basically achieved – they're very pleased and satisfied with it, and [are] full speed ahead to the next level, which is probably [the] loss of the internet and the next pandemic?

**Catherine Austin Fitts:**

So, the question is, they've poisoned a significant number of people, we just don't know how many, and they've debilitated a lot of the small business, small farm, sort of labor capacity, is that enough? I don't know. I think the big question I have is how much of their goal was sterilization? And between the injections and shedding, have they accomplished it? I don't know. I just don't know. I was out at the Weston A. Price Conference, and Sally Fallon Morell, at the end of the conference, she did the closing session, and she said, "Okay, the most important thing is all you young women, I want you to go make healthy, happy babies. And everybody else, your No. 1 priority should be to support and help them do that. They are the future." So, I just don't know. And the big question is how much damage can shedding do?

**Dr. Joseph Mercola:**

Yeah, unfortunately it can do a lot of damage, there's no question, but there are simple things that you can do that can mitigate that fortunately. It's not that big of a challenge. I discuss some of them in the modules I'm creating. So, I'm not worried about that. I'm worried about their movement towards global slavery. I haven't reached a position on this yet, because you're just guessing and you're trying to make the best guess with the knowledge that we have. But there's a good possibility they're going to get away with it. But there's a strong possibility too that this 25% to 30% could be the remnant that prevents them from doing it, or at least goes off in the corner somewhere and lets them self-destruct.

**Catherine Austin Fitts:**

So, here's the critical issue. If you go to Solari, we have a collection of Financial Transaction Freedom and CBDC video shorts, and links to articles that talk about what you can do. In the United States, so I'm just going to talk about the United States right now, the powers not delegated to the federal government by the states are reserved to the states, and state legislators have the power to create independent payment and custodian systems that can protect citizens and stop the Fed and the treasury from doing this. And there is a legal basis, given that there's \$21 trillion missing from the U.S. government treasury, there is legal basis to create common law right of offsets that give the state legislators the power to absolutely – If the treasury and Fed try to steal our pension fund securities, or steal citizen securities, or play games with custodian or the banks, the states have the power to offset as long as they have the financial train tracks set up within the state, even if we have to do it by pony express and bicycle.

So, the states absolutely have the legal power if that 25% or 30% will support them, and come the time when they cut off your bank account and the state banks have alternatives, there is a place to go.

**Dr. Joseph Mercola:**

Well, you used the term "banks" as plural. To my knowledge, there's only one state bank in North Dakota. Are there more?

**Catherine Austin Fitts:**

Right, there's one state bank. Tennessee's working on a bullion depository, but you don't necessarily have to have a state bank. It's very helpful to have a state bank. We have a piece at Solari that Richard Werner wrote on the power and importance of the state bank. But you would be amazed at the speed at which a state legislator can bring up either a state bank or independent state payment mechanisms, and they would be well-served to do that, because unless they do it they cannot create the conditions of sovereignty for their citizens. But they have the power to create those conditions of sovereignty. My advice would be [to] do a sovereign state bank, if you can constitutionally. If not, put together independent payment systems that connect the state with the state banks and the citizens, and do a bullion depository. You're going to need a bullion depository, which Texas has done.

**Dr. Joseph Mercola:**

Excellent. So, should there be a move in states to go towards this? Or not in the states, by the community, by the public, to push their state legislators that haven't been corrupted by the system to legislate this into action, into law?

**Catherine Austin Fitts:**

Absolutely. So if you go again to Solari where it says the Financial Transaction and CBDC video shorts, if you click on that, you will get a link to a memorandum called Financial Transaction Freedom, and it was prepared at the request of state legislators and government officials who said, "We need you to write a memo on what is financial transaction freedom, what threatens it, and what do we need to do to secure it?" And it includes lists of what you can do if you're an individual, what you can do if you're a family, what you can do if you're a business, what you can do if you're an investor, and what you can do if you're a state legislator. And it lays out the whole agenda. And if you can get 25% to 30% supporting their state legislators to do that, we have a way – if Whitney's right and they do that kind of lockdown, we have a way to jump the curb and say, "No, we're not going into that system. We have an alternative."

**Dr. Joseph Mercola:**

That is very exciting and maybe one of the highest priority items that we can encourage people to do. Because in my view, typically, petitioning your congressman or senator on some bill is kind of like a worthless waste of effort. Not always.

**Catherine Austin Fitts:**

It's a complete waste.

**Dr. Joseph Mercola:**

Not always. Because Barbara Loe Fisher and NVIC (National Vaccine Information Center) have been really very helpful in preventing a lot of negative legislation [inaudible 00:55:18]. None of them passed because of her NVIC portal. But with respect to that national politicians, why not focus it locally where you live in your own state, and if you get enough people, you can get these

state banks or the equivalent that could actually be an alternative to impending doom that they plan on implementing?

**Catherine Austin Fitts:**

Right, and if you do that bottom up by state, it gives the great congressmen – because there are a lot of good congressmen who would like to help, but it starts to give them legs they can stand on. So again, go look at Financial Transaction Freedom. It's in a PDF you can download, you can print it out, you can send it around. It's totally free. Feel free to republish and send everywhere. We sell copies and hard copy but you don't need that. You can take it to the printer and make your own hard copies where you are. So, I would really encourage everyone to send that to their state legislators and circulate that because there is a way. We also have a wonderful piece on taxation. I've written a lot about the \$21 trillion and the money missing from the federal government, and all the changes in the laws that have given them an excuse to say it's legal for them to steal all the money.

And I also wrote a paper for the presidential campaign candidates on what the issues facing them financially will be and what they need to deal with. So, that's also up there. It's called "Solari Paper No. 1," and it's a great sort of overview of what the candidates are facing. But if everyone will go to work on doing this, you then build the capacity you need at the state. And the states are talking about doing regional compacts. So you create, at the state and the regional compacts, the power. Now let me tell you where this is going to come down to. It's going to come down to taxation with or without representation because if I control your bank account, I can just raise taxes and take it. Right? So, we're really getting into fundamental property issues. There's \$21 trillion missing from the federal government.

When the litigation ended in 2006, that number, which is now \$65,000 per person in America, was up to \$14,000. And when I settled the litigation, I got a big settlement in and I was paying off all my creditors, and I owed one of the New York Fed member banks \$14,000. Now, what I'm going to say now, I don't recommend you do unless you have a good lawyer – I have a great lawyer – and you're prepared to litigate. I had a great lawyer and I was prepared to litigate. So, don't do this unless you have a great attorney and you're prepared to litigate.

So, I owed this New York Fed member bank \$14,000, and I wrote them a letter and said, "You are the owner of the New York Fed. You're the largest owner and you operate as [an] agent for the New York Fed, as [a] depository for the U.S. government. There's \$14,000 per person missing. Now, I owe you \$14,000 on this credit card, but you owe me \$14,000 as a citizen for the money that's disappeared from the federal accounts, and I'm asserting a common law right of offset. So, you owe me \$14,000, I owe you \$14,000, and we're just calling it a day."

And I said, "If you have a problem with that, here's the name and number of my attorney and I'm happy to negotiate or litigate." So they just wrote off the debt and walked away. It was not a conversation that appeared they wanted to have. So, that's called a common law right of offset. And the states have the power to create escrows and say, "The U.S. government is in violation of financial management laws. We invite citizens to put their money in the escrow, and we the state treasurer and attorney general (AG) will make sure the money is only spent for legally authorized expenditures, that it can't be spent illegally, for example, for things that poison us."

So, they have the ability. So, we have a big piece on taxation and how the states might exercise financial management enforcement of the Feds. Now we're starting to see this because we just saw Texas call a default on the federal government for not protecting from invasion. They called a default and said, "Okay, we now assert jurisdiction and we're going to take responsibility to protect the Texas border from invasion since you've defaulted on your obligations."

**Dr. Joseph Mercola:**

Yeah, well.

**Catherine Austin Fitts:**

Yeah. It's the same for financial management.

**Dr. Joseph Mercola:**

That's good news. I'm reminded that the taxation without representation is, I believe, what catalyzed the Boston Tea Party and the Revolution movement.

**Catherine Austin Fitts:**

Yep. Well, we're back to the basics. Because unfortunately, if Whitney's scenario comes true, they're looking – by controlling the financial train tracks, the next thing that happens is, whether it's the real estate, or the precious metals, or the securities, the bank deposits, they're looking basically to siphon off and control or steal every asset.

**Dr. Joseph Mercola:**

Well, it's a grim potential future, but it's really encouraging to hear that we have a potential to make a significant impact, and it's a serious likelihood that we could be successful. This is like [inaudible 01:01:03] I've heard in a long time.

**Catherine Austin Fitts:**

If enough people come together. When I was a little girl, I used to get these boils, and the key with the boil was to use your heating pad and get the infection to rise to the surface. What we're dealing with is like that. It's an infection and it has to rise to the surface. I've been watching it grow my entire life and feeling that it wasn't emerging. I thought it was an emergency in 1991. And so, let's let it rise to the surface and let's deal with it.

I used to have an [inaudible 01:01:36], "The bigger the breakdown, the bigger the breakthrough." It's coming to a head, and it's a very old war. I will say this, getting back to Mr. Global, we do need a reset. If you come to Solari, a lot of what we write about is – I love Tina Turner, and [in] one of my favorite songs of Tina Turner, she starts off and she says, "We can do this nice or rough." The going direct reset that they're doing is the rough version, but there is a nicer version. It would've been a lot nicer if we'd started in the '90s, but there is a nicer version that builds tremendous wealth.

We do need a reset because we can't – the way we've been living and operating is not sustainable, and there does need to be a reset. We need to take responsibility to say, "Okay, Mr. Global, we don't like your reset. We're going to do our reset." And of course, at the very heart of that is managing your health and managing your living equity in a way which is not only sensible and ensures that you and your family are healthy, but if you do it, it's highly economic. When did you start your website?

**Dr. Joseph Mercola:**

1997.

**Catherine Austin Fitts:**

Yeah, so I remember. I was there from the very beginning. That's what you've been doing. You've been trying to lead us into the right kind of reset. Your website is at the heart of achieving the kind of reset that can really work and build wealth.

**Dr. Joseph Mercola:**

Thank you for those kind words. I believe that's the case, too. Yeah, it's key to do this. You had mentioned that this Great Reset is inevitable, and I suspect that's because it's just pure mathematics. You cannot continue with this level of debt, so it has to end at some point, because it's a mathematic impossibility-

**Catherine Austin Fitts:**

Well, but here's the thing you need to understand, go back and look at the history of greenbacks in the United States.

**Dr. Joseph Mercola:**

Yeah, in the Civil War? Was it [during] Pres. Lincoln?

**Catherine Austin Fitts:**

Right. The official numbers indicate that we have \$33 trillion plus of outstanding debt. We don't need any outstanding debt. The treasury could have just issued greenbacks. The sovereign debt trap is the ultimate scam. They say we have \$33 trillion of debt. I say we could have issued 33 trillion of greenbacks. And now, that \$33 trillion of debt, the proceeds went into the treasury, and \$21 trillion plus is missing. What I say is, the whole thing's a scam.

**Dr. Joseph Mercola:**

Yeah.

**Catherine Austin Fitts:**

Right. I don't buy their numbers, but if I do buy their numbers, my attitude is, the states ought to assert a \$21 trillion common law right of offset against the treasury. Now, I bring that up, Joe, because, not to be terrifying, someone had told me that Secretary [Janet] Yellen had stated that we could afford to engage in war in both the Ukraine and Israel, and America's economy was strong and there was no economic problem engaging in these wars. I wanted to hear what she had to say in detail.

I found the video and watched it, and after about five or 10 minutes, she goes into the fact that the treasury has a \$7 trillion payable from the American people in unpaid and accrued taxes. I thought, "Well, wait a minute. You have \$21 trillion missing. You ought to go get the \$21 trillion," but she's saying, "No, I'm going to go collect \$7 trillion more in taxes." I thought, "Ugh, no wonder they want to destroy the First and Second Amendment." Can you imagine?

She points out how much funding they've supplied to the IRS (Internal Revenue Service) to go collect this \$7 trillion. They're planning a huge enforcement wave, and her attitude is, "We can afford two wars because we're going to go get this \$7 trillion," so be warned.

**Dr. Joseph Mercola:**

I thought they had planned or announced that they were hiring 80,000 IRS agents and they were going to arm them, but then, maybe I'm mistaken, but I believe that was overturned and they weren't hiring.

**Catherine Austin Fitts:**

My recollection is that the amounts that they had provided were said to translate into that many, but they hadn't committed to hire them. My guess is that what they're going to be doing is a very sophisticated AI and software and digital contractors, who basically plow through all the digital data and play gotcha.

I think the juggernaut here – yes, you are going to have armed IRS agents implementing on the ground, but I think the big juggernaut here is going to be AI.

**Dr. Joseph Mercola:**

Yeah, that makes sense. It's a lot more cost-effective, that's for sure.

**Catherine Austin Fitts:**

Right.

**Dr. Joseph Mercola:**

More efficient. Oh, my word.

**Catherine Austin Fitts:**

Anyway, so I go back to the financial transaction memo. We also have a great one called “I Want to Stop CBDCs. What can I do?” What I would really recommend to everybody, the most powerful thing you have right now is your time and your relationships of trust. What you need to do is say, “Okay, who can I trust? Who’s around me? Whether it’s health, or food, or finances, or any of the day-to-day provision of what I need, who do I have around me? How can I build personal resilience?”

And then go take a look at these resources, both from you, in this course, or from Solari, the financial transaction memo or I Want to Stop CBDCs. Look at the things that you think you can do, and then just do them, and just keep doing them. At Solari, we call it “turtling.” We have a new hat called Turtle Forth. It says “Turtle Forth” on it. If everybody does that, particularly supporting their state legislators. If you have good state legislators who are fighting for your health and financial transaction freedom, boy, you want to get on board and support them.

**Dr. Joseph Mercola:**

Yeah, makes sense.

**Catherine Austin Fitts:**

There’s a tremendous number of things you can do, but you want to get into action and just do them. Get off the couch and just start doing what you can do.

**Dr. Joseph Mercola:**

Very good news, Catherine. I wasn’t expecting this, but it’s the most solid, positive suggestion that I’ve heard that people can take to really make a significant dent in the cabals to implement this.

**Catherine Austin Fitts:**

Well, I’ll tell you one last story. When we were [at] the Weston A. Price Conference, [which] is over in Kansas City, and it was a great conference, we had one subscriber who said, “I’m from Kansas City. I just don’t know any like-minded people. I feel so alone. Please can we have a meetup?” We just gathered everybody into a room for one of the lunches, and she met 15 other people from Kansas City who she just loved. That’s what happens. When you meet like-minded people in your area, it doesn’t take but an hour and you feel like you’re fast friends.

As she was leaving, she showed me the list of all the names and emails. She said, “I have 15 new friends.” She said, “I’m surrounded by a tremendous number of like-minded people. There’s a ton of us. Why was I feeling so lonely?” I see that happening every day. If you don’t know the people in the area, whether it’s the CHD chapter or the Weston A. Price chapter, or the Solari Group. There’s a ton of these groups out there, and you just need to go find them and plug in because I’m telling you, there’s scores and scores of really hardworking, responsible [and] wonderful people. They’re there and they want to connect up, so go find them, find your tribe.

**Dr. Joseph Mercola:**



Yeah, and now is the time to do that.

**Catherine Austin Fitts:**

Yep, yep.

**Dr. Joseph Mercola:**

If what Whitney's projecting is true, your ability to do this is going to be really impaired. Because essentially, your internet communication is going to be gone, which is one of the reasons that we're having this push to our subscribers to connect with us on mobile. I'm convinced that Whitney's on target and they're going to take the internet away. Not forever, but for a while. Then we can't communicate unless you have a phone. Actually-

**Catherine Austin Fitts:**

Or a mesh network.

**Dr. Joseph Mercola:**

Yeah-

**Catherine Austin Fitts:**

Have you looked at-

**Dr. Joseph Mercola:**

Sure, but that's a local scenario, right?

**Catherine Austin Fitts:**

Right, right.

**Dr. Joseph Mercola:**

Yeah, so you're not going to be able to communicate with someone on the other side of the country, or let alone the other side of the world if you need to, which you can with the cellphone network. They're going to take the internet down. Now, many phone communications go over the internet, but there's independent cellular network that exists. They're not taking that down. That's not part of the system.

**Catherine Austin Fitts:**

Right.

**Dr. Joseph Mercola:**

That's a good point about finding people locally. You need community, is what you need. There's no question.

**Catherine Austin Fitts:**

Right, and you need to be networked globally. It gets back to where I started. The currency of the future will be relationships of trust. Who do you trust? Who can you trust? Who can you network with? How, between your networks, whether it's health, whether it's food, whether it's finances, how can you build the basic provision of day-to-day life and transactions, so that you will be resilient, come what may?

Don't worry. Let's say Whitney's scenario doesn't come true at the timing she says. That's where they want to go. Get prepared for it as if it's true, and you're just going to be ahead of the game if it's delayed, or if we stop them before they can do it. I think preparing for that scenario is very good, practical advice.

**Dr. Joseph Mercola:**

Yeah, and we could be grateful, if you're watching this in the United States, that we are not engaged in a war like they are Palestine and Israel, and that-

**Catherine Austin Fitts:**

Absolutely.

**Dr. Joseph Mercola:**

-we don't have bombs dropping on us, so we have time and the luxury of that. But nevertheless, I think we use that as an example to understand, to realize, to recognize that this is a war, as you said at the beginning. We are in a war. You don't see bombs dropping out your window, but it doesn't matter. They're digital bombs. They're exploding and you don't know it. Many of you don't know. You have to, if you take-

**Catherine Austin Fitts:**

Well, the EMF (electromagnetic field) radiation is a bomb.

**Dr. Joseph Mercola:**

I've written a book about that. I get that in the first page, for sure. Yeah. There are ways to mitigate that. But the point is that this is an emergency, and even though we don't have physical destruction, the variables that contribute to that exist and we need to act now while we can.

**Catherine Austin Fitts:**

Okay, so one last question I want to ask you. This is what I hear that people need. Just as a former investment advisor, if you look at the management of people's time and resources, the

single greatest strain on their finances is what I call the Great Poisoning. If you look at what it does to their time, what it does to their money, pharmaceutical fraud, on and on and on, it's a huge drain on time and money.

You identified this early on, and you've built a website. Since 1997, you've been trying to warn people and help them overcome the Great Poisoning. You have faced tremendous suppression and censorship, and info and legal warfare, but you've never quit, at all. You just keep coming on stronger every time. That's what people need to hear. They need to hear – my favorite quote from Jon Rappoport is, "Hopelessness is an op and it's planet-wide."

You just are sure that you can make a difference. Now, I believe that's the perfect attitude, because if you look at where these guys are going, going along, we have zero chance. Fighting, I don't know if it's 1% or 50%, but it's better than zero, right? Balls to the wall, let's just fight now as hard as we can. How do you encourage other people to have that sense of-

**Dr. Joseph Mercola:**

Confidence?

**Catherine Austin Fitts:**

You have this sense of confidence that you can make a difference, and you just never quit.

**Dr. Joseph Mercola:**

Well, part of it is the attributes of wanting to be a physician. Almost everyone who goes to medical school, their stated desire – and many times, it's the true one, and then it gets perverted over time – is their desire to help people improve their health.

**Catherine Austin Fitts:**

Right, right.

**Dr. Joseph Mercola:**

That's why they want to be a doctor. Not everyone, but that's most of them. Part of that is just wanting to help people. I'm just passionate about being healthy myself personally, so it's easy to share this. I just get enormous joy and satisfaction about doing that. It's easy. It's like rolling off a log, and it doesn't bother me that they're discrediting it.

Actually, in retrospect, it is the biggest award, the biggest honor I've ever been given in my life to be named the No. 1 spreader of disinformation about COVID. I'm thinking seriously about getting a big trophy.

**Catherine Austin Fitts:**

I forgot you were No. 1.

**Dr. Joseph Mercola:**

No. 1, ahead of Bobby Kennedy. I use that all the time, anytime. That and the fact that I'm the main anti-vaxxer. I always got the front page of the Washington Post a few years ago around Christmas. "Oh, we're finally revealed. We know who's funding the anti-vax movement now." It was me.

**Catherine Austin Fitts:**

Well, I would like to point out – I forget who said this, I heard it in Kansas City. I think it was Sasha Latypova who said, "With 1.34% uptake, that means that 98% of Americans are now anti-vaxxers."

**Dr. Joseph Mercola:**

Yeah, that's pretty good. Yeah, she's good. I think I've interviewed her in the past. Yeah, we're making progress. That is their downside of implementing their strategy, is that there's a side effect for that, when it's going to wake a bunch of people up that already has.

**Catherine Austin Fitts:**

Right.

**Dr. Joseph Mercola:**

Now, some of them, they're not going to because they're so effectively been brainwashed, but it's a war. I can't tell you how much I appreciate what you're doing. Oh, I'm wondering, one other question. Do you have any resources on your site about building community? I imagine you might.

**Catherine Austin Fitts:**

I did a tremendous amount in the '90s about how to circulate venture capital and equity locally. Then I backed off, because you couldn't build a critical mass of people, of small business and other people, who realize the need to do that. We're just now seeing that demand kick up again. We're going to start doing more and more on local investment. We just did a great interview with Michael Schumann on local investment.

He was somebody I worked with briefly in the '90s on local investment, and he just kept going on local investment. Two people I would recommend to you to have on your show is Michael Schumann on local investment, and then Chuck Marone has a great group called Strong Towns that we regularly try and get on about how to build strong towns locally. The great thing about what Michael and Chuck are doing is first, it takes a conversation and building those networks. A lot of those networks work around food.

We've done a food series on the Solari Report for many years, and we focused on the nuts and bolts of what you need to do in terms of legislation, and law, and litigation to protect the local

fresh food system. What we encourage people to do is if you want to start building local business and enterprise, you want to start with the food people, because that is one thing that we can be more competitive.

Locally, we can be more competitive than anyone in the world economically with the local food, and making that go as the beginning of kick-starting all sorts of local venture and equity possibilities. Anyway-

**Dr. Joseph Mercola:**

I was thinking more along the lines of connecting and actually establishing a community, because there's a number of people who live in large urban areas for a wide variety of reasons. My belief is that when this thing starts becoming more like a real war, those people aren't going to be around for long. You're not going to be able to get the water and the food that you need in that dense population.

They need to get outside that dense urban area, but then they have to – That alone isn't sufficient. You have to find like-minded people, and collaborate, and have this collective skillset to survive what's coming. That's what I was interested in, [crosstalk 01:19:07] in that aspect of the community.

**Catherine Austin Fitts:**

One of the things we do is we encourage people to look at places where there are already clusters of people doing that. That's one of the reasons-

**Dr. Joseph Mercola:**

Rather than reinvent the wheel.

**Catherine Austin Fitts:**

Right. You can't – It starts with people you can trust. You've got to find a place where you know people, or you can connect in with people through networks of trust, where you can quickly go to work with like-minded people. We have something called Solari Connect where you can join and meet up with people in that place, but we regularly talk about what are the places that have those clusters? Of course, right now, I'm in Tennessee today, and people are pouring into Tennessee because there are a number of different places in Tennessee where you have those clusters.

Of course, it's because you have this group of Tennessee legislators who have been working on health, and food, and financial freedom for years and years and years. We're very strong on the Second Amendment, although there's tremendous pressure. I do want to bring up something that is important to understand, and it is a big, big concern. That is, if you look at the kinds of people who've been coming across the border for the last three years, I'm very concerned.

I just came from Memphis, and I was staying in Germantown, which is a lovely suburb outside of Memphis. The week I was there, Joe – the night before, I got up the morning and my host, I

was staying with a dear friend, said, “Last night, 35 cars at the University of Memphis were broken into.” Their regular report is of some guy [who] was just – it happened before I got there – he was just driving down Poplar Avenue, which is the main thoroughfare, and somebody shot a bullet, it knocked his glasses off his head, but luckily missed him.

Then it popped the window in the back. Luckily there was nobody in the backseat, or they could have been killed. He’s just driving down the street. The police literally have instructions to not enforce. It’s like San Francisco. There are real issues of both organized crime and these teams of mercenaries that appear to be coming across the border. I’m getting reports from subscribers all over the country of teams of young men with new fresh clothes, a new cellphone and backpacks, who are clearly military trained. So, I think safety is a real issue.

That means you do need to be in a community outside the big city. You don’t need to be in San Francisco. You don’t need to be in Chicago. You don’t need to be in downtown Memphis. You need to get out where there’s food and water, but you also need to be around a cluster of people who are savvy about physical security and protecting each other against crime.

**Dr. Joseph Mercola:**

How do you suggest finding these networks of people that exist? Do you have a link on your site? Or-

**Catherine Austin Fitts:**

Right. If you’re a Solari subscriber, I would join Connect and find the people in your area, and start asking. We have a show once a week called Ask Catherine, and we regularly talk about the places where we know of clusters of people, and people are sharing it on the website. The CHD has chapters, and Weston A. Price also has chapters. I find the Weston A. Price course is focused on food. They just got – raw milk is now legal in 46 states. That’s huge, we just celebrated. Iowa was the 46th that came in.

Anyway, so I find a lot of these networks grow up around the fresh food. One of the things I always recommend everybody do [is], if there’s an Edible Communities magazine in your area, get the Edible magazine, and plug into the Weston A. Price and Solari and Edible Communities network in your place. While you’re looking for that fresh food, you’ll start meeting a lot of like-minded people and you can network out from there. Do you have a community effort on your website?

**Dr. Joseph Mercola:**

We don’t, and I think that may have been an oversight. But when I first started this site, I wasn’t recognizing that an imminent collapse was coming. As your understanding improves and widens, then you provide the – but we have not done that effort yet. No.

**Catherine Austin Fitts:**

Well, if you look at how they control the money at the federal government, it's controlled one county at a time. If you look at what a wealth-building reset would look like, it would be a tremendous decentralization and reengineering of the money. Right now, the economy – we have 50% or more of the income in any county in America. The 3,100 counties go through the federal government. It has a negative return on investment. It's being spent, invested to get control instead of to encourage productivity.

That could change overnight. If, for some reason, we broke free at the state level and we're free to reengineer the cash flows, the speed at which we could go from negative return to positive return is astonishing. I think you've seen a lot of the 2016 and 2020 presidential elections, where people who want to be productive, who see the destruction. Tyranny is hugely destructive of productivity and the economic wealth. Of course, back to the food and the nutrition, and health is at the core of that.

If you could turn that around at the local level, that's where the tremendous opportunity is, because the current system is very, very destructive of the economy. That action is going to have to happen at the local level. But as you do it at the local level, what you're going to do in Tulsa is totally different than what you're going to do in Brooklyn. When I was assistant secretary of housing and then when I started my investment bank to help reengineer communities, we simulated how to reengineer the money by place, bottom up.

Of course, it's very unique to your place, and your skills, and your ability, and what your geographic and people resources are, so it's going to be very diverse, but you want enormous global and domestic communication between networks. Think of it as an optimization. You have a local optimization, but you have a global optimization, and you want that communication going back and forth between communities all across the country and the world.

Think of this as every country and every county is full of wonderful people who've been going along with a criminal syndicate and it's like a tapeworm. We need to detox the criminal syndicate and go back to productive living. That's going to be part local, and it's going to be part national or global. It's both.

**Dr. Joseph Mercola:**

Yeah.

**Catherine Austin Fitts:**

What was the thing I can never do where you rub your stomach and pat your head? We're going to have to do that.

**Dr. Joseph Mercola:**

Yeah, with practice, you can just do about anything. Your brain's pretty resilient [[crosstalk 01:26:31](#)].

**Catherine Austin Fitts:**

Yeah, yeah, yeah. One of the things, and this is why I love to get people like Michael or Chuck on the Solari Report, I'm an investment banker, so the idea of creating fantastic amounts of new wealth gets me very happy and excited. That's just the nature of who I am. When I first realized – it was 1996 that I had the smartest guy at my company, Hamilton Securities. He's an MIT Ph.D., brilliant guy. I had him go off and do the simulation of what could happen if we reoptimize just the federal money that was being wasted for control and integrated.

I didn't even begin to know the beginnings of how much new technology there was. He brought back the simulation, and the wealth creation was so enormous, I just thought he was wrong. He had to be wrong. I said, "That's wrong. Just go do it again." Finally, after three attempts, he came back and said, "You're just going to have to take the weekend and go through all of this and figure it out because I'm not wrong, I'm right." I did. I took the whole weekend, and I went through all the numbers of what would happen if we reoptimized all the money, and I was stunned.

I was just stunned. I thought, "There's no reason for poverty. We have plenty. There's no problem." Ever since then, part of the reason for my optimism is I know economically what could be possible with an advanced civilization, but we have to stop being primitive. We have to stop being violent. We have to grow up. All I can tell you is tyranny is far more expensive than anybody realizes.

**Dr. Joseph Mercola:**

Yeah. Well, and that it's possible too, and that we have to take action to understand that there is a solution, but it's not going to happen spontaneously. It needs a number of people to take the right steps, and we have enough mass now. If it's 25% to 30% a population that really understands this, that's more than enough.

**Catherine Austin Fitts:**

They understand that they're dealing with a criminal syndicate, and they've got to stop trusting them. What they need help with is, "Okay, what do I do? What do I do?"

**Dr. Joseph Mercola:**

There hasn't been a collective, comprehensive, coordinated effort to educate them about that.

**Catherine Austin Fitts:**

Right. That's why, with all these pieces — the Financial Transaction Freedom piece, or I Want to Stop CBDCs, or Taxation — we're constantly putting in lists of what can I do, and saying to people, "This is a buffet. Don't do everything on this list. Do the ones you can do and are energizing and feasible for you to do." If everybody does that, it's a revolution.

**Dr. Joseph Mercola:**



Well, in my view, there are two things that everyone needs to do. One is to find community. The subset of that is if you're in a big urban area, get out, get out soon. And then the second one is to write to your state legislator. If you're in a big urban community in a state that isn't like New York or California, you may want to go to a different state and write to the state legislator there. The likelihood of you turning over California, or New York, or Illinois, or Washington is like zero to none.

**Catherine Austin Fitts:**

Right. Well, here's the thing. I would say it this way, this country – and the most shocking thing to me once I got kicked out of the establishment was, I would travel the country, and what I would realize is we were supporting the criminals instead of our true leaders. There are leaders all over the country. I just have to brag because I'm in Tennessee. Senator Frank Niceley is one of the greatest politicians alive today. I can't say enough good things about this man that sometimes I think he gets frustrated with me because I say too many nice things about him. But this is a man who's been working in the trenches for years for health freedom, food freedom, financial freedom. One tiny piece of legislation, scores and scores of legislation. I'm going to speak with him on November 6. He and Representative Hulse, another great Tennessee legislator, are going to be up in Rogersville, thanks to the Tennessee chapter [of] CHD. We're going to be talking about what legislators can do. And it's going to livestream, so that all the legislators across the country can be part of a conversation of, "Okay, how are we going to deal with this?"

But in your county, you have great leaders. In your city, you have great leaders. In your state legislator, you have great leaders who are doing things for health and food and financial freedom. You've got to identify them. And stop giving your energy – whether you're in a bank that's not fighting for your freedom, whether you're investing in the companies that are poisoning you. Go through your balance sheet, go through your wallet, go through everything you're doing, identify the great leaders, and stop supporting the people who are trying to kill you and poison you, and start supporting the people who are fighting for your freedom. Of course, among that, right now, the critical ones are the state legislature and the state officials. We've seen the state AGs bringing great litigation. God bless them. I'm sure you're following Missouri versus Biden, and now there's a new lawsuit against Meta. But find those leaders and support them.

**Dr. Joseph Mercola:**

I agree. Great strategy. Great recommendation, because we want to do something to thwart their efforts to take control, basically, in the war they're engaged in to commit most all of us to slavery. That's their goal.

**Catherine Austin Fitts:**

Yes. That's why people say, "Aren't you afraid to do what you do?" I was like, "No. I'm afraid of what happens if-"

**Dr. Joseph Mercola:**

You don't.

**Catherine Austin Fitts:**

“-if you don't.” I mean, I know where this is going to go. CJ Hopkins once asked me, “What's that world going to be like?” I said, “You know, CJ, I have no idea. I never thought about it. I know I won't be alive.”

**Dr. Joseph Mercola:**

You take the cyanide pill, shut down Complex I.

**Catherine Austin Fitts:**

Oh, I won't take the cyanide pill. So, during this swine flu, I don't know if you know this, I was very aggressive early on in swine flu and saying, “This is genocide,” and trying to stop it. Finally, when they got Massachusetts to mandate it, and I knew they were going to try and come mandates through the states, I called Franklin Sanders, who's a wonderful precious metals dealer in Tennessee, and they have a big farm and sell off the farm.

Anyway, so I called Franklin, and he's got seven kids who all live around him. So, they've got a huge compound, perfect example of a community and a beautiful land. So, I used to always tell people – to try and quickly explain what happened to me with the litigation, I used to tell them, “Have you seen the movie ‘Enemy of the State’? I played Will Smith in real life.” But when I first saw “Enemy of the State” – in “Enemy of the State,” Will Smith is a Washington attorney, has no idea how covert operations and the intelligence agencies work. He is just completely stupefied and baffled until he finds Gene Hackman, who's a former NSA employee, who explained to him about how the world really works. So, the key in life is to find Gene Hackman and get an understanding of how the control systems work. You're right, they've been doing this kind of extraordinary surveillance.

**Dr. Joseph Mercola:**

You are the Gene Hackman.

**Catherine Austin Fitts:**

No, no. Well, I never worked at the intelligence agencies, but I will say this, I got a-

**Dr. Joseph Mercola:**

But you're exposing them. You are exposing them.

**Catherine Austin Fitts:**

Well, but I've had huge experience on the covert side, thanks to litigation that most Americans – and you know something, I never believed that the mortgage fraud was as bad as it was rumored

to be until that forced me to dig in deeply to the nuts and bolts of how they engineer it. It was that knowledge that then helped me do the due diligence on crypto. Before the litigation, I just couldn't believe it was that bad and I didn't know about it. You have to understand the nuts and bolts of how they do it, and then you see how it works, and then you realize, "Oh." Of course, the digital technology and surveillance system are at the very heart of making all these things possible.

**Dr. Joseph Mercola:**

It's a complex web they've spun.

**Catherine Austin Fitts:**

It's a complex web, but you can step back and look at it and make it simple, which is it's a group of people who want to centralize control, the technology gives them the ability to do it. The technology is, there are many different parts, but you can understand it. You can build a big map of what's going on and you can start to decentralize and protect yourself. Because if you look at how they operate, it's a numbers game. It's a percentage game. There are tremendous things you can do to disadvantage and slow them down. I'll be perfectly blunt, I've said this many times, I think they will fail, not because we stop them. I think they will fail because they'll kill each other. And that's why-

**Dr. Joseph Mercola:**

Well, they're doing that. Most of the Democrats are the ones who've adopted the jab. Maybe 19 out of 20 took it, and they're killing their largest following.

**Catherine Austin Fitts:**

Right. Although they're bringing in lots of new people, and the rumors are, they're planning on making them eligible to vote if they can. So, they have a replacement thing going on. That's why it's so important that we pull our resources and our attention and our approval away from them because, energetically, it's that energy that helps them keep going without killing each other. The more we withdraw, the more they will fight over the positions. I just think that's why it's so important that we withdraw and bring transparency. I'm a great believer in transparency, but whenever we would publish a headline in the early 2000s about "This amount of money went missing. This amount of money is missing." These fights would break out and I realized, "Oh, they have a problem. Because if they can't keep the secret, everybody wants a bigger bonus." If I helped you steal \$59 billion out of HUD, and I only got a little bonus, I realize, "Wait a minute, you're getting \$59 billion. I want more."

**Dr. Joseph Mercola:**

Yeah.

**Catherine Austin Fitts:**

So, every time we would bring out these headlines, these fights would break out. It was quite wonderful. I realized, "Oh." There's a wonderful story in the Bible, the Gideon's army, which I love in [the Book of] Judges. In Gideon, the Midianites have occupied Israel, and Gideon's army brings vibration and light down upon them. The Midianites jump up in the dark and kill each other. That's my vision of-

**Dr. Joseph Mercola:**

Great metaphor for sure.

**Catherine Austin Fitts:**

Yeah. I think the Midianites are going to kill each other.

**Dr. Joseph Mercola:**

It's a good possibility.

**Catherine Austin Fitts:**

Yeah.

**Dr. Joseph Mercola:**

Some ways they're doing it already. But I think we can accelerate that by following your suggestions. Getting to our own communities, being sovereign and independent, and let them have at it. I mean, you do not want to stay in the cities and fight with these people at all. That's not going to work.

**Catherine Austin Fitts:**

No. No, no. It's very dangerous. It's very dangerous. What I want is I want everybody to get your confidence that they can do it. That's what I want.

**Dr. Joseph Mercola:**

That's a good point. I haven't really reflected on it, but I probably should meditate on that and see what the underlying theme is and then come up with a recommendation. Because you do need the confidence. I mean, you need rock solid, bulletproof confidence that you're unwavering, and you can get that. I don't think it's that hard to do. It's just that you have to be certain. That certainty may require a lot of reading or listening to podcasts.

**Catherine Austin Fitts:**

Well, but I think part of it is you built a successful business doing it.

**Dr. Joseph Mercola:**

Yeah, yeah.

**Catherine Austin Fitts:**

You made it economically feasible. It wasn't just something you do on the weekends. You do it all the time.

**Dr. Joseph Mercola:**

That's a good point. Really, one of the major advantages I had during the COVID pandemic is that most of the physicians who were in this bind, most physicians are employees. People understand that they don't have their own business. So, they're slaves in respect to the system. Otherwise, they get terminated and they don't have a job. It happened to Paul Marik, it happened to Peter McCullough, it happened to Pierre Kory. So, I wasn't that [inaudible 01:39:15] to realize that that was a possibility. I just knew that I could help more people by leveraging myself on the internet, that had that unintended consequences of making me independent of their system.

**Catherine Austin Fitts:**

So here's what happened to me. When I got kicked out of the establishment and I decided I was going to fight, I turned to my attorney, Carolyn Betts, who does financial rebellion with me. I said, "Carolyn –" Because all my life, I'd been a successful investment banker that worked for big governments and big corporations. I swung around billions of dollars. I didn't know how to help somebody as an investment advisor. I turned to Carolyn. I said, "We're going to have to find a way to support ourselves at retail because we have to work for the people we're trying to protect instead of work for the big governments and corporations." Carolyn turned to me and she said, "Good luck with that, honey." It took me 10 years to figure out how I – and I just had to live on fumes for 10 years while we figured out, "Okay, how can we build a business serving people that is economic for the people and economic for us?" Once we did, then we felt free. I wanted to be free to tell people what I really believed.

I just had to have that. And occasionally, the worst hacking we would get was on pharmaceutical stuff. Whenever I would put something that was very critical of the pharmaceutical industry, I would think, "Well, can I afford \$5,000 worth of hacking? Is that worth it for this article?" Anyway, but I felt very free. In the beginning of COVID, I felt very free because I was working for the people I was trying to protect. I think what I could recommend to everyone is, if you're in a job where you're working for [a] large corporation, [a] large government, start to look at different ways you can do more for yourself.

Build household resiliency by providing your own energy, or your own gardens, or other things that permanently lower your expenses and protect you against inflation. But how can you start building skills or lines of income outside of big corporations and governments? Where you can have that financial confidence to know that you're part of the solution because you're being paid by the people you're serving, that you're trying to protect and get out of that financial conflict of interest in your job if you can.

**Dr. Joseph Mercola:**

That's going to be essential. Absolutely. There's no question about it. But it will also help in the community that you eventually decide to join, because ideally, everyone should have some skillset that they can contribute to the community. It's not like you're leaching off of the people there. You want to serve them, too. So, it's a mutually beneficial arrangement. So ideally, you have a skillset that can help a lot of people, and then you could sell that in the meantime. But before that, well, you could be in the community too, but it would help you with building your confidence because you have this accessory source of income that would allow you to separate from the traditional system.

**Catherine Austin Fitts:**

Well, it was really funny because when it all started, when the litigation started, people would ask me questions, and I had very terrible experiences with The New York Times and Washington Post that I just decided I'm not going to talk to [the] media. I'm going to have people email. So, I'd give out my email address, and then I would get questions and I would just answer the questions. The questions grew and grew and grew and grew and grew. Then finally, I realized people want me to be an investment advisor, so I registered as an investment advisor. And then my clients would ask me the same 50 questions. I'd get the same question 50 times a week. I said, "Wait a minute, I've got to batch this." And that's when we started the Solari Report, just to answer all the questions. And then I started a screen company to do screening because people are asking me to screen equities for them. It all evolved into two businesses. I never wrote a business plan. I just kept answering questions.

**Dr. Joseph Mercola:**

That's the way it should be.

**Catherine Austin Fitts:**

Well, here's what was interesting. From 1999, when I did the first radio show, until 2007, when I registered, I just answered the questions for free. It wasn't a business. I was just answering questions and trying to survive, then it evolved into a business. I had to get to a certain level of performance where I could justify charging money for it. There had to be this learning curve. That's why I always tell people who are looking to get out of the corporate world, "Just look around and see who's asking you for help, and just help them and see where it goes."

Because it's by having that serving – you said you wanted to be a doctor because you wanted to help people. It's by serving other people, and continuing to serve them, and getting highly smart and productive at serving them that you find out where you add value and where they will support you. It's at that point where you're really serving people in a way that addresses where we need to go as a society. That's where you find the sweet spot. I think some of your confidence comes from the fact that you've done that, and we all need to do that. So, you can't walk away from institutions or people that do not have integrity fast enough. As you learn, some of them will boot you out.

**Dr. Joseph Mercola:**

I would substitute walking to run away. Run. Instantaneously accelerate.

**Catherine Austin Fitts:**

Right, right.

**Dr. Joseph Mercola:**

Definitely. Yeah. And your community too. Just because a person or community may have some similar views. There can be people in there who don't have integrity, so you have to vet your community. It's just not all going to be 100%.

**Catherine Austin Fitts:**

Right. The hardest thing for me is people who had integrity three years ago suddenly are letting me down. It's part of going through this change. People who try to have integrity are put under extreme pressure, whether they have problems with their health or problems with their business. So, integrity is a struggle in this environment. We're in a war and the friction of war is high. I think whether Whitney's right in her timing or not, it's going to get much, much worse.

**Dr. Joseph Mercola:**

Yeah. The other thing too is that once you evolve spiritually to a point, and I'm not suggesting I'm there yet, but this is a temporary shell. We're not here forever. We're going to move on at some point. The worst they can do is kill you.

**Catherine Austin Fitts:**

Right. And that's not the worst thing that could happen.

**Dr. Joseph Mercola:**

Right. Absolutely. Ostensibly, that's what most people believe is that they can kill you. No, it'd be worse to be a slave and in permanent pain.

**Catherine Austin Fitts:**

I don't know if you've ever read Marcus Aurelius's "Meditations"? It's one of my favorite books, but there's a great line from "Gladiator" quoting Marcus Aurelius. He says, "Death smiles at us all. All a man can do is smile back."

**Dr. Joseph Mercola:**

Yeah.

**Catherine Austin Fitts:**

Right. It is funny because I studied spiritual warfare during the litigation, it really saved my life, and I still practice it, although I find it much harder since the COVID started. And I don't know whether it's the injections, but there's a real deterioration in the field, and it's much harder to get back into the divine mind. I find myself spending more and more time trying to get back. But I do think at the root, it's a spiritual battle, and spiritual tools are essential to deal with it. But I've been through all these situations where it's impossible that I'm alive. It's just impossible that I'm alive, and yet I'm alive. I've started to come to realize miracles are part of our existence, and the invisible realities are very different than we realize. I'm reading a wonderful book. I'm a huge Ingo Swann fan. Have you ever read Ingo Swann?

**Dr. Joseph Mercola:**

No, I never heard of him.

**Catherine Austin Fitts:**

Really? He was the top remote viewer in the government program to do remote viewing. But some people say he was another Da Vinci. He wrote a great deal. And Nick Cook, the British journalist – After Swann died, he had a lot of unpublished manuscripts, and the family invited Nick to take two of the manuscripts and publish it. It's called "Resurrecting the Mysterious," where Ingo Swann tries to map out invisible reality and give you a framework for invisible reality. It doesn't come at it so much from a spiritual point of view, but the point of view of a remote viewer, but really a remarkable person. And I think, back to spiritual warfare, you need to have an understanding and a framework for the invisible realms, because they're very present. They're very much at work. I think AI is going to give access to essentially interdimensional forces. Of course, the question is, will they be the forces of love or the forces of evil? So, this kind of powerful technology ups our game tremendously in the spiritual realms.

**Dr. Joseph Mercola:**

All very exciting, I think so. Exciting, but at the same time, it gives incumbent upon us to have responsibilities. We've been given a lot in this world. Most of us watching this, if it doesn't seem like it, we really have when you compare it to other places in the world. Would you like to be a Palestinian in Gaza at this time? Not really. So, we have a lot, and there are things that we can do. Simple things. Simple things that can make a profoundly big difference. So, that's a responsibility to become independent, and get into community, and resist this impending tyranny can be a really powerful effort that each and every one of us can take.

**Catherine Austin Fitts:**

Right. To do that, you need to have the impulse to understand that you're important. By taking responsibility for a problem, that's how you get power. So, to solve a problem, you need power. You get the power by saying, "This is my problem. I take responsibility for it," and "I'm going to find a way to use my time to help other people deal with this and myself, my family, et cetera." But it starts with that impulse to take responsibility. One of my concerns is [that] it's very easy to get frustrated, to go to anger, and we're encouraged to believe we're victims.



Of course, that's what causes you to lose your power. The greatest power comes from love. If you get frustrated and angry, you lose your love. Taking responsibility but coming at things with love, that's where we have the ability to access the higher mind and that's where real solutions come. One of the ways I learned healthcare was when I couldn't afford to go to the doctor, and it was too dangerous politically to go to a doctor or hospital, I would just go in prayer. "What can I do?" I tried every old-timey recipe you can find or think of, but it was [inaudible 01:50:57] that I would know what to try next. I was shocked and amazed it worked. It absolutely worked. You just ask for help and help arrives.

**Dr. Joseph Mercola:**

It's important to know there's never, never, never, never any justification to be angry, just isn't.

**Catherine Austin Fitts:**

I know that, but I-

**Dr. Joseph Mercola:**

The solution is what you said, the solution is love and forgiveness integrated.

**Catherine Austin Fitts:**

Right. Something I say that, and I know that, but I can't tell you how many times a week I fail, and of course I catch myself.

**Dr. Joseph Mercola:**

Then you've got to forgive yourself instantly.

**Catherine Austin Fitts:**

Yes.

**Dr. Joseph Mercola:**

That's the thing, because that's the most important person to forgive is you.

**Catherine Austin Fitts:**

Yes.

**Dr. Joseph Mercola:**

For sure. Because we all screwing up all the time. So, that's key.

**Catherine Austin Fitts:**

Well, in the Book of Revelations, which I never quite understood, it says in the last days, the spirit of offense will rise and people will take or give offense much faster. That's exactly what we're watching happening. I'm driving across America right now, and I'll be through Tennessee, down to Georgia, then back up to Pennsylvania. The speed at which people give or take offense is shocking. No, it's shocking. It's unbelievable. So, that's why we must maintain our state of amusement. So, that's my goal is to stay a state of amusement all the time. But I've yet to do it perfectly for a week, but I'm optimistic I can do it.

**Dr. Joseph Mercola:**

You're trying. Keep on trying.

**Catherine Austin Fitts:**

I'm trying.

**Dr. Joseph Mercola:**

Just forgive yourself when you don't. That's all. Simple strategy. What a delight, Catherine. You've just been really great giving us so much valuable information, powerful information that we can implement and take action on, and actually make a difference in the warfare that we're engaged in, even if we don't know it.

**Catherine Austin Fitts:**

Well, I so appreciate you, and I appreciated you long before we did that Bitcoin interview, but that was the first time anybody ever let the discussion go through all the different issues. It was long, I think you said it was the longest one you'd ever done, but you really dug in and went through everything. I think it was just an incredible contribution to the conversation. I think, "Wow."

**Dr. Joseph Mercola:**

In some ways, it was like Joe Rogan giving Bobby Kennedy the platform for three hours, which interestingly, in his entire career, no one ever gave him a three-hour platform to discuss his position on vaccines.

**Catherine Austin Fitts:**

Yeah, that's great.

**Dr. Joseph Mercola:**

Yeah. So, that's what we need.

**Catherine Austin Fitts:**

Yeah. That was great.

**Dr. Joseph Mercola:**

We need these conversations. And ultimately, you turned out to be spot on, as we mentioned earlier.

**Catherine Austin Fitts:**

So, one conversation I would love to have to you, I wrote that paper for the presidential candidates, but I would love to go through that with you sometime and talk about, “Okay, if you’re walking into the Oval Office, what are you facing? What do you do?” I’ll send you a link to it, but that needs to be a three-hour conversation. It’s not a short one.

**Dr. Joseph Mercola:**

But none of us are going to be walking into the Oval Office. My concern with any national level politician is that it’s a dangerous path to go down because there is, Bobby Kennedy included, there is no political savior.

**Catherine Austin Fitts:**

Right.

**Dr. Joseph Mercola:**

There just isn’t. There can be local saviors that can be part of the solution like developing a state bank. Powerful, powerful strategy.

**Catherine Austin Fitts:**

But I go back to the rubbing your stomach and patting your head at the same time. If you have the state legislators moving to do all of this, it matters.

**Dr. Joseph Mercola:**

At the top?

**Catherine Austin Fitts:**

It matters at the top. It matters who’s at the treasury. It matters who’s in the Fed. It matters who’s in Congress. It doesn’t take but a few people to make a huge difference.

**Dr. Joseph Mercola:**

All right, well, I’m sure you convinced me on a lot of things. I’ve become really disenchanted with the [crosstalk 01:54:58].

**Catherine Austin Fitts:**

Well, here's the thing. There's nothing you can do in the Oval Office if that infrastructure is not rising because we need to decentralize power and pull it down and do it in a way that's wealth-building. If that isn't there, then they have nothing. It's like a surfer with no wave.

**Dr. Joseph Mercola:**

This is exactly what the founding fathers of this country had. That was their model. That was their model.

**Catherine Austin Fitts:**

Yes.

**Dr. Joseph Mercola:**

We bastardized it on spades.

**Catherine Austin Fitts:**

Right. But it is there to be done. It's always there to be done. When you have a negative return on investment, everything is losing, losing, losing. All you have to do is reengineer to a positive, and then you're gaining, gaining, gaining. At the root. I'm not saying that it's easy as a human change, but as a financial and economic change, if you change the model, you're going in the positive direction. It's there to be done.

**Dr. Joseph Mercola:**

Yeah. Exciting. Well, we'll have to have you back and have that conversation.

**Catherine Austin Fitts:**

Okay, well, be well, and thank you again for everything you do, and thank you again for the opportunity to be in cahoots with you.

**Dr. Joseph Mercola:**

All right. You take care and we'll have you back at some point.