

How to Protect Financial Sovereignty Against the Threat of “The Great Taking”

A Special Interview With Catherine Austin Fitts

By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. Dr. Mercola helping you take control of your health. And today we are joined by Catherine Austin Fitts, who is one of the wisest people out there when it comes to understanding finances and how to pragmatically implement that understanding into practical actions you can take. And we're hopefully going to provide you with some detailed information that you can use. Now, sadly – maybe not so sadly, but fortunately might be better, I listened to a magnificent video today that we're going to be launching on our site probably the day before this interview airs. It's called Take Control by David Webb, and I would – Have you seen that or heard of it?

Catherine Austin Fitts:

Yeah. So, David's a good friend of mine. We just published an interview-

Dr. Joseph Mercola:

Oh my gosh.

Catherine Austin Fitts:

We just published an interview with him at Solari Report. But in the annual wrap-up, we have a section called The Many Great Takings, where we list – I think we're up to 40 takings.

Dr. Joseph Mercola:

Well, good. This is so good because that man is – I've never heard of him before, but he was just brilliant. He's a former hedge fund investor. I think maybe he retired now. And you can give us more history because you know him better. And he wrote this book called “Take Control.” You just listen to the first few minutes and you know that this man has wisdom and he [inaudible 00:01:25].

Catherine Austin Fitts:

Right. So, the book's called “The Great Taking.”

Dr. Joseph Mercola:

Oh, “The Great Taking.” I'm sorry.

Catherine Austin Fitts:

“The Great Taking.”

Dr. Joseph Mercola:

It was “The Great Taking.” Okay.

Catherine Austin Fitts:

And he also made a documentary, which is mostly him explaining what’s in the book.

Dr. Joseph Mercola:

Yeah, yeah, yeah. It’s just great. So, I want to dive into that because it really capsulizes the biggest concern I have about the finances. And you two are the top leaders in understanding this, really, in a way that can be communicated to the masses and to the people in control that have the option of making a difference.

I mean, as I take it from listening to this interview – not interview, but this video that he did, is that – and maybe the documentary you described – that those in control have been planning for at least five decades or more to take it down, with very sophisticated, very clever strategies, which you can elaborate on.

But essentially, they’ve manipulated the system with these derivatives, the derivative markets, to have collateralization of the debt. And what that means is that – And it’s literally unknown collateralization because things you think you own, you don’t. Those are collateralized by the people that sold them to you.

And at some point, when these derivatives collapse, they’re going to take control of everything, and you’re going to be out of luck. So, that’s my understanding of it, and I’m sure you can provide a more accurate and sophisticated takeaway on this and help us understand. Because that’s the bad news, and I think we need to understand the bad news before we get motivated about the good news.

Catherine Austin Fitts:

Okay. So, I decided for our annual wrap-up after – I just did an interview with David, who as I said is a good friend. And I decided for our annual wrap-up that – I normally have a section called “Bizarro World.” But this year for the annual wrap-up, we decided to do one called “The Many Great Takings” because it’s really important, when you look at what David is talking about, to put it into context of all the financial takings. Because he’s describing one of them, not all of them.

Dr. Joseph Mercola:

Okay. Okay. All right, good. That’s good.

Catherine Austin Fitts:

Right. And it's very important to me that we understand all of them because the most important question for me is, "What can I do?" What can I as an individual do? What can I as an investor do? What I, as a state or local legislator, can do. What can I do?

So, my focus is hugely on remedies, not problems. And when it comes to remedies, you want to make sure you sequence your remedies against the enemy's various tactics, right? So, sequencing is very, very important when it comes to remedies. And if you look – the important thing to understand about "The Great Taking" is the World Economic Forum has told you what they're planning. It's 2030 and you have no assets.

So, the question is, just exactly how are they going to strip you of your assets? And what David is talking about is stripping you of your securities. But you need to worry about far more than just your securities. You need to worry about your bank, which he touches on and does a very good job of describing some of the history around banking.

You have to worry about your real estate. You have to worry about your precious metals and other currency alternatives. You have to worry about your business and your local investments. And then yes, you have to worry about your securities.

And David is focused on just securities, which is why we did this section called The Great Taking that goes through everything. Because if you look at how many different ways assets are being stolen and taken, the frightening thing, Joe, is there's so many of them and it's amazing that we're all still standing. I mean, that's how wealthy we are as a society.

Dr. Joseph Mercola:

It's a testimony to our resiliency, for sure.

Catherine Austin Fitts:

Unbelievable. Unbelievable. But let me just describe David and what he's written and done.

Dr. Joseph Mercola:

But before you do that, I'm just curious as to why you didn't include food in those assets.

Catherine Austin Fitts:

Absolutely. I should have included food. If you look at The Many Great Takings, I think my list is up to 40 or 50.

Dr. Joseph Mercola:

Okay. All right. So, it's just the abbreviated list. Okay. I'll go put it in the topics.

Catherine Austin Fitts:

Well, the biggest one is our health.

Dr. Joseph Mercola:

Yes. Right. And food is [inaudible 00:05:50] with that. If you don't have food, you're not going to be around very long.

Catherine Austin Fitts:

Right. And so, if you look at everything they're doing to control – I call it the Great Poisoning. So, it's both debasement of food and health, and then control of the food supply. That is absolutely critical. So, what I would say – So, let's talk about the Great Takings in order of priority. Let's do it that way.

Dr. Joseph Mercola:

Sure.

Catherine Austin Fitts:

The No. 1 thing you have to worry about, or I should say the two things you need to worry about is that they cannot get control of your transactions. So, the No. 1 thing I worry about is financial transaction freedom.

And our focus at Solari for 2024 is totally on helping state legislators in the United States and anybody else who wants help with protecting financial transaction freedom because a sovereign government has the power to do that, working with the banks and the citizens within its jurisdiction. And that's where pushback is critical. If they can get financial transaction control, then they can take everything. I mean everything, including your children. So, you need to-

Dr. Joseph Mercola:

Well, they do that many times now already.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

Yeah.

Catherine Austin Fitts:

Right. So, you have an intimate experience with financial transaction [control] through the impact, right?

Dr. Joseph Mercola:

I do. Indeed.

Catherine Austin Fitts:

Right. Right. Imagine if that bank had been the only bank.

Dr. Joseph Mercola:

Yeah. The extension I just recently realized, it wasn't just our bank. The bank owned the connection to servicing the transactions, the internet service, I forget what it's called.

Catherine Austin Fitts:

The online transaction payments. Your payment service-

Dr. Joseph Mercola:

Yeah. The payment service.

Catherine Austin Fitts:

The payment gateway.

Dr. Joseph Mercola:

Payment gateway, that's exactly what it was. I didn't remember the jargon. So, the payment gateway, they owned it. So, as soon as they did it, we had no payment gateway. It was gone.

Catherine Austin Fitts:

Right. Right. And we've talked about it. If you dive in and look at the terms and conditions that some of these payment gateways are asking for now, if you don't read – And I can tell you a long, drawn-out story of my negotiation on the last terms and conditions I refused to sign. If you don't read them carefully, buried away on page 135, you're giving them permission to go into your bank account and take everything. It's frightening. It's super frightening.

Okay. So, the No. 1 thing to remedy against is financial transaction control. And if you go to Solari, we have something called Financial Transaction Freedom Memo. And we have a wealth of information we'll go through today, but it's all there if you want it. So, get it printed out and start looking at all the things you can do to protect yourself from somebody controlling your financial transactions.

To me, that's No. 1. If they get that, the Great Taking is on. They take everything — real estate, securities, everything. So, first and foremost, don't worry about your securities. First and foremost, worry about your banking and your transactions. So that's No. 1.

The second Great Taking, of course, intimately involved with that is food and health. If they can take your health, if they can control your food and keep you from getting – I love the piece you just did on great dairy.

Dr. Joseph Mercola:

Oh, that was really good. Yes.

Catherine Austin Fitts:

Wasn't that good?

Dr. Joseph Mercola:

Yeah. The extension, if I could just interrupt for a moment, is that I just realized, right when we decided to run that article, that butter, which is dairy fat, of course, is actually an essential fat, and everyone needs about one to five tablespoons a day.

Because there's an odd-chain saturated fat in there that gets metabolized to a vital nutrient to let your mitochondria run really well on the Krebs cycle. If you don't have it, then you run into real serious problems. So, it is an essential fat, dairy fat.

Catherine Austin Fitts:

Yeah. Yeah. I don't know if you know this. One of the great success pushback stories is raw milk. So, raw milk is now legal in 46 states. And that group has been – They've been waging war on-

Dr. Joseph Mercola:

Yeah, [inaudible 00:09:58].

Catherine Austin Fitts:

-the state legislatures. Yeah.

Dr. Joseph Mercola:

But it's a workaround really. It's technically legal, but it's only for pets. But essentially, it's not enforced, so everyone does it [inaudible 00:10:07].

Catherine Austin Fitts:

Right. Right. Anyway, the push to control the food system is on because to control financial transactions, they also need to control food. Because if you can get your food and energy outside the banking system, you can survive without their banking system. And this is why we cannot allow a 100% digital financial system.

Okay. Now, the third Great Taking I'm concerned about is the real estate because we see an extraordinary move being done. It's complicated, but an extraordinary move to take control of the real estate, the land. The real estate, that includes farmland, which is very much related to the food. And there are all sorts of games that can be played with the banking system to default

people on their mortgages. Of course, interest rates and inflation are part and parcel of that defaulting people on their mortgages and getting control of the land, so that's the next Great Taking, the Great Taking that I've written the most about-

Dr. Joseph Mercola:

Can I just interrupt there?

Catherine Austin Fitts:

Sure.

Dr. Joseph Mercola:

So, how are they going to take that? I acknowledge that it's [inaudible 00:11:21], but what's the process that occurs?

Catherine Austin Fitts:

So, don't say that they are going to take it because they've been doing it for decades.

Dr. Joseph Mercola:

Okay.

Catherine Austin Fitts:

If you look at the process of bringing down the homeownership rate and taking advantage of people on their real estate, it's been going on for decades. And of course, now it's related to monetary policy because once you voted on The Going Direct Reset and you injected all that money selectively into one group, and inflation then ate everybody up.

The average payment on the medium-priced home has doubled in America, I think, over the last four or five years. You're seeing the younger generation completely wiped out. And that's not unrelated to another Great Taking, which was the fraudulent inducement of student loans.

I mean, just realize that until recently, most banks, most of the big banks were paying almost 0% for their capital. And student loans were paying 5% to 9%, and people on their credit cards were paying 17%, which is an extraordinary differential in the cost of capital that's literally engineered into the system in a very unfair way.

Dr. Joseph Mercola:

It can be redefined as extortion of some sort.

Catherine Austin Fitts:

Right. Right. But if you look at all the mortgage fraud, the mortgage servicing fraud, and all the different games that have gone on, including during the financial crisis, the steady accumulation of real estate and land has been going on.

And what's interesting is you and I have talked about the importance of moving into real assets between the end of the financial crisis, and the last time I looked at it, which was a couple of years ago, the ownership of land by the 100 largest landowners in America had doubled. So, while they're getting everybody to buy crypto, they're accumulating massive amounts of land and real assets.

So, let's turn to what David's talking about. David was a very successful hedge fund manager, and he became a successful hedge fund manager because he saw his family literally get pumped and dumped, one, by The Depression, and then [by] other games going on in the banking system. And he decided he was going to really understand the economy and then figure out how to make money in the economy the way it was.

And he had a very, very successful career, both in New York, and then he moved his hedge fund back to Cleveland, Ohio, where he was from. He's a very brilliant guy, and he was one of these people who could really see into things. But after all explaining it to his partners, finally decided to cash in his chips when the financial crisis hit. Because he took a look at what was going on in the financial crisis and realized that you can't have an economy, first of all, where the financial returns are always greater than the GDP (gross domestic product) and productivity.

If labor productivity is going down and the GDP after inflation is flat, how can you get 20% returns? Well, the way you get it is with shenanigans, crime, bizarre monetary and fiscal policy, and all sorts of what I call the plunder economy. So, he decided, "You know something? I'm going to-"

He'd made a lot of money as a hedge fund manager. "I'm going to cash in my chips and I'm going to figure out what jurisdiction is the safest place to keep my money." So he literally ended up, after much research and traveling around the world, in Sweden, convinced that their securities custodian system was the safest in the world.

Then he moved to Sweden, he ended up as a Swedish citizen. He's got a second passport. And he watched their custodian system deteriorate, which he describes in this book, "The Great Taking." And he spent years talking with people in the financial system about what was happening and trying to warn them. And he kept running into every obstacle that I'm sure you've run into when it comes to health or I've run into when it comes to federal finances.

You just kept walking into this official narrative that will not budge or listen. And finally – I first heard him make this presentation in 2020. Anyway, so he finally has published a book on – His theory is that the financial regulators have created a way of literally, through the custodian system, robbing 100% of the security assets as a senior creditor probably through a default of the derivatives.

Now, in the scheme of things, this is not something I'm particularly worried about. I'm very worried about financial transaction control, and I'm very worried about the theft of money from

the federal government and governments around the world. So, there's literally a financial coup going on, stealing assets from sovereign governments.

So, I'm extremely worried about those two things and how that relates to eroding people's family wealth and real estate, and shutting down small businesses and getting control of food. I'm not worried about a grab of the securities. That would be the last thing you would do if you wanted to strip all assets.

One, if you look at David's research, his documentation is that the regulators have said they can do this. But as of yet, we don't have a legal pathway that we can prove it is engineered. The regulators have said they can do it in a private discussion and communication, but we can't find a legal pathway. David believes that legal pathway has been created in the UCC (Uniform Commercial Code), certainly in the United States.

I have not – As of yet, we are still looking for a UCC expert who can figure this out. So, if there are any attorneys out there who are UCC experts who are willing to play for our team, please let me know, because I have a general counsel who would love to work with you to figure this out. So as of yet, I haven't been able to prove a legal pathway. What we can prove and what David has proved is that there has been an extraordinary effort by the regulators to assert control of all collateral, and I suspect it's because that's what they need to keep the bubble going.

The reason I'm not worried about a grab of the securities in the near future is because I think the way you grab assets is by getting financial transaction control through the banking system. And once you have that, you can do everything. You can do 100% of the assets, including securities. And I think financial transaction control is coming. That's coming faster.

The other reason I'm not concerned, if I were them, it's exactly what I would do to keep the bubble going and to manipulate the markets. But the primary reason is if you look at one of their most successful tools at engineering centralization, it's been the securities markets. After I read David's book, I said, "Why would a housewife give away the vacuum cleaner when the house is only half vacuumed?" I think, in terms of sequencing, a grab of all the securities is not near.

What David would say is if they get themselves in a corner, they have to do it. My feeling is they have so many ways out of a corner, it's not necessary. What they're going to do is what I've seen them doing, which is pushing for financial transaction control. But here's what's great about David's research. There are a couple of things that's great about David's research. One is no one goes to the bother of doing what they've done that David describes and is documented if there's integrity to the system.

So, I think David has proven yet again that the financial system is lacking integrity and is so engineered to benefit a few at the expense of the many. I think that proves it. The other thing I thought was very good about his book was he describes the game in terms of playing insiders and outsiders through the banking system, through the Great Depression and how, literally, your bank could fold, you lose your deposits, but you're still liable for your mortgage.

And if you look at what happened with SVB (Silicon Valley Bank) or some of the banks earlier this year, it's a similar kind of game. You lose your uninsured deposits, but whatever debts you have are still in the banking system and can be enforced against you. And of course, that's how

you get people's real estate. You abrogate your income obligations to them, but then you hold them accountable for their debts.

So, it's a fascinating book. And because David has done such an extraordinary personal journey of trying to get his money to safety and discovering there is no safety, it's a wonderful example of what you and I have talked about, which is there is no way, there is no way to get away from this. Now, what shocked me, really shocked me – and I don't know because I'm curious to see what you think about this – since 1998, I've been writing about \$21 trillion missing from the federal government between 1998 and 2015.

Dr. Joseph Mercola:

[inaudible 00:21:34].

Catherine Austin Fitts:

Right. And then they put the books dark, and it's trillions more since then, but we don't have a number. Because that \$21 trillion is from federal government documents. I don't know. When \$21 trillion was missing, there was \$21 trillion of debt, and now there's \$33 trillion of debt, so I'm assuming now there's \$33 trillion missing.

But to me, that's the greatest taking of all time, except for debt-based currency. Because that \$33 trillion of debt didn't have to be debt. We could have just issued the greenbacks from the Treasury. So, whether it's the \$33 trillion of debt or the \$33 trillion missing, that's a \$50 trillion plus problem. So, to me, that is the greatest taking.

But I've been trying to get people interested in various great takings for the last 20 or 30 years. And what was shocking to me was when David's book went rolling around, all sorts of wonderful people I know who have large stock portfolios got upset for the first time. And I thought, "Why did you think you would be protected?"

Dr. Joseph Mercola:

Yeah. Well, he has a comment towards the end of the movie, "Wealthy people think they're special. And you're right, you are. They're saving you for dessert."

Catherine Austin Fitts:

But here's the thing. I call it the Great Poisoning, but you've been writing for – I don't know, I started reading your website a long time ago.

Dr. Joseph Mercola:

Over a quarter of a century. In 1997. We started before Google did.

Catherine Austin Fitts:

Right. I've been reading you forever. And you were concerned in 1997 about people's health and what was happening to people's health, and you were trying to educate and warn them. Right?

Dr. Joseph Mercola:

And I was a Johnny-come-lately, believe me. I'm [inaudible 00:23:28] shoulders of giants before me.

Catherine Austin Fitts:

Right, exactly. But here's the thing. If you look at all the efforts you and many other great people have been taking to warn people that there was terrible danger, doesn't it shock you that it just occurred to somebody that there was a problem?

Dr. Joseph Mercola:

No, not really. Because they're so sophisticated in their strategies and they understand human behavior and psychology, and they're able to effectively use that knowledge to manipulate their behavior. So, it's actually predictable, from my perspective. It's quite predictable. And it takes an extraordinary amount of sadness or economic woe or challenges, personal challenges, to jump out of that brainwashing, I guess.

Catherine Austin Fitts:

Here's the thing, if someone is trying to kill my children and grandchildren by poisoning them with pharmaceuticals and injections and poisoning the food and then the spray, but I feel safe because I have a big stock portfolio? I don't get that.

Dr. Joseph Mercola:

Yeah. It's not a rational response at all if you're not brainwashed is my take on it.

Catherine Austin Fitts:

Well, I have to confess, we're all brainwashed.

Dr. Joseph Mercola:

Yeah, to a certain extent, but in different areas. I think the silver lining of the COVID assault on humanity was it woke many people up to the truth, the reality that they were previously – There are so many people now. I was perceived as the devil by a large segment of the population because of my advocacy of vaccine safety and freedom of choice. And they thought that was nuts because obviously vaccines are good for all, and you've got to be out of your mind not to volunteer to inoculate yourself with them.

But then they began to understand, no, it's a lot worse. Just like you said, there's some concern here and it shouldn't be voluntary. You shouldn't be forced to take these things. So, I have no

problem with people who are brainwashed and want to take them. That's fine, but it shouldn't be mandated for sure.

Catherine Austin Fitts:

Yeah. Yeah. I don't know. You strike me as remarkably not crazy.

Dr. Joseph Mercola:

Thank you. I strive for that rational sanity.

Catherine Austin Fitts:

Anyway.

Dr. Joseph Mercola:

So, I wanted to mention, the financial transaction control is your primary concern. David seemed to have an interesting strategy, which we could probably discuss, which involves his efforts to educate the public, which obviously by your comments, has made a difference. And I'm not sure why that is, partially because he's a very gifted communicator. He's very smart and he communicates in a way that resonates with people's logic, and he's got the credentials to support it. It's just incredible credentials.

And if he can get – His strategy is if he can get enough people close to the center to understand this, that yes, they are very wealthy, many of these people are extraordinarily wealthy, but they are the desserts. They're not insulated. They are not insulated. They're going to be just as messed up as everyone else. And if he can get – his strategies to collect enough of those individuals and convince them to take some action. If you do, then you can prevent this whole thing because his contention is that it is salvageable. It's 100% salvageable, but you do need some type of reset, and I love this suggestion that this whole thing could be monetized by a relatively minor tax on transactions, like a fraction of 1%, and we wouldn't need taxes. That amount of revenues generated from that transactional fee could fund the entire government if we didn't have to engage in these international wars.

Catherine Austin Fitts:

Well, here's the thing. If you look at all the things that are draining our wealth, I would say the three big ones are what I call – we have a wonderful host in the Solari Reports, he calls them the rackets. It's basically war and organized crime. And if you look at the economy, if you map out the economy, bottom up, the amount of money that they are siphoning off and all these takings are siphoning off is so extraordinary. It always amazes me that we're still standing. But tyranny is unbelievably expensive. And of course, the problem is that it's like it's a tapeworm, it's like a parasite. It just keeps growing, and that's the cycle we're in. How are we going to – It's reached a point where it's destroying and the destruction is accelerating that we have to do something. So, that's number one.

Number two, I would say the environmental damage coming from a variety of things, one of which is industrial farming instead of regenerative farming. So, we need to switch our agricultural practices. The third is, really, stopping innovation or trying to control innovation. I mean, there's been a huge amount of innovation, particularly that could lower the price of energy and other things. One of the stories we told in the Solari Reports this year was we did one called the 21st century approach to energy. Charlie Stevens, who was in government in Oregon – A guy came in who'd figured out how to make sidewalks, I think the maintenance cost was 10%, And Charlie said, "You'll never get it done because it'll gouge too many interests."

But that's a perfect example, and there are thousands and thousands of those, not to mention sitting on patents for national security. If you look at all of those, then I would add to the first one, the cost of the control grid. We just published a big thing on AI with Whitney Webb and I had a chance to read and do a book review of a book called "The Atlas of AI," which is very interesting, and I thought I knew how environmentally damaging all the hardware is related to putting into place an AI system that can literally govern and run everything. It's just so extraordinary. You just can't believe it.

Dr. Joseph Mercola:

You mean from an energy consumption perspective?

Catherine Austin Fitts:

It's both energy consumption but it's also all the mining and other things you have to do to produce the hardware and field the hardware, and then what the EMF (electromagnetic field) and EMF radiation does.

Dr. Joseph Mercola:

But the EMF is relatively localized. It doesn't go out to the whole world like some of like nuclear radiation, but –

Catherine Austin Fitts:

Right, right, but I'm talking about having systems, telecommunications and information systems that operate everywhere all the time. So, it's going on everywhere. But the environmental damage is quite extraordinary.

Dr. Joseph Mercola:

You are correct, because I wasn't considering that perspective, but you've got the SpaceX implementation of all their low Earth [orbit] satellites just showering us with 5G everywhere that you can't escape, so you are correct.

Catherine Austin Fitts:

Right. Anyway, it's sort of a gruesome experiment to try and cost out all the theft and destruction and economic harm. At the same time, after you do it, you realize, "Oh wow, everything really could work. It really could work." It's quite amazing, and that's why we can't let them get financial transaction control because they want to do that because you need complete control to keep taking.

Dr. Joseph Mercola:

Obviously, one of the ways is [to] use cash. But for many reasons, it's a challenge. And even though we're endorsing the concepts, I know my own business that we have a small little market in our primary office, and it's called Mercola Market, and we don't take cash there for some logistical reasons that are really common in many other businesses. It's a security control, and then you have to be careful. I mean, there's a lot of logistical things, but it's more cost-effective not to, is the end result. I would love to if I could, but I don't run my business from that perspective. Other businesses would have a challenge with it too, but that's one. But what are the other ways that we can prevent them from implementing these types of controls?

Catherine Austin Fitts:

So, the way I'm most focused on right now, and again, if you go to Solari report, go to Financial Transaction Freedom, there's just a panel on the homepage and there's a memo that has lists of what everybody can do, and the important thing is to do what you're comfortable doing. So of course, one is using cash. But when you use cash, start talking with the local businesses and finding ways of interacting locally that will give you a lot more local resilience. And of course, the big one is food, because I don't know a way of getting food that's safe other than knowing where it's coming from and knowing the people who are producing it.

Dr. Joseph Mercola:

No, that's exactly the case. And ideally, you do it yourself, but that's beyond the reach of most people.

Catherine Austin Fitts:

Well, it was funny. We talked about it before. We published Pharma Food last year on the annual wrap-up, and I thought it was going to be the least popular thing we'd ever written because it's so horrible. It's so gruesome. And I thought, "No, we just have to warn people. I don't care how unpopular it is." Well, it turned out it's wildly popular because all the fresh food people are using it to market their fresh food. And my favorite feedback was one subscriber said, "My husband always said it was too difficult and expensive to buy locally, and I gave him Pharma Food, and now he's all in."

Dr. Joseph Mercola:

Good job. Anti-brainwashing!

Catherine Austin Fitts:

Right. Okay, so the third thing you can do is bring transparency, and this is really important. If you go to Solari, we've put together a list of 80 CBDC (central bank digital currency) and financial transaction freedom shorties. I love these short videos, and to give you an example, the first four are fantastic. The first one is the one minute of the head of the BIS (Bank for International Settlements) basically saying we can make the rules centrally and enforce them centrally with CBDC.

Then the second one is Neel Kashkari, who's head of the Minneapolis Fed, one of the 12 Fed banks, saying, "I can see why the Chinese would want this, because it gives you complete surveillance and control, but why would Americans ever let this happen?" So, if it's so bad that one of the Fed presidents is telling you, "You don't want it," that's very helpful. That's one minute or less.

Then we have Bo Li from [the] IMF (International Monetary Fund) talking about the programmability of money and how they can create money that you can only use – So, if they decide you can only eat bugs and no pizza, your money will only buy bugs. And then the last one, or the fourth and they're 80, is Richard Werner talking about one of the top central bankers of Europe telling him that they're going to CBDC ultimately will be a chip that they want to put in your hand.

Anyway, there's a wealth of things and by telling other people what's going on and helping them understand how serious this is – because it's hard for many people to fathom that somebody would want that kind of complete control and that with AI and software, you can deliver that kind of complete control. But with a very short video, one minute or less, people get it. And that's the point at which you can turn to your state legislators and your state banking association and say, "Okay, what are you guys going to do to make sure I don't end up like the Tennessee truckers?"

And what's very interesting, we've been in a process where we're briefing different state legislators and working with different state legislators. And if you look at the powers that a state has, under the Constitution – so, now I'm speaking to the Americans – the powers not delegated to the federal government are reserved to the states, and the states have the power to assert complete sovereignty over the money and the cash flows within their area to protect them.

Now, they haven't done it, and one of the reasons they haven't done it is the Treasury and the central banks have been very good at making it financially attractive to buy into the federal system. And the question is going to come, when is it going to come that it's going to be more important to be sovereign and free than to get another \$2 billion in education aid that requires you to teach your kids how to be sex slaves?

So, one of the things you can do [is] bring transparency, but start working with your bankers, with your State Bankers Association and your state legislators, and encourage them to take the steps. And if you look at the Financial Transaction Freedom memo, we list all the different things that a federal legislator can do. And in our latest wrap-up, we published – let me show you. I sent you a copy. I don't know if you got it.

Dr. Joseph Mercola:

I did. Well, I didn't get it yet because you sent it to my office and I am a few hundred miles away from my office, so.

Catherine Austin Fitts:

Okay.

Dr. Joseph Mercola:

I'll give you my home address.

Catherine Austin Fitts:

Anyway, but a copy of the Financial Transaction Freedom memo was in there. And then Richard Warner wrote a great piece for us on why Tennessee should start a sovereign state bank like the one that North Dakota has. As it turned out, for constitutional reasons, Tennessee cannot do that yet, but they can do things to create independent payment systems, and they are in the process of starting a bullion depository and authorizing their Treasury to start buying gold and silver. But-

Dr. Joseph Mercola:

I've got a good update for you.

Catherine Austin Fitts:

Oh, great!

Dr. Joseph Mercola:

I've heard you say that and I had other experiences and I was motivated to act on that because the average person can't. They don't have the network and the sophistication to connect with their state legislators, but we do, as a business. So, we've been actively engaged with the Florida State Legislature, and they're about to introduce legislation for state banking in the state of Florida. Now, why is this so significant? It's only one state.

Catherine Austin Fitts:

Fabulous!

Dr. Joseph Mercola:

Only one state, but the last state to do this was North Dakota over a century ago. So, there's no recent experience in the state history in the United States to have this done. So, to have a state do it in the 21st century could provide the template, the catalytic template that's required to spread this across the country.

Catherine Austin Fitts:

That is so fabulous!

Dr. Joseph Mercola:

I told you it was good news. It's a belated Christmas present!

Catherine Austin Fitts:

That is fabulous! That is fabulous news because I, as a citizen, the only way I can protect my individual sovereignty is if my state protects my financial sovereignty.

Dr. Joseph Mercola:

Right. Right. Right.

Catherine Austin Fitts:

Right. So, the story I always tell when I talk with the state legislators is when the populist government came into Greece, essentially the presidency of Greece during the financial crisis, they tried to take real action to stop the austerity program of the ECB (European Central Bank), and they discovered that a corporate contractor had the payment systems that collected their taxes, and they were loyal to the banks, and they literally did not control their own tax flows. They were controlled by the banks. But here's the other reason why it's so fabulous. Everybody's been watching Florida and what Florida did during the pandemic. If Florida moves on a sovereign state bank.

Dr. Joseph Mercola:

Oh, I know!

Catherine Austin Fitts:

Then everybody's going to say, "Well, if they can do it, I can do it." It makes it so much easier for state legislators to then act.

Dr. Joseph Mercola:

Exactly what our thought was. Someone's got to be the first. Someone's got to be the first because then they can follow. They need a leader.

Catherine Austin Fitts:

Right. There are two things. If you can have a sovereign state bank – what that means is your citizens are paying taxes into your accounts, and you have the ability working with the state banks and credit unions and financial institutions to keep the transactions going so that the treasury or the central bank can't lock you down or shut you down. I mean, that is amazing. If you also have a bullion depository, then you've got gold and silver reserves, and that has – But it makes it easier for other people in the state to have a depository they can trust, and that means

they can start doing transactions with gold and silver, particularly if you take the sales tax off. Tennessee has taken the sales tax off of gold and silver.

And there's a big squabble now — several states have moved to put in bills, making gold and silver legal tender, but do it in a way where they say the Feds can't charge capital gains. There's a squabble coming when it comes to capital gains so that you can use gold and silver as currencies locally. It's a great way to start a local currency. Just do it. Use your gold and silver.

Dr. Joseph Mercola:

Yeah, you can.

Catherine Austin Fitts:

That is such good news. I'm so happy!

Dr. Joseph Mercola:

I thought you'd like that. I was really excited to share it with you.

Catherine Austin Fitts:

So, our No. 1 story in our annual wrap-up is 2023: The Year of Pushback. So, I have to have that pushback. Do you know when they're going to announce it?

Dr. Joseph Mercola:

I can find out. I can talk to my – I can find out from my CEO and let you know. I haven't done it. I've encouraged him, but he's got the connections. And we know a lot of the legislators in Florida because we're a relatively big business in the state, and we've developed a lot of good political connections.

Catherine Austin Fitts:

Well, you know something, that is so fantastic. And certainly, your team should know a lot about financial transaction freedom.

Dr. Joseph Mercola:

Yeah, that's part of it, you know.

Catherine Austin Fitts:

Yeah, they understand the importance. There's nothing like having it touch you.

Dr. Joseph Mercola:

That's right. For sure.

Catherine Austin Fitts:

That was a taking.

Dr. Joseph Mercola:

Yeah.

Catherine Austin Fitts:

That was a taking.

Dr. Joseph Mercola:

Yeah, it was. There's no question. And it still doesn't make any sense why they did the last one. The first one did when PNC took my accounts two years ago, that was in the midst of the pandemic. But this was – the pandemic was over, and it's just out of nowhere Chase decided to do this and for no ostensible reason. It didn't make sense. It's still perplexing. But-

Catherine Austin Fitts:

Here's the thing. If you look at the times in our history when we've been hacked, most of the worst times [are] related to health or pharmaceuticals. You would think all the things we do on finance have been a problem. But the worst hack we ever got, I can't tell which it was, we did two things: We published my big study on pension funds and our future science presentation on neutrinos. I don't know which it was that upset them more, but it's probably [the] pension fund.

Dr. Joseph Mercola:

Yeah, the hacks are problematic. I get a lot of PR and perception of bravery and courage for my actions, but it's usually related to this, the banking actions they've taken against us. But that is nothing compared to what you just mentioned, the hacking. The worst devastation we had was last year. We had dual challenges. They hacked us big time. It was professional, world-class hackers, and it was done through social engineering. They bypassed the regular securities, and I mean, literally, it was eight figures of damage, eight figures of damage, and we were out of commission for two weeks.

Catherine Austin Fitts:

So here is, to me, the worst problem we deal with, hacking is part of it, but it's what I would call dirty trick sabotage headwinds. It's like spiritual warfare 24/7. We are constantly having interference with the mail. It's funny, the biggest sorting center, the biggest mail sorting center we work through is run by a contractor and I was instrumental in getting a cover page story of them. They were deeply involved in sex slave trafficking in Eastern Europe and through the U.N., and I got a cover page story and sent it to all the IT contract heads at all the federal agencies and ever since then, we've had terrible experience with mail.

Dr. Joseph Mercola:

Well, similarly, we have even exponentially worse than that because you're just referring to snail mail, which is a relatively small percentage of the communications. Most of it's electronic for email and obviously that's the way we connect with most all of our customers, and they have very cleverly engineered the whole system. And half of the email addresses are Google, which we have not made a dent in penetrating and helping people understand that they're the tip of the spear of the global cabal and anything you write at Gmail – you should not have a Gmail account unless it's a throwaway account.

But anyway, our business is no different. Most of the people [we] have are Gmail subscribers. So anyway, that's the backstory for the fact that they are manipulating at the ISP (internet service provider) level [and] delivery of our stuff, and there's almost no workaround. And [they] even stop communication to us, going the other direction. It never makes it, it never makes it.

Catherine Austin Fitts:

We were banned by AT&T for I think over a year, and we had to constantly beg our subscribers, "Please use an email other than AT&T." And it was really, I had a guy from AT&T call me up and say, "Look, I can fix this if you'll just hire me to redo your website."

Dr. Joseph Mercola:

Little localized extortion.

Catherine Austin Fitts:

No, I honestly don't think he knew where it was coming from. He said, "Look, there's an internal ban list and I've checked it and you're not on it." I said, "Well, you got a super-secret." Usually when Google throws us off and blocks us, you have to go through this process and get it unblocked. So, it's very time-consuming and expensive, but we could usually get it fixed. But you're right, the shadow, the sabotage. It's thousands of things. It's constant. And building a team of people who laugh it off and just keep turtling forward, that's the trick is to build a team and a culture who's so great at spiritual warfare that they think it's funny.

Dr. Joseph Mercola:

Yeah, it is. That's actually one of the goals of life, is to find something you enjoy doing creatively. Basically, create. That's one of the reasons we came down here, is to create and to do it with great joy.

Catherine Austin Fitts:

Yeah.

Dr. Joseph Mercola:

Yes, that is the goal. And if you're not having joy, something's wrong. This is a fun thing to do. Find something-

Catherine Austin Fitts:

Well, that's what I love about your website. Because I watched you go through these things, so I remember when you had that problem for, I didn't realize it was two weeks, but I watch you deal with – remember when you said stories are up for 24 hours and the censorship and all the – I mean, I've seen you battle and battle and battle and battle and battle, and it's almost as though you're 100% clear that you're on target, and you're doing what you're supposed to be doing, and this is just the cost of telling people the truth.

Dr. Joseph Mercola:

Yeah and the refinement is to do it with great joy. Not to be grudgingly, “Oh man, [inaudible 00:47:27],” be mean and angry about it. No, it's a game.

Catherine Austin Fitts:

It's a game, that's right. It's a game. It's completely a game. Yeah.

Dr. Joseph Mercola:

It just makes a world of difference. It really does.

Catherine Austin Fitts:

Well, I told you our No. 1 story is the 2023: The Year of Pushback, and normally, we have one webpage where we list the top 20 stories of the year. The sections and the stories for pushback were so many we had to create a special page. So, 19 stories are on one page, and pushback is on the other page. And it wasn't until we racked up all the different things that were going on in all the different areas and all the people pushing back, and we realized the pushback this year has been extraordinary. It's as though people realized because of the pandemic, “Oh, okay, they really are trying to centralize control.” “Yes, Virginia, there is a conspiracy and we need to stop it.” And you've had this incredible breakthrough. I just watched an old interview of [Dr.] Pierre Kory talking about how he used to believe that the New York Times was sort of the gold standard of transparency.

Dr. Joseph Mercola:

Well, that whole group, Pierre Kory, Paul Marik, Peter McCullough, Steve Kirsch — they're kind of like the leaders of spreading information now from COVID-19. But every one of those people, every one down to the last person was brainwashed prior to the pandemic.

Catherine Austin Fitts:

They were Kool-Aid people.

Dr. Joseph Mercola:

A hundred percent.

Catherine Austin Fitts:

They were Kool-Aid people.

Dr. Joseph Mercola:

They had no idea of what the truth was. None.

Catherine Austin Fitts:

Right. It's quite remarkable. But the pandemic has converted a lot of Kool-Aid people. And if you look at the pushback, it's unbelievable. The state treasurers are pushing back against ESG (Environmental, Social, and Governance). It's amazing to see. They're pushing back against all sorts of crazy stuff at the SEC (Securities and Exchange Commission). The AGs are pushing back, lawsuits galore. And of course, the state legislatures. And I can't wait for Florida to announce that. That's going to be – When does the session in Florida start next year?

Dr. Joseph Mercola:

I don't know. I mean, really, politics is not my passion in the least. I was actually invited by the Republican Party many years ago to run for the governor of the state. No-

Catherine Austin Fitts:

You would not enjoy-

Dr. Joseph Mercola:

It was the senate. No, it wasn't the governor, it was [for] senate. And I knew instinctively, it took me less than one second to say, "No." There is no way I want to be anywhere near that environment. None. Zero. Nada.

Catherine Austin Fitts:

So, I should tell you this story. In the early 2000s, there was a group working very hard to get me to run for president so that I could go to the New Hampshire primary and educate people on what was really going on.

So, I ended up writing a story called, "Why I Declined to Run for President of the United States." I have a very close relative who's an attorney who called me, and she was adamant that this was something I should do, because she thought it would really educate people, and she said, "Okay, what would it take? What would it take to get you to run? What would we have to give you to you run?" I said, "Okay, I would need 250 licenses to kill. No question." And she said,

“That is absolutely unethical. That’s immoral. How dare you ask for that?” And I said, “How do you expect me to run an organized crime syndicate without licenses to kill?”

Dr. Joseph Mercola:

That’s good.

Catherine Austin Fitts:

Anyway, needless to say, I didn’t.

Dr. Joseph Mercola:

Yeah, it’s the reality of it, really.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

It’s organized crime, organized crime. Elite-class organized crime.

Catherine Austin Fitts:

It is organized crime. So 2024, I’m very curious to know what you’re thinking about for next year.

Dr. Joseph Mercola:

Well, there’s definitely some concern. You’re friends with Whitney [Webb], and I think we were one of the first to broadcast her-

Catherine Austin Fitts:

Cybersecurity.

Dr. Joseph Mercola:

-cybersecurity. And she was the first to announce it, and now it’s becoming more and more pervasive, the concerns for it. And it looks like it might be sooner rather than later. So, that’s probably the biggest concern.

Catherine Austin Fitts:

Right. And that will be a great taking.

Dr. Joseph Mercola:

Oh, 100%, yeah, absolutely.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

That's part of the reason they're doing it. So, we're actually putting out an article real soon to help people. And I really got serious this time about what you need to do to prepare yourself, especially with respect to food. Now that I understand the biochemistry, or the molecular biology, more specifically, of the foods you need to have to maintain optimal biology. So, I gave some very specific recommendations about that, the types of carbohydrates and proteins and fats that you can have and store, and they could store easily. And then electrical options to get batteries and smaller refrigerators so you can keep things cold.

It is probably only good [for] a while, for two to three weeks, unlikely more than a month, but it's enough time. And then the other thing is that if you are – During these two weeks, you might be able to go out the first day or two or three, but if you don't impose yourself a mandatory lockdown, you could die because the chaos is going to be so dramatic. I think more people will likely die in this event.

Actually, you know what it is? I remember. It's "Leave the World Behind." You've seen that? There's a lot of media attention to this. Have you seen that movie?

Catherine Austin Fitts:

No.

Dr. Joseph Mercola:

Oh, you've got to watch it. I will send you the article that I wrote. I'm writing it later today. And in that article – I did most of the editing last week, but I'm finishing my editing today. In that article is where I give these specific recommendations, so I'll give them to you, and that will actually air a few days before this interview. But it's phenomenal. It really – I give [inaudible 00:53:38]-

Catherine Austin Fitts:

So, "Leave the World Behind" is your?

Dr. Joseph Mercola:

No, no, no. This is in Netflix. A very popular Netflix drama. Some people say documentary. It was, actually, the producers are the Obamas. Go figure.

Catherine Austin Fitts:

Oh, I've heard about this and I haven't had a chance to watch it yet.

Dr. Joseph Mercola:

Yeah, I would definitely recommend it, but I would read my article first.

Catherine Austin Fitts:

Okay.

Dr. Joseph Mercola:

There are some very deep Easter eggs in there that virtually no one gets. No one got it. Because most of the people – there a lot of Easter eggs, but the ones they're finding are not the real truth that I think, and the truth is that when this – and these Easter eggs were not put in by the Obamas, it was done by the directors. Not the directors, the producers. No, not the producers. The Obamas are producers, the editors, the editors put it in. That's where, the editors.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

So, it was done surreptitiously. But the main message is that when chaos comes, trust is going to be the big thing. You've got the trust in yourself and your community around you, because if you don't have that, you're dead meat. You've got to have that. That is the central thing.

And the other – and this is what I've become so passionate about recently, I'm writing a book right now that I should hope to finish next month that will sell 100 times more than all my books put together, maybe 1,000, maybe 10,000 times more. This is going to be an absolute international bestseller. I can't wait to share it with you. But actually, I'm writing five books at the same time. Go figure. This is from a person who said they're never going to write another book again. Now I'm writing five, sequentially, at the same time. The book after that is on parenting. And this is a long backstory.

Catherine Austin Fitts:

Oh, wonderful.

Dr. Joseph Mercola:

I'm not a parent. I have a negative desire to be a biological parent, but what I've come to understand [is] that because I had such great parents, they gave me love, literally only 1 in 50 families and parents can do, that love gave me sort of a bubble of safety that allowed me to go out and share that bubble with other people. Because a lot of people say I'm brave and

courageous for doing things. Yeah, it's easy to do if you've got parents that loved you. That's simple.

Catherine Austin Fitts:

So, it's very interesting you say that because one of our most popular interviews this year on the Solari Report was with Peter Breggin, and we were focused on how to protect your children against the weaponization of mental health. And what he kept coming back to was, again and again, he said, "Love your children."

Dr. Joseph Mercola:

Yes.

Catherine Austin Fitts:

That is what protects them. Love them.

Dr. Joseph Mercola:

100%.

Catherine Austin Fitts:

Love them. And it was all about how to love your children and just shower them with love.

Dr. Joseph Mercola:

Yes. And Catherine, only 1 in 50 parents are able to do that, 1 in 50. And it's not because they're stupid or foolish or selfish. It's because their parents didn't do that to them. That's the reason. And it takes an extraordinary parent to break out of that model, that bubble of safety that they didn't have, they were not given, to provide that. Now, fortunately, my father did not have that bubble safety, but yet he was able to break out of it. He wasn't a perfect parent, but he gave me that bubble, for sure.

Catherine Austin Fitts:

That's wonderful.

Dr. Joseph Mercola:

I'm eternally grateful for that, yeah. So anyway-

Catherine Austin Fitts:

So, the book that's coming next that I can't wait to hear about or see, can you tell us what it's about?

Dr. Joseph Mercola:

Yeah. It's called "The Power of Choice."

Catherine Austin Fitts:

Ah, fabulous.

Dr. Joseph Mercola:

"The Power of Choice." The first chapter is about how to trust yourself, how to do that, which I'm particularly gifted at. That's the key. COVID showed us that so clearly. You can choose to trust these authoritative outside sources, but it's a prescription for disaster. They do not have your best interests in mind, and they don't even know what your best interest is. You know, your body knows, and it's just building this trust. And then when you have that trust, then recognize and understand that your ability to radically improve your consciousness level, which I've been doing this within the last two months or so – that's why I can write five books at once. Your productivity goes through the roof.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

When you make more choices, you get closer and closer, your consciousness tends to just radically explode and improve, and then you become highly productive and able to help other people do the same thing, which is the golden book. The golden book is not to rely on these authorities. Give people the tools and the resources, practical, simple exercises they can engage in on a regular basis to build this trust in themselves so they know what to do.

I was invited to write this book, I'm co-writing it, because of my expertise in biology. It turns out I'm probably one of the best health educators on the planet in understanding how to optimize human biology. The benefit of that is that when you – the primary way you do that is to improve the cellular efficiency to create ATP (adenosine triphosphate). And when you do that, you're creating cellular energy. And this energy is precisely the same energy as our source. It's identical. Identical. The more energy you can create, the higher level of consciousness you can achieve.

So, a third of the book is about the most important biological interventions I have learned in the last 50 years to do, that are simple, practical, inexpensive, and have a magnificent impact on improving your biology.

Catherine Austin Fitts:

So the last time you and I spoke, you were telling me about this package you were putting together, all your best pieces.

Dr. Joseph Mercola:

Yeah, I know. I consolidated that because since then, since that last discussion we had, I was invited to write this book. It was literally only eight weeks ago. And I've been diligently writing, and I will have finished this book within three months. And it's 100,000-word book.

Catherine Austin Fitts:

So is some of that going to be in this book or is it still going to be a separate package?

Dr. Joseph Mercola:

No, it's a separate package. I had to put it on hold. I have five modules done. I have the other three pre-written, but I only sleep now four to six hours a night because I've optimized my biology to do it, and I do it safely, not foolishly and sacrificing my long-term health.

Catherine Austin Fitts:

Wow.

Dr. Joseph Mercola:

So I've got a few extra hours a day to do this. Just my efficiency level is through the roof. I've just radically streamlined my life to be able to do this thing. So I do work on the book about almost seven, eight hours a day.

Catherine Austin Fitts:

Wow.

Dr. Joseph Mercola:

Yeah.

Catherine Austin Fitts:

That sounds fabulous.

Dr. Joseph Mercola:

Oh, fabulous is such a profoundly serious understatement. It's life-changing.

Catherine Austin Fitts:

So I have to ask you, have you read or heard of Robert Temple's book, "A New Science of Heaven"?

Dr. Joseph Mercola:

No, I haven't. I never heard of it.

Catherine Austin Fitts:

So the most popular interview on the Solari Report this year, there are two. One was called The Economy of the Human Energy Body with Ulrike Granögger, who runs our Future Science, and the other was with Joseph Farrell on his new book, "The Demon [in the] Ekur," and a lot of it is in response to Robert Temple's new book, "A New Science of Heaven."

Essentially, the universe is 99% plasma and 1% is the solids, liquids, gas of what we describe as the material world. And a lot of physicists believe, I believe, that plasma is both alive and intelligent. And basically this is a reframing of physics and biology for the reality that we're living in a universe that is alive and intelligent. And I daresay, what you're describing to me about your physiology, is you figured out how to plug in.

Dr. Joseph Mercola:

Yeah. Well, it's a lot deeper than that, but that's the highlights. And I really am excited about you receiving this book. You're really going to love it. It's going to be amazing.

Catherine Austin Fitts:

Yeah, no, it sounds like I'm really going to love it. Now, can you give me an ETA on when I can get my hands on it?

Dr. Joseph Mercola:

I'm hoping within a month.

Catherine Austin Fitts:

Okay. Well, you have to promise me that you'll come on and do an interview.

Dr. Joseph Mercola:

Yeah, yeah. Two-thirds of the book is written. So it's in the editing phase now. Every morning, I wake up at about 1:00 or 1:30, and interesting. This is one of the take-homes. When you get your sleep, this is so magical because all of us have access to guides. Everyone does. Everyone has guides. The problem is there's a lot of interference with your connecting with the guides, and the interference goes down dramatically at night. And this is because most everyone's sleeping in your time zone, so their conscious is suppressed. So that allows you to connect better. I'm telling you, I sit on the computer and I don't even think, my fingers are just typing for two hours.

Catherine Austin Fitts:

Wow.

Dr. Joseph Mercola:

It's just crazy. And the content that is produced is like ninth draft level quality. It's just change a word. Oh, I misspelled this thing here, comma here. That's about it. Otherwise, there's no changes. It's just shocking. And then I meet my co-author for about two hours, and then they dictate stuff, and then I just put the whole thing. I'm kind of like the editor and transcriber.

Catherine Austin Fitts:

Well, but think about all the years you've worked to understand and amass and gather all of this knowledge, and you're reaching an apex where things come together.

Dr. Joseph Mercola:

Apex is a good description. And my co-author explained to me that I'm in the transition phase of my life now. I'm transitioning to this age. I'm liking it.

Catherine Austin Fitts:

Well, here's the thing, the reason I always object to – People are always asking me for predictions of what's going to happen, and I always object to prophecy because it's a backward way of thinking about the world. We invent our world, we create our world, and we create our world with thousands of choices.

Dr. Joseph Mercola:

Absolutely.

Catherine Austin Fitts:

In choice is all the power.

Dr. Joseph Mercola:

100%, and that is why you can't predict the future.

Catherine Austin Fitts:

Of course.

Dr. Joseph Mercola:

It's impossible because it depends on people's choices, and everyone has a choice.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

The choices can make them go backwards or forwards. It's their choice. But the beautiful thing is you have a complete autonomy of those. And even though you may be at the bottom of the bucket, all it takes is one choice.

Catherine Austin Fitts:

Yeah, absolutely. So one of the things I have to tell you, last year, at the beginning of the year, we did a back casting. Have you ever done a back casting? Do you know what a back casting is?

Dr. Joseph Mercola:

No. I don't even know what that is.

Catherine Austin Fitts:

Okay, so you know what a forecast is.

Dr. Joseph Mercola:

Oh, okay. Now I get it.

Catherine Austin Fitts:

Okay, a back cast, here's how it works. And we did it-

Dr. Joseph Mercola:

I was thinking of the back, like the lumbar spine or something. But back cast, what are they going to do? Put us in plaster of Paris or something?

Catherine Austin Fitts:

No. So the back casting we did last year is, it's 2030. Here was the storyline. It's 2030. We're in 2030, all of us.

Dr. Joseph Mercola:

Oh, I remember reading that. I remember reading that. Yes.

Catherine Austin Fitts:

We're in 2030. Klaus Schwab has failed completely. He's in a state of complete depression in his house in the Alps, and freedom is reigning everywhere.

Dr. Joseph Mercola:

Better yet, he's demented.

Catherine Austin Fitts:

He's already demented. And freedom is ringing everywhere, and we gather to tell the story of what happened and how freedom won. And then the nine hosts on the Solari Report each had, one did food, one did Europe. They did their different areas.

But it was really funny because we were high for a month just on imagining the possibilities of what it felt like to walk around in a 2030 that was free, and all the magical things that happened to get us there. And it was because we had all chosen freedom.

Dr. Joseph Mercola:

Yes, yes.

Catherine Austin Fitts:

It was a choice that we then were following through with, with all the things we would do in the next year to make it happen. And the thing I love about back casting is it helps you gather your power and realize, "Oh, I can choose."

Dr. Joseph Mercola:

Yes, that's the whole title of the book, but I skipped the parenting book. The reason why I was strongly averse to it, I did not want to do it until I understood that the parents have to have that bubble of safety for their kids, but even aligned with that, and just as important, is that the most effective time to nourish that human biology is early on. And if you can optimize their food intake, their environment, they will explode into their maximum potential. Yes, you can do that as an adult, and your body's incredibly resilient, and it can recover from a lot of damage, but it's more ideal to do it as soon as you're born.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

Yeah. And there's a lot of new babies being born that are very special. I can tell you that.

Catherine Austin Fitts:

So there was a magical moment at the end. I was at the Weston Price Conference in Kansas City, and there's a magical moment. Sally Fallon closed us with the closing words. And she said, "Okay, let me tell you what's important." She said, "I want all you young women to go out and have strong, healthy babies."

Dr. Joseph Mercola:

Yeah, yeah. That is.

Catherine Austin Fitts:

“And everyone in this room, your job is to help them.”

Dr. Joseph Mercola:

Yes. No, that’s a profoundly basic, but really important recommendation. Absolutely. I couldn’t agree more. Absolutely.

Catherine Austin Fitts:

Have you ever seen “Battlestar Galactica”?

Dr. Joseph Mercola:

I don’t think so.

Catherine Austin Fitts:

Believe it or not, the TV series, “Battlestar Galactica,” to me, is one of the greatest TV series ever made.

Dr. Joseph Mercola:

Oh, really?

Catherine Austin Fitts:

I had an intern at Solari, who tried to get me to watch, and I thought, “Oh, why would I want to watch this?” I resisted mightily, and finally he got me to watch the first one. I was hooked. And I watched all five and a half seasons, and then was totally, “It can’t stop.”

Anyway, it’s very Shakespearean. I love opera. So it’s life, death, birth. Anyway, but there’s this great scene in the beginning where the Cylons, the robots, have attacked the planet and wiped out, essentially, the civilization except for Olmos’s Battlestar fleet, because they’re so analog that they couldn’t properly hack them.

And so now, because of the nuclear war on the planet, the presidency of the civil government has fallen to the 37th in line, who’s the Secretary of Education played by Mary McDonnell. And so Olmos is trying to protect everybody from the Cylons and is constantly battling. His ships are constantly battling with the Cylon ships. And Mary McDonnell, the president, tries to interrupt him at one moment, and he says, “I don’t know if you happened to notice, but I’m waging a war.” And McDonnell looks at him and says, “General, you’ve lost the war. Now we have to run away and make babies.”

Dr. Joseph Mercola:

Yeah. Well, I agree. It seems to me, my sense is that we're not going to feed these globalists in our generation. I hope we do, but I think a sense is probably not. It's going to be the next generation that does it, and we're prepping them.

Catherine Austin Fitts:

Yeah. So here's the thing, I don't know how long it takes, but to me, it will happen. And the question is how much damage can they do in the meantime? I'm very concerned about what they're doing in the human race.

Dr. Joseph Mercola:

Yeah, I agree.

Catherine Austin Fitts:

I'm very concerned about what they're doing to the environment too.

Dr. Joseph Mercola:

Yeah. Because prior to being invited to write this book, I was a lot more pessimistic than you, 100%. You had the hope. I was more of a realistic pragmatist. I didn't see a way around it, but now I see a way. And you were right.

Catherine Austin Fitts:

Oh, I absolutely see a way, because everything they're doing, they're trying to control something that can't be controlled.

Dr. Joseph Mercola:

Yeah. Yeah. You're right.

Catherine Austin Fitts:

If you look at the intelligence in the life in the universe, it's out of control. They can't control it. And I just don't see – What they're doing is so antithetical to life, and it's very dark. And I think this war has been going on for 10,000 years.

Dr. Joseph Mercola:

Yeah. Or longer.

Catherine Austin Fitts:

Right. It's coming to a head. Did you ever read Charles Fort, by any chance?

Dr. Joseph Mercola:

No. Charles Fort?

Catherine Austin Fitts:

Do you know who he was?

Dr. Joseph Mercola:

No, I never heard of him.

Catherine Austin Fitts:

Look him up on Wikipedia. F-O-R-T, Charles Fort.

Dr. Joseph Mercola:

The bastion of truth.

Catherine Austin Fitts:

Well, actually for non-controversial topics, I find them to be very-

Dr. Joseph Mercola:

Yeah. It's okay. I know. But for anything else, it's like anathema the truth.

Catherine Austin Fitts:

Well, I'm always having fun watching them play games on mine.

Dr. Joseph Mercola:

I look at mine every year or two to see what the new-

Catherine Austin Fitts:

I just noticed-

Dr. Joseph Mercola:

They've got me married to a woman that I haven't been with for four or five years.

Catherine Austin Fitts:

Oh, you're kidding?

Dr. Joseph Mercola:

Yeah. It was just crazy. We were never married. I was never married to her.

Catherine Austin Fitts:

I studied third year abroad at the Chinese University of Hong Kong. I studied Mandarin at the Chinese University. Suddenly, in the last couple months, it's been wiped out of my resume. It's like, "Why would you wipe that out?" It's so strange.

I got into a lot of trouble with various people because from the minute the QAnon appeared, I said, "It was Hope Porn," And Farrell kept doing interviews all over the internet saying, "Fitts says it's hope porn," and I'd get attacked and attacked and attacked. And then right after January 6th, somebody tried to say on my Wikipedia that I was a QAnon follower. It was very funny.

Dr. Joseph Mercola:

You and I are both targets, the intelligence community, so it's exactly what you would predict, and it's a pretty effective strategy, but we're going to beat them. Catherine, I have the ultimate confidence that we win. I know that with confidence.

Catherine Austin Fitts:

Yeah.

Dr. Joseph Mercola:

We win. We win. We win. There's no doubt in my mind, we win. I don't know when, but we win.

Catherine Austin Fitts:

Do you remember Senator Frank Niceley from Tennessee? You should absolutely have him on because he's going to be one of the – He was one people, he got ivermectin. You can buy it over the counter in Tennessee.

Dr. Joseph Mercola:

Oh, that was nice.

Catherine Austin Fitts:

And he and Bud Hulsey got the mandate, you can't mandate in Tennessee. They've done huge amounts of food freedom things, but he always quotes George Washington towards the end of the Revolutionary War. Apparently Washington said, "All hope is lost," and announced that we'd been defeated. And then what Senator Niceley says, "And then some ornery guys from East Tennessee showed up and saved the day."

Dr. Joseph Mercola:

They slapped him around a little bit. “George, wake up, we’re going to win this thing.”

Catherine Austin Fitts:

Yeah, exactly. Exactly. But if you look at the history of freedom, it always looks hopeless, and then, woo.

Dr. Joseph Mercola:

Yeah, it does. I bought into it. It was looking really bad for a minute. I thought we would survive as a species, but they’re so delusional, essentially bent on self-destruction, and they’re going to take everyone with them with what they’re doing.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

But you know what that is? You know what? It’s not evil. It’s not evil. I learned this in writing the book. It’s a disconnection from their consciousness level. They’re disconnected, and all they have to do is make the right choices and they can get back.

Catherine Austin Fitts:

Right. They’re lost.

Dr. Joseph Mercola:

Yeah, they’re lost.

Catherine Austin Fitts:

They’re lost.

Dr. Joseph Mercola:

Yeah. But they can turn, everyone can turn back. Just make a choice. Yeah. No matter how perceptively evil you are or appear to be.

Catherine Austin Fitts:

Right. Right. So 2024 is going to be an interesting year.

Dr. Joseph Mercola:

Oh, yes. Yeah. Personally, I'm going to be publishing five books, or at least three or four. Yeah. I got to catch up because it was one book for every year of the century. So I'll get there. I'll get to 23 pretty soon, or 24.

Catherine Austin Fitts:

Okay. Well, you published five books. And every time I turn around, we talked about Whitney Webb's Big Bang, but I have never seen as many predictions of a Big Bang event. And here's what's frightening to me-

Dr. Joseph Mercola:

What do you mean the Big Bang, the cyber attack?

Catherine Austin Fitts:

Well, cyber attack, nuclear war.

Dr. Joseph Mercola:

Oh, okay.

Catherine Austin Fitts:

Russia attacks the United States, Taiwan. There are all these big bang scenario predictions, and yet it's always in the future, if you look at what's happening in people's lives with the great poisoning or inflation or interest rates, it's not coming, it's here. We're in it.

Dr. Joseph Mercola:

Yeah, yeah. Yes, it's here. You're right.

Catherine Austin Fitts:

Right. We're in it. And I don't know if you call it The Great Turning. One of the interesting things that I wanted to mention to you was when we took a serious look at AI, one of the topics that came up was whether or not it was possible for most humans to stay sane in a world where AI rolls out in the way it's going to roll out. In other words, think of this, think of the equivalent of – Did you ever see that movie about the Stasi, where they have surveillance teams on them, 24/7 surveillance in East Germany?

Oh, "The Lives of Others." Fabulous movie. "The Lives of Others." Think thousands of organizations are basically going to take the equivalent of a 24/7 Stasi team and put you under surveillance, not to help you, but to sort of help them extract from you whatever they want, whether it's to make a sale or to get your data or to persuade you to think a certain thing. But you're going to have these thousands of teams working on you to get you to do what's good for whoever sent the team, not what's good for you. Nobody's optimizing your coherence. They're

just thousands of little extraction machineries coming at you. And the question is, can you stay individually and personally coherent? Can you in that situation maintain your power of choice?

Dr. Joseph Mercola:

Yeah, it's going to be difficult. These are very sophisticated models that are – I mean, AI is just – I've always said that the internet was the greatest invention in history of humanity, but no, AI exceeds that for sure. Not even any micro doubt, and not many fully appreciate it yet, but they will in a matter of years, few years, and it could devastate us. But I've got some inside information that provides some level of reassurance that there can be code inserted to this that will minimize its negative impact and their ability to control us. And it's actually in the process of being inserted now.

Catherine Austin Fitts:

Oh, that would be wonderful.

Dr. Joseph Mercola:

Yeah. I can assure you it's in process.

Catherine Austin Fitts:

Well, from where I sit, it just makes a huge mess.

Dr. Joseph Mercola:

Oh, it is. I mean, I was concerned about it. Extensively that's why they fired the head of OpenAI, Sam Altman, and then they rehired him. The board fired him because he wasn't doing his due diligence with AI safety, and he wasn't. But it turns out it doesn't matter because there's other people taking care of it, and he's not going to be one of them. So that's a good thing. I got to tell you, one of my-

Catherine Austin Fitts:

I hope you're right.

Dr. Joseph Mercola:

I'm pretty confident. You can bank on this one. So one of my books that I'm writing, it's on poetry.

Catherine Austin Fitts:

Really?

Dr. Joseph Mercola:

A book of poems.

Catherine Austin Fitts:

Wonderful.

Dr. Joseph Mercola:

Yeah. Mostly love poems. But yeah, a whole book of poems. I never liked poetry, but since I started this process, I've just become very creative.

Catherine Austin Fitts:

Oh, I spent several years of my life where that was my goal, was to become a poet.

Dr. Joseph Mercola:

Yeah, yeah. I'll send you some of my poems too.

Catherine Austin Fitts:

Okay. Definitely.

Dr. Joseph Mercola:

Book's about a quarter done. I try to write one or two a day. Sometimes, like on Christmas I wrote 10.

Catherine Austin Fitts:

Wow, you are on a roll.

Dr. Joseph Mercola:

That's a pretty profoundly serious understatement, actually.

Catherine Austin Fitts:

This is why you've got to get that package out of all your health recommendations.

Dr. Joseph Mercola:

Well, it got deprioritized when I got asked to collaborate with this project. This is the more powerful one, the one's going to impact a lot more people. I mean, mine is going to be good. We're going to work together, but I just had to put it on the back burner for a while.

Catherine Austin Fitts:

Wow. Okay. So what else in 2024, do you think? So we've got the Big Bang. We've got five books. We've got the WHO coming up.

Dr. Joseph Mercola:

That's all negative. What they're going to try to do or attempt to do is get the security. But I think the big focus and my strategy, I can't tell you because I just don't want them to get the-

Catherine Austin Fitts:

No, no, no. Don't say a word.

Dr. Joseph Mercola:

I can't disclose it but I'll [inaudible 01:19:50].

Catherine Austin Fitts:

Here's what I will say. So I'm coming back to the United States in January, and between January and June we're going to be doing something called the Financial Transaction Freedom Tour. And we're scripting the locations now, but one of the locations I know I'm coming to is in Florida. So one of the things I want to do, in my bucket list for 2024, is finally meet you in person.

Dr. Joseph Mercola:

Oh, cool.

Catherine Austin Fitts:

So I will let you know when we can [inaudible 01:20:18].

Dr. Joseph Mercola:

Well, we would've if Sally ever invited me to those events, but I'm on her ex list, so.

Catherine Austin Fitts:

What? Why are you on her ex list?

Dr. Joseph Mercola:

Yeah, I used to be on her advisory board, but then I disagreed with her on cod liver oil and she exed me out. So I'm ex-communicated from the Weston Price community.

Catherine Austin Fitts:

Oh, no. Well, they all love you.

Dr. Joseph Mercola:

I know, but not Sally. She's the one that controls it.

Catherine Austin Fitts:

Well, I don't know, but all I can tell you is I've been – The last two years I've been to two Weston Price conferences and everybody loves you.

Dr. Joseph Mercola:

Well, thank you. That's good to know because I haven't been there because this falling out of favor in Sally's graces occurred almost a decade ago.

Catherine Austin Fitts:

Oh, really?

Dr. Joseph Mercola:

Yeah, a long time. Yeah. Probably close to a decade, if not maybe eight years, nine years.

Catherine Austin Fitts:

I don't know. It seems to me that cod liver oil should never be allowed to get to between two such great people.

Dr. Joseph Mercola:

Yeah. Well, it wasn't me. It was her that did it.

Catherine Austin Fitts:

I will give you an interesting fact to it. I just talked to my general counsel who's in Cincinnati, and I'm a huge fan of castor oil. So I went through this 11 years of litigation, and I literally couldn't go to a doctor or hospital, wasn't safe, so I had to do everything myself, and I ended up trying every old-timey recipe there was and fell in love with castor oil.

Dr. Joseph Mercola:

That's good.

Catherine Austin Fitts:

So my general counsel was in the local health food store in Cincinnati, and the head of the store was complaining to her the other day that for the last two months, they cannot keep castor oil in stock. It's rolling off the shelf so fast.

Dr. Joseph Mercola:

How do you use yours? Just do a castor oil pack?

Catherine Austin Fitts:

Yeah, I do castor oil packs or sometimes I will, if I have a just sore muscle, I'll rub castor oil in. But usually it's castor pack.

Dr. Joseph Mercola:

Well, I think maybe the better way, take some of the castor oil, rub it on over your liver or just on the right side, right below your ribs, and then take some DMSO, maybe 10, 15 drops and rub it in on top of that. Do a workout and then go into your near-infrared sauna or do this near infrared.

Catherine Austin Fitts:

Ah.

Dr. Joseph Mercola:

Yeah. Yeah, because now I'm connecting with my guides early in the morning. They tell me all these great things, and one of them is a deficiency, especially where you're out in the Netherlands. There's virtually no sun there in the winter from like [inaudible 01:22:39].

Catherine Austin Fitts:

Yeah. So I have a sauna and infrared, so.

Dr. Joseph Mercola:

Yes, that's exactly what you need. A hundred percent. You could use a near infrared sauna, which is maybe overkill, but what you'd need is that bulb in the morning at night and just do a bath with it, like a shower where you just move it over your body for a few minutes and get that near-infrared radiation into your body and then do it over the castor oil too.

Catherine Austin Fitts:

Right. I want to get a sauna too, but I have-

Dr. Joseph Mercola:

But I've actually transitioned my recommendations on saunas to a near-infrared sauna to actually a far, because it's just easier. The problem with the near-infrared sauna, the enclosures, they're really pricey because at least the existing ones, they're EMF-free and they've got these shielding in there. So you can use a regular far-infrared sauna, it doesn't have high EMF, and then you can

get in that, and then you can use the near-infrared bulb in there, or in the morning and afternoon. I keep my bulb on my bed and I do it before I go to sleep and when I wake up.

Catherine Austin Fitts:

Okay.

Dr. Joseph Mercola:

Yeah. But that's good. The heat lamp bulb is just, oh, especially in winter. If you go out in the sun in the summer, it's not necessary as much, hardly at all. In the winter, just like everyone swallows a vitamin D pill, it's great because they're compensated for decreased UVB, but they're not compensating for near infrared. The only way you can do that was a heat lamp bulb. There's no near-infrared pill. Yeah. You just can't do it.

Catherine Austin Fitts:

Yeah. There's nothing like the sun, though. Because I think you download-

Dr. Joseph Mercola:

That's my first module.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

I'll tell you what I'm going to do. I'll give it to you privately. I'll send you the link to the first four modules so you can have them and enjoy them. But you can't distribute them until it comes out.

Catherine Austin Fitts:

I will not. I will not. You just have to promise me we can do an interview when they're ready.

Dr. Joseph Mercola:

Oh, yeah. Yeah. That's easy to do. Yeah, that's for sure. Wow. I knew this would be fun. Didn't I tell you it'd be fun at the beginning? You said, "What are we going to talk about?" "I don't know, but I know it's going to be fun."

Catherine Austin Fitts:

Well, here's the funny thing. There are two things we have to do. We have to stop financial transaction control, but we have to do, I call it the building wealth reset, which is we do need a reset, but we need a reset that builds wealth. And when I say builds wealth, it builds living equity

and financial equity, and that starts with health, which is why all the things you're doing, I want to make sure we get to everybody as soon as we possibly can.

Dr. Joseph Mercola:

Because now I'm writing at 1 in the morning or 2 in the morning, somewhere in that time. And it's done facilitated at a very accelerated rate, and this knowledge is really good, and I'm basing it on 50 years of experience. So it's coming out real quick. I've actually got 55 pages of the draft, and it'll probably turn into a hundred pages.

Catherine Austin Fitts:

Wow.

Dr. Joseph Mercola:

After I get to. It's probably going to start that in a week or two, so it's going to be fun.

Catherine Austin Fitts:

Well, ladies and gentlemen, I mean, if you want to know if his recommendations work, just look at him.

Dr. Joseph Mercola:

Yeah. Good stuff. Initially, it was kind of a selfish motivation to stay healthy, but I knew. So one of my passions is to teach. I just get such great joy of helping people. I mean, it just lights my fire. It really does.

Catherine Austin Fitts:

Yeah, it does. And something you can tell in the website every time I get usually an email. I think you send one almost every day.

Dr. Joseph Mercola:

Yeah, we do every day.

Catherine Austin Fitts:

And you get it, and it's filled with, "You can do this."

Dr. Joseph Mercola:

Yeah. You have to empower people. I mean, that's the goal. And these books are going to do even more because it addresses the reason why – See, it's not just knowledge, Catherine. It's the ability to, the desire to want to do it, to address the behavioral modification components. And that's what this book "Behavior of Choice" does. Not the "Behavior of Choice," the "Power of

Choice” that it gives you the tools internally to understand how your connection to consciousness works so that you can have the power to make the right choices that allow you to do these things. Yeah. It’s all connected. It’s all connected.

Catherine Austin Fitts:

It’s funny, during the litigation, I would get in these moments where I had many different attorneys and they would sort surround me and say, “You have to do this. You have no choice.”

Dr. Joseph Mercola:

You always have a choice.

Catherine Austin Fitts:

“Your choices are closed. You can’t.” And I would say, “You know something, I refuse. I’m not going to do that. You can’t make me do that.”

Dr. Joseph Mercola:

That’s a choice.

Catherine Austin Fitts:

And I would choose it, but then what would happen? Suddenly an option would open up that wasn’t there before. In other words, my refusal to go to the pathway that I had no choice but to take created a new choice.

Dr. Joseph Mercola:

Yeah.

Catherine Austin Fitts:

I’m convinced that the software is programmed that way. It’s like, okay, see if you can corner but by saying no, you then create new options that appear that wouldn’t have appeared unless you’d done that.

Dr. Joseph Mercola:

Yeah. But can I tell you why you’re able to do that? There’s a number of reasons. Would you like to know my perception?

Catherine Austin Fitts:

I would love to know.

Dr. Joseph Mercola:

Your parents both loved you.

Catherine Austin Fitts:

No.

Dr. Joseph Mercola:

Well, it may seem that way. That's what I thought about my father too. But the power that you have typically only comes from someone who had a bubble of safety when they were growing up, and even though their parents' behavior may not look like it.

Catherine Austin Fitts:

I would say that I did experience extraordinary love as a child, but I also experienced, how can I say this? From my earliest age, I have always felt complete confidence in my ability to search and to find, to seek and to find.

Dr. Joseph Mercola:

Yeah, because that love that your parents created for you, and then that curiosity that you have that I have too, just causes you to ask more questions and choose. And then you're able to trust yourself really well. That's what you do. Your ability to resist those authorities that were telling you to do this. You knew you listened to your body, you trusted yourself that that was not the right answer. And when you don't trust yourself is when things start to break down big time.

Catherine Austin Fitts:

Right. Always a big mistake to not trust yourself.

Dr. Joseph Mercola:

Always, always, always. So yeah, we're on the same page. I think we have similar – It's hard to have an impact in this world unless you have that circuitry going for you. It really is. Otherwise, you just spiral downhill. You really do.

Catherine Austin Fitts:

Do you remember in physics? I forget the name of the experiment, there's an experiment where they prove the two atoms further than the speed of light and sound or the distance.

Dr. Joseph Mercola:

Quantum entanglement.

Catherine Austin Fitts:

Yeah, act in concert demonstrating a shared intelligence.

Dr. Joseph Mercola:

Yeah. It's quantum entanglement. Yeah.

Catherine Austin Fitts:

So I was in Washington. I was driving down the – I was coming home late from my company and I had a black Corvette named Fred, and I was driving Fred down out to McLean down the George Washington Parkway. And I heard this on The Dancing Wu Li Masters. I was listening to it in audio, and I got out, I stopped, I pulled the car over to the side of the road and I was walking up and down at 11 o'clock at night screaming, "I knew it. I knew it. I knew it."

And that's because I've always known that the universe was intelligent and that our intelligence is extraordinary and non-local. I've always known that.

Dr. Joseph Mercola:

Yeah, I know. It's because you're connected. I applaud you for doing that, making the choices. You've made a lot of good choices in your life, a lot of good ones and hard choices. Making these choices requires a lot of bravery and courage, and you've done it. Great job.

Catherine Austin Fitts:

Well, here's what was interesting. In 1998, it was clear to me, I'm just going to talk like a financial person, that if you have a negative return on economy, then it's just going to liquidate its way through everything.

Dr. Joseph Mercola:

Yeah, of course.

Catherine Austin Fitts:

It's like the movie, "The NeverEnding Story," that's the Nothing, and it's just going to steal and steal and steal. And if you go along with it, there's nothing good that can come of it. And what was shocking to me was that it wasn't obvious to everyone. And that's when I said, "I'm not playing. I'm pulling out. I'm going to fight this and I'm not playing."

And I was just amazed that wasn't obvious. Now with the pandemic, it's become obvious to a lot of people, and I think they realize you can't have perpetual financial returns if labor productivity is going down and you have mass atrocity and the GDP is not growing. In other words, the growth of the parasite can't go forever if the host is dying.

Dr. Joseph Mercola:

It's mathematical inevitable self-destruction. It's just a matter of delaying it until whenever. But we can't change it as – Who was your friend again?

Catherine Austin Fitts:

Exactly.

Dr. Joseph Mercola:

Was this David Bell, wasn't it?

Catherine Austin Fitts:

David Webb.

Dr. Joseph Mercola:

David Webb. Okay, sorry. Yeah, so David describes, and we discussed earlier, it doesn't have to be this way in things like making state banks in Florida, hopefully soon, and the rest of the country could catalyze moving in the right direct.

Catherine Austin Fitts:

Well, here's the little secret. The little secret is if we did do the building wealth reset, there's plenty for everybody.

Dr. Joseph Mercola:

A hundred percent. I like his idea. This tax on a financial transaction, less than 1% is your new tax instead of paying 40%, right. It's like a half of 1%.

Catherine Austin Fitts:

That's fine. It's fine with me.

Dr. Joseph Mercola:

And then the productivity of the – You're individual, but the productivity collectively of the entire globe just goes to the roof and you have all this abundance.

Catherine Austin Fitts:

Right.

Dr. Joseph Mercola:

It's possible. We're going to help change the world.

Catherine Austin Fitts:

It's absolutely possible. Have you had Richard Werner yet on your show?

Dr. Joseph Mercola:

No, I haven't.

Catherine Austin Fitts:

Richard Werner does – He's the top scholar in central banking, but he does the best presentation of why you can have essentially infinite growth without inflation.

Dr. Joseph Mercola:

Yeah, it's possible. You get the scammers out of there and the government for sure.

Catherine Austin Fitts:

The rackets.

Dr. Joseph Mercola:

A hundred percent.

Catherine Austin Fitts:

Get the rackets out.

Dr. Joseph Mercola:

Yeah, for sure. No question.

Catherine Austin Fitts:

Anyway, but Richard is my favorite economist for explaining why it can work, and he completely understands, and he's the guy who really unpacked what the central bankers were up to when he did [inaudible 01:33:51].

Dr. Joseph Mercola:

Yeah. It's one thing about exposing it, but the other is, which I would enjoy your material more, is because you provide the practical things that people can do. It's nice to understand the problem, but you need a solution.

Catherine Austin Fitts:

And the solutions start with one person.

Dr. Joseph Mercola:

That's right. One person.

Catherine Austin Fitts:

So one person, as you said, one choice, but also one family, because you have to have healthy happy people. And healthy, happy people come out of loving families.

Dr. Joseph Mercola:

A hundred percent.

Catherine Austin Fitts:

And then those loving families build family enterprises and the wealth grows from there. So it's to me, if you look at our building wealth curriculum, that's what we keep saying, you build healthy people. So you build living equity, successful cultures, successful environments, and that creates financial wealth. And then the financial wealth supports the living equity. And around and around you go. It's a virtual circle and you can't – Right now, we're allowing the financial equity to destroy the living equity, and nothing good can come from that.

Dr. Joseph Mercola:

Yeah, that's crazy. But we're making improvement. So I'm going to send you – It just occurred to me that I've got – I wrote the summary of the book already, which is interesting. I wrote the summary, one of the first things because the whole book is known by my co-author, so I'm just helping coordinate it. But the summary's finished, you're going to love this summary. I was crying for 10 minutes after I finished it.

Catherine Austin Fitts:

Wow. Isn't it wonderful when you are able to burp out what you have to say?

Dr. Joseph Mercola:

Well, I'm just typing. That's all it is. It just comes out and I'm just like, my jaw drops and I start crying. I couldn't believe it. So I'll send it to you. You'll like it.

Catherine Austin Fitts:

It's wonderful. I can't wait to read it.

Dr. Joseph Mercola:

Yeah, it's pretty good. And then I'll send you that. And what else did I promise you? Oh, my article is coming out next week. Leave the World Behind. So don't look at the movie until you read this because it'll make it much better if you choose to watch it. You don't have to.

Catherine Austin Fitts:

No, I'll definitely watch it. I'll definitely watch it.

Dr. Joseph Mercola:

It seems like you enjoy film and there's a lot of value to that. I'm so busy now. It's hard to find time to do it. I used to watch it a little bit before I went to bed, but now I just work until I drop, which is about 7 o'clock, and then I go to bed, wake up at 1.

It's cool. Yeah, it really is cool. You can't play with it. You have to really commit to it because if you'd get up and want to do things, then you'll screw up. If you get up at 5, your circadian biology would be screwed up. So it's like you got to do it or not do it, so you can't play with it. But it's amazing. It really is. It's life-changing. I cannot believe the difference. Powerful tool.

All right, Catherine, it's a delight to have you on. Are there any directions we'd like to point people to, like your site and things? Solari Report?

Catherine Austin Fitts:

Yeah. So our website is Solari.com and we publish the Solari Report. We're just about to publish the annual wrap-up, which is our assessment and synthesis of everything going on. And believe it or not, we do one big theme. I'm a great believer that if you understand the primary trends, it makes it much easier to understand the news. And so each quarterly and annual wrap-up, we do one theme in our theme, and our theme this year's water. So we're doing a deep dive on water, which is – If I had to do it all over again, there were two things I'd study in college. One is water and the other is symbols. And I love to understand water.

Dr. Joseph Mercola:

Yeah, it's definitely useful. If I'd said mine over, I'd like to take Spanish as a language and be able to speak Spanish. That would've been a really useful tool. I wish I would've known that earlier.

Catherine Austin Fitts:

Anyway, but we're on the Solari Report. You can find us at Solari.com and you'll find many links. So we do a news aggregator where we publish headlines every day and then we aggregate them in table presses that can be manipulated. And what you'll discover if you manipulate our table presses is we are a huge fan of Mercola.com.

Dr. Joseph Mercola:

All right. All right. So yeah, we'll definitely connect when I get the book written.

Catherine Austin Fitts:

Okay.

Dr. Joseph Mercola:

I'm hoping It's definitely published quarter one next year.

Catherine Austin Fitts:

Okay. The "Power of Choice," are you going to write a review?

Dr. Joseph Mercola:

I haven't even found a publishing house. We're probably going self-publish. We are going to create our own publishing house for this because it is going to be a lot of material. This is going to be hundreds of millions of books sold. So it's going to be big.

Catherine Austin Fitts:

If you can do it yourself, I would definitely do it yourself.

Dr. Joseph Mercola:

Yeah, I know. That's why I'm leaning towards my own publishing house.

Catherine Austin Fitts:

Yeah, I would definitely do it yourself.

Dr. Joseph Mercola:

Yeah, I agree.

Catherine Austin Fitts:

Okay.

Dr. Joseph Mercola:

All right, well good talking to you, Catherine. Keep up the good work.

Catherine Austin Fitts:

Have a wonderful – Here's huge prayers for prosperous and successful 2024 for you and all your listeners.

Dr. Joseph Mercola:

Well thank you for those kind words. Appreciate it.