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Navigating Toward a Financially Intimate World

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## Coming Clean

*Coming Clean is a process that helps us gain mastery and take action—both individually and with our families, communities, and networks of trust.*



*by Catherine Austin Fitts and Christina Engelbart*

*"The only devils in the world are those running around in our own hearts—that is where the battle should be fought."*

**—Mahatma Gandhi**

We at Solari are often asked why we are optimistic about our future. We are far from oblivious to the risks and pain in our environment. Yet, we believe that a wonderful world is possible, and that the path to our collective well-being begins with each of us transforming from the inside out—coming clean. With our prayers, actions, and transactions, we have the power to shift energy away from those who misuse power and move it to ourselves and to those who are worthy stewards of our planet's wealth and our children's future. ([continue...](#))

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The current financial system is centralizing political and economic power in a manner that is draining or destroying all living equity—people, plants, animals, and our natural resources—as well as the financial equity of many people worldwide. We liken these forces to a tapeworm, a parasite that grows stronger as we feed it. Like a tapeworm, these forces inject addictive substances into our system that addict us to participate in what makes the tapeworm strong. As we do, we are drained until we perish.

How do we stop The Tapeworm? We have come to understand that most instances of fighting or confronting The Tapeworm, or trying to reason with it, only add to its power and deplete our enthusiasm and resources. There is a better way—one that shifts the flow of energy away from The Tapeworm and back to us.

First we must each recognize our own individual role in helping The Tapeworm thrive, and understand how we are connected to it and feed it. With this understanding, we can detach from The Tapeworm and cleanse it from our lives. We can cleanse it from our thoughts, our habits, our home, and our family. We can cleanse it from our transactions—our bank deposits, media and consumer purchases, and investments. We can cleanse it through our participation in the governance of our local political, civic, and economic systems as well other private institutions in which we are involved.

By shifting our actions and transactions away from The Tapeworm, we increase our personal power, security, and wealth, and decrease The Tapeworm's. We exercise our power to fashion a new unity between those who respect and encourage living equity and those concerned with the need to preserve and grow financial equity. Such an alliance can create new and greater wealth to transform and decentralize political power and economic markets, moving us into alignment to create a free and abundant world.

How exactly do we do this? We thought we would share some of what we do, in the hope that these ideas may be useful for you. Below you will read about three main areas of opportunity for coming clean. As we come clean, we live more joyously and profitably amidst spiritual and economic warfare. As we each come clean, we withdraw the energy that we give each day to the people and organizations destroying our world. As we each come clean, our energy grows, and we give new energy to each other and to the people and organizations leading the creation of this new world that is percolating. As we each come clean, the world we envision emerges.

#### **Areas of Opportunity for Coming Clean**

Coming clean means taking responsibility for building a wonderful world by living in alignment with our vision of what a wonderful world would be. Coming clean means cleansing our spirit, relationships, finances, and our connection to nature and the

divine—clearing out that which drains or harms us, while cultivating and rejoicing in our abundance. It means shifting our focus and support away from the leaders of a win-lose centralized Tapeworm Economy—which is draining us and destroying our planet—toward the leaders of a win-win living economy, which enhances and protects our overall wealth, including both financial and living equity.

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### **Kick-Start Your Coming Clean**

A number of us at Solari found these “emergency measures” to be very energizing entry points for Coming Clean. Especially after another suspicious election, in 2004, many people felt off balance and more urgent about securing their family’s safety net, in addition to worrying about shifting the balance of power away from The Tapeworm and back to our communities. Taking these measures is akin to putting your own oxygen mask on first and then tending to others—or to triage, which stabilizes the most serious conditions first. Start with a quick pass—whatever you can do in the next two or three weeks—and then see where you want to go from there.

### **Kick-Start Your Personal Wealth**

#### **1. Start praying or meditating!**

Ask God or the Universe daily for abundance, protection, guidance, inspiration, and creative energy; envision a new world and act as if it were so. [#1]

#### **2. Switch media**

Turn off your TV and disconnect from all corporate media. [#5]

#### **3. Assess your finances**

Look at how your money is supporting The Tapeworm and how you are being drained; check your “sustainability ratio” [#3] and start to shift your transactions:

- Can you lower your expenses/overhead so you can survive with less cash and save/invest more? [#17]
- Can you make a plan for getting out of debt? Talk to others who have done it or can help, then make a plan and begin, taking it step by step. [#17]
- Switch banks and credit card companies, keeping enough cash in the bank for unexpected and lump payments (taxes, insurance bills, car repairs, unemployment, and so on). [#18]
- Look into switching investments away from The Tapeworm. [#18]
- Can you invest in upgrading home self-sufficiency: water, solar, vegetable garden? [#20]

#### **4. Assess your health**

Need more exercise? Better eating habits? Help for depression? Pick one or two things that would give you the most energy and start doing them. [#8]

#### **5. Build your affinity group**

Strengthen relationships with family, friends, neighbors. [#10]

### **Kick-Start a Local Solari Circle**

1. Team up with trusted others locally and start by helping each other with the above. [#7]

## Part I.

# *Cross-Cutting Opportunities for Cleansing & Building Our Total Wealth*

## 1. *Be Divine*

*"... verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you."*

—**Jesus of Nazareth**, Matthew 19:20 (KJV)

The people who are the happiest operate on the basis of faith. That faith may be spiritual, philosophical, or simply a general state of optimism. Whether we pray, meditate, or use other methods, taking the time to resonate with the energy and the problem-solving skills of the universe is one of the “energizer bunnies” of a vital and productive day. Centuries of spiritual teachings regarding the power of our individual intelligence to cocreate our reality are now being corroborated by the latest discoveries of science, particularly quantum physics.

### To Consider

- Our freedom comes to us through divine authority.
- When we live through the divine, abundant love, intelligence, and energy are available to us.
- We have a personal responsibility and the power to envision the world into alignment with nature and the divine.
- Our collective visions invent our world.
- Our collective prayers and meditations are a powerful force for positive intelligence and direction.

### Opportunities

- Pray and meditate or otherwise connect into divine love, intelligence, and energy.
- Envision the world you want to invent and live in, and your role in creating it.
- Create and practice affirmations to make it so.
- Give praise and thanks for the blessings in your life.
- Try this with family and friends.

### References

#### Books & CDs

1. [There Is a Spiritual Solution to Every Problem](#) and other books by Wayne Dyer
2. [The Field](#) by Lynn McTaggart
3. [The Presence of the Past](#) by Rupert Sheldrake
4. [Messages from Water](#), Vol I–III by Dr. Masaru Emoto
5. [Power vs. Force: The Hidden Determinants of Human Behavior](#) by Dr. David R. Hawkins
6. [You Can Heal Your Life](#) and other books by Louise Hay
7. The Bible and edited material including The Dead Sea Scrolls and The Book of Enoch
8. [From Enoch to the Dead Sea Scrolls: Teachings of the Essenes & The Essene Gospel of Peace](#), Books 1–4 by Edmund Bordeaux Szekely
9. [Living Buddha, Living Christ](#) and other books by Thich Nhat Hanh
10. [Mind Control, Mind Freedom](#) by Jon Rappoport

#### Films/DVDs

1. [Transformations](#) by The Sentinel Group: on the power of collective prayer
2. [What the Bleep Do We Know?:](#) on the power of intention and collective intelligence

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## 2. Be Inspired

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*“Beauty is truth, truth beauty—that is all  
Ye know on earth, and all ye need to know.”*

—John Keats, "Ode on a Grecian Urn"

After divine inspiration comes living inspiration. The more excellent people we have around us, the easier it is to maintain the values and standards we desire. Leadership can make a big difference—especially if we choose and support local leaders who inspire us. Learning from cultures schooled in managing the uncertainty and change that we are experiencing offers us invaluable insights and survival skills. In addition to great people, all living things inspire—animals and all of nature—as do theater, movies, music, poetry, and art.

#### To Consider

- We are inspired by the truth and beauty in our lives.
- We are inspired by people who set excellent examples.
- We are inspired by living things that set excellent examples
- Inspiration gives energy to our vision.
- People have accomplished amazing things against all odds—we can too.

#### Opportunities

- Make a list of the people, animals, plants, art, music, decor, and other things that inspire you.
- Learn more about, appreciate, and support these people and things.
- Make a conscious effort to increase their presence in your lives and remove from your life that which does not inspire.
- Appreciate and support the true leaders in your life.

## References

### Books

1. *The Last Lion: Winston Spencer Churchill: Alone 1932–1940* by William Manchester
2. *The Art of Happiness: A Handbook for Living, Healing Anger, and How to Practice: The Way to a Meaningful Life* by the Dalai Lama

### Films /DVDs

1. *The Endurance*
2. *What's Love Got to Do With It?*
3. *Gandhi*
4. *Winged Migration*
5. *Shaolin: Wheel of Life*
6. *Amazing Grace with Bill Moyers*

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## 3. Check Our Indicators

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*“What is relevant is what solves the problem. If we had thought through real relevancies, we would be on Sirius by now.”*

—Peter Medawar

The Popsicle Index (or Solari Index) is the percentage of people in a place who believe that a child is safe to leave their home, go to the nearest place to buy a popsicle or a snack, and come home alone safely. We like to practice an exercise in which we make a list of all the things that make our Solari Index go up and down—totally, 100%. We then look for actions that are under our control that would result in the greatest rise in our Solari Index. Numerous opportunities always emerge.

### To Consider

- There is a simple indicator that measures living capital, and it can be created and maintained outside of institutional and corporate control.

### Opportunities

- [Estimate Your Popsicle Index](#)
- Ask the children in your life to estimate their Popsicle Index.
- Make a list of all the variables that cause your Popsicle Index to go up and those that make it go down.
- Do the results offer any opportunities for you to improve your Popsicle Index?
- What about the Popsicle Index in other places around the world? How are we making our Popsicle Index go up in a manner that makes others' go down? Are there ways to realign our incentives so that we each other's Popsicle Index go up together?
- If you think the Popsicle Index can be improved upon, invent an Index that you and your neighbors could use to estimate the health and well-being of living equity in your place.

## References

1. ["Understanding the Popsicle Index"](#)
2. ["Real Deal Dim Sum: Is the Popsicle Index Important?"](#) by Catherine Austin Fitts
3. ["A Conversation About the Popsicle Index"](#) by Catherine Austin Fitts

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## 4. Optimize Our Time

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*"Your problem is you think you have time."*

—The Buddha

Many people understand the value of doing a budget for their financial resources. It is relatively rare for people to do an annual budget that mathematically analyzes how we spend our time—or how we want to invest it going forward. One year, Catherine's senior management team finished working on their company business plan, and all were satisfied that the plan was complete. At the last minute, however, a decision was made to estimate the individual, team, and collective time investment for the coming year. Lo and behold, the group discovered that they had allocated 700% of their time. Their annual goals were overly ambitious. As a result, they had made promises they would not have been able to keep. They were saved by the time budget.

### To Consider

- Your time is precious.
- Your time can be valued more by you and those around you.

### Opportunities

- Do a time budget.



- Study who and what you are investing your time in.
- Identify who and what wastes your time.
- Look for opportunities to achieve more energy for yourself with your time.
- Look for opportunities in collaboration with other members of your immediate family.

## References

1. *Project Management for Dummies* by Stanley E. Portny

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## 5. *Switch to Real Deal Media*

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*Stop this day and night with me and you shall possess the origin of all poems,  
You shall possess the good of the earth and sun,(there are millions of suns left,  
You shall no longer take things at second or third hand,  
nor look through the eyes of the dead,  
nor feed on the spectres in books.*

*You shall not look through my eyes either, nor take things from me,  
You shall listen to all sides and filter them from your self.*

—Walt Whitman, "Song of Myself"

## To Consider

- Having accurate maps of how our world works gives us energy.
- The more we support honest and competent mapmakers, the safer and happier we will be.

## Opportunities

- Cancel subscriptions to, and stop watching and reading, corporate media that do not tell us the information we need to know to understand what is going on and how to act in our own best interest.
- Switch to media that provide accurate and useful information designed to ensure the safety and prosperity of its readers.

## References

1. *The World Almanac*
2. Catherine Austin Fitts Blog
3. Solari Audio Seminars



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## 6. *Vote for Excellent Leadership*

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*"Rise like Lions after slumber  
In invanquishable number  
Shake your chains to earth like dew  
Which in sleep had fallen on you—  
Ye are many—they are few."  
—Percy Bysshe Shelley, "The Masque of Anarchy"*

Many of us have lost touch with choosing and supporting local leadership, as well as the governance of the organizations in which we participate—such as universities, charities, foundations, churches, and other civic, social, and spiritual organizations. Investing time to understand your potential role in the governance of the systems that influence you often affords opportunities to improve your situation and better the world around you.

Are you a captive of the myth that to get anything done in the world, you need the support and “legitimacy” from media, politicians, government and business executives, foundations, universities, and think tanks who have lied, deceived, and disappointed us in the past?

### To Consider

- The quality of leadership in local and state government and judicial positions matters.
- The quality of leadership in our schools, colleges, and universities matters.
- The quality of the leadership in our charities, foundations, churches, and other civic, social, and spiritual organizations matters.
- The quality of the people who manage money for all these institutions matters.
- We have the power to influence the choices and behavior of these people.

### Opportunities

- Identify the government and judicial positions that most influence your daily life, and become aware of their scope of work.
- Identify the educational, civic, spiritual, and other not-for-profit organizations or foundations that have the most influence on your daily life, and determine what their process is for selecting their senior management and board positions.
- Get involved in supporting or campaigning for one person whom you consider excellent.
- Find ways to encourage transparency in operational and financial budgets and performance reporting.

## References

1. *Sam Smith's Great American Political Repair Manual: How to Rebuild Our Country So the Politics Aren't Broken and Politicians Aren't Fixed* by Sam Smith

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## 7. Participate in a Solari Circle

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*“Never be afraid to try something new. Remember, amateurs built the Ark; professionals built the Titanic.”*

—Anonymous

As Catherine gives speeches and answers questions on radio talk shows, she is often asked if our world is run by one or more “conspiracies.” She often answers that in a world full of spiritual and economic warfare, if we are not in a conspiracy, then we need to start one. This is why Solari has developed Solari Circles. A Solari Circle is club that helps its members come clean together and shift their investments of time, attention, and money to protect themselves from corruption and market manipulation—while responding to expanding opportunities to build wealth for its members in financially intimate ways. Anyone who has the passion and need to start one can do so. A Solari Circle focuses on the opportunities to pool our time and resources to reverse the drains in our life. It does so in a manner that improves our personal well-being and shifts political and economic power in a positive and peaceful manner.

## To Consider

- The power of the 21 steps turns magical when we do them together.

## Opportunities

- Read the Solari Circle materials at Solari website.
- Talk with your most trusted allies about how you could use this information to increase your power and resources to create the world you dream of.
- Start a Solari Circle to address intentions, education, actions and/or investments, when and if it gives you energy. Doing this together will save you time, lower your expenses, make you money, and help you feel safer and more joyous in this world.

## References

1. Listen to Solari Circles Beta 1.0 (Expected 1st Qtr. 2008)



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