



The Solari Report

September 15, 2016

All the World is a Stage with Sofia Smallstorm



Catherine Austin Fitts



Sofia Smallstorm



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C. Austin Fitts: Ladies and gentlemen, it's my pleasure to welcome to The Solari Report a very remarkable researcher and author, Sofia Smallstorm. I am a very devoted subscriber to her newsletter, *Avatar Update*. I've been a subscriber for about a year, but I've been listening to her speeches and presentations for several years.

She has a wonderful newsletter, *Avatar Update*, and a wonderful website about the sky where you can link to Sofia Smallstorm's blog and podcasts.

If I am a person who is passionately interested in looking at the flow of money and economics by place, I would say that she is remarkable at looking at the flow of people and things. You'll be down the cave discovering that there is lithium in this neighborhood and the trucks are pulling up, so what do they use lithium for, and where does it go?

You follow the thread of the flow of the assets, and it's quite remarkable. Sofia has an ability to stay clear – almost complete immunity to the siren song of the Matrix. Franklin Sanders sometimes says of people that they pine for the treats of the tapeworm. Sofia seems to be remarkably independent of pining for the treats of the tapeworm. I always enjoy her writing because she is looking deeply into the nature of reality and helping us unpack the nuts and bolts of the Matrix to get down to what is really happening.

Sofia, I've wanted you on The Solari Report for a long time. It's a real pleasure to have you on. To begin, I have to ask you: What inspired you to start writing and speaking?

Sofia Smallstorm: First of all, Catherine, that was an amazing introduction. I don't know if I deserve it because I'm sitting here shuddering and quaking, "Now what do I have to produce in this hour to live up to that?"



C. Austin Fitts: Actually, if you look at what you've already written, I can say that you've already lived up to it. You don't have to worry about the next hour.

Sofia Smallstorm: I'll do my best. You asked what inspired me. I always considered myself shamefully a-political and just completely not interested in the news and politics because every time I opened *Newsweek* it was always about some war somewhere, and the world was constantly at war. I didn't want anything to do with it. So I took more of a leaning towards sociological analysis.

I've since found out that a lot of that is upside down and incorrect and is also building an illusory understanding.

I had a friend who has a newsletter, and she was badgering me to do this newsletter every month. I decided to try it, and I use that newsletter, *Avatar Update*, which is not really anything you subscribe to by email; it's sort of a paid subscription, and you can find the newsletter tab on my website www.AboutTheSky.com.

I did that as a way to collate my own thoughts on a monthly basis, and I would focus myself toward a subject and then write about it in a way that I felt could enlighten people and entertain them, not just news. My newsletter isn't a bunch of posts about stuff that I've collected from the internet; as you know, it's a foray into a subject as a rabbit hole in and of itself with an attempt to spatially connect it to other things that I've already learned.

Really to figure out what kind of a matrix or un-matrix we're in takes abstract, spatial thinking, and we're taught to think in a very linear way. It is mind dulling to be linear.

C. Austin Fitts: Right.

Sofia Smallstorm: Once you take on the task of holding a lot of information in your mind and then letting the back of your mind mull it over – like when

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you're on walks or driving or in the shower – and you read something or something new comes on your attention screen and you say, “Wow! The back of my mind is throwing up a little flag or a little beacon and it's saying: Look, this connects to this.”

Even though in the beginning I used to think that those connections were flimsy that I was making. I began to trust them. Then, to my amazement, I would find all the proofs. It would sometimes take a few years.

For instance, the chemtrails synthetic biology: Clifford Carnicom of the Carnicom Institute had already found lots of evidence of synthetic fibers showing up in these lesions of people who had this thing called Morgellons Syndrome. He found cross-domain life forms, and called them ‘cross domain bacteria’, meaning from different life kingdoms. We are from the eukaryota kingdom of life, then there is the bacteria and the archaea.

I have this in my head, and then I watched Aaron Franz' video, “The Age of Transitions”. It was all about futurism, artificial intelligence, robots and robotics. I just went, “Oh my God! That's what the chemtrails are doing! They're putting synthetic materials in our biology. This is the start of it.”

I started babbling about transhumanism as connected to chemtrails. I was just telling friends, and everybody said, “You need to write about this and talk about this,” but I had very little to go on.

Then it all came into place. There was more work done on synthetic biology that hit the news coming from the mainstream. I was able to formulate an actual topic, and I was invited to Conspiracy Con to speak, and this is what I spoke about. That was my first talk, *From Chemtrails to PseudoLife Part One*. Then Part Two was about radiation biology. Part one was the synthetic biology.

Honestly I don't know how this happened for me or in me; it's just like my own motor, I guess you could say.

C. Austin Fitts: You impress me as somebody who has always been very, very observant. I don't know if you ever peppered your parents with questions, “Why is this like this,” or, “Why is that like that?”



I can imagine you at a very young age being intensely curious and observant about the world around you.

Sofia Smallstorm: I was a child who was dragged around the world by parents who were posted to foreign countries. I was always ‘the foreigner’ or ‘the stranger’. I was the l’*étranger* which is translated as ‘the stranger,’ but it’s really ‘the foreigner’.

I had very few books. I went to very makeshift day schools in North Africa and in Europe. Sometimes there were only three to six kids in a class. I was the only girl in the 6th grade; there were five boys and me. I didn’t have much to read.

I had a set of children’s encyclopedias and books that my grandmother would send as Christmas and birthday presents. The libraries in these schools were very small. So I started to just read books over and over.

I read the encyclopedia over and over, and I read the dictionary. I didn’t have much. There was no television and no cartoons or anything like that. So I lived in a world where I had to constantly look around me and find new ways of looking at it.

C. Austin Fitts: One of the things that I can tell just from reading *Avatar Update* is that we live in a country which is very disassociated from place. I do a lot of driving. I can pull into a diner, sit in there, and let’s say that the diner is on Route 64. I can ask the waitress, “Where is Route 64?” and they won’t know. Or I can ask a person in Walgreen’s where a motel is that’s only a block away, and they won’t know.

Sofia Smallstorm: That’s awful.

C. Austin Fitts: It’s really scary but there is a real disassociation from place. When you read your writings, you’re very associated with place; you really connect what is going on and the physicality of the place with whatever is going on. You get a lot of information by observing your place, and that is unique in the United States.



Sofia Smallstorm: I wasn't aware of that, per se, in terms of myself as opposed to other people, but I will say this: We live in the third dimension. Whether people think it's an energetic trap and it's metaphysically dense and unpleasant and upside down because of what the powers that be have done in it and to it, it is a container of our life. We need to be able to exist in the container with awareness.

I'm finding now with the addiction to the cellular world and the world of computers and iPads and phones, people are losing their presence in the third dimension. The third dimension is merely a container for what's going on in the second dimension, and it's an annoyance. It's a nuisance to them. They will cross the road looking at their phone, and a car will blare its horn at them. They jolt. To them, this is the third dimension signaling to them where they are, but it's a nuisance because their life is in this other dimension.

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C. Austin Fitts: One of the things I wanted to talk about is how reality gets crafted. Our title for this is 'All the World is a Stage,' which is how I think of your writing as mapping out how the stage gets built.

One of the things I most appreciated is the section on your website about hidden technologies that combine mind control with ELF with the spraying and the reengineering of human bodies and chemistry through the spraying. So let's look into that.

You mentioned a little bit about the spraying, but maybe you could walk us through the mind control technologies and how that fits with ELF and with the spraying.

Sofia Smallstorm: Do you mean ELFs or electromagnetic frequencies, EMFs?

C. Austin Fitts: I'm sorry. It's EMF.

Sofia Smallstorm: I'll start from the top, and drill down a little further into



it. I believe that with the future of robotics and artificial intelligence there is a real push to marry or merge real biology with artificial synthetic biology. The only way to do that is to force the real biological world to adapt to stresses that are placed on it by science – deliberate, man-made stresses. This is noticeable in the real world all by itself. If the wind blows against the tree, the tree is going to bend and bend in order to accommodate that force.

Biology can only resist stressors so much, and then if it doesn't altogether quit and give up, meaning the organism dies from the stress, the organism will attempt to integrate the stress in a manageable way. I think we are being entrained to various forms of artificial modulation and manipulation such that we begin to integrate these forms, whether they are frequencies or whether they are solids, into our own flesh and into our own tissues.

There is plenty of evidence of this already. Does that make sense to you?

C. Austin Fitts: Yes. In fact, I may be skipping ahead, but one of the things I've been talking about the last year is a wonderful study done by a professor of Cornell about the history of the slave trade in the United States. One of the things they described was that if you look at the economics, they discovered that the large plantations were able to get a 2% growth or greater in productivity every year and reach fantastic levels of productivity by systematic application of whipping. They called it the whipping machine.

After slavery was over, the descendants of the slaves and the free farmers got significantly less productivity than the whipping machine. I won't bore you with all my work on economics, but I've come to believe that part of getting every human online by integrating this technology into them, you're creating some technology that I think can receive and send; you are creating a giant whipping machine.

Sofia Smallstorm: Yes, in the sense that it's a negative influx that is forcing the biology to adapt and change.

C. Austin Fitts: Right.

Sofia Smallstorm: The tolerances are being observed. People talk about



depopulation, “Oh, they’re killing off billions. They’re only going to leave 500 million people on the earth. It’s written on the Georgia Guidestones.”

That may be true, but the process of elimination – the process of collapse – is being very, very keenly observed. I believe that there are going to be enormous shelters that people will be taken to in the near future who have deployed these programs so that they can receive protection. The rest of whatever is alive will be left on the surface of the earth in its own holocaust, so to speak, with tremendous stress going on and struggle for survival, which will be competitive.

That is all going to be part of the unfolding. Not everyone, though, will be destroyed by this and by these competitive, very dire environments of physical conditions. There are going to be those ‘specimens’ that survive, and they will have managed the stress well enough such that their biology will be tolerant of a lot of things that everyone else’s biology could not tolerate.

Those specimens will be used to create humanity 2.0, which will be a much more mechanical manageable strain without the resilience that we have.

Right now there is too much resilience left in the natural world. It’s not going to go down easily. That’s why I think we’re seeing the deployment of these programs and platforms concentrating and intensifying. Life is becoming much more difficult, especially on the level of personal health and well-being, and yet we’re being taught to turn to the medical system and the state for solutions and protection.

Many people are doing this just because they don’t know any better. It’s taking real creativity to build your own encyclopedic knowledge of how to manage your health in such a way that you can enhance it and maximize on what you have. But look around you and you’ll see the degeneration. People are really, really succumbing to degenerative disease. You see old people with walkers and you see people whose hearts and respiratory systems are failing, and people whose neurology is failing. These are common modern diseases called Alzheimer’s and cardiovascular disease.

The systems in people’s bodies are failing full-on, and people are having part to full body crashes. It’s all caused by too much toxicity and the effect of too



many man-made stressors.

C. Austin Fitts: If you look at life expectancy, it's falling – from what I can tell – dramatically in the United States, but it is increasing globally. That's what the statistics say.

Sofia Smallstorm: That may be because the United States is a little ahead of the curve. It isn't that modern medicine is increasing life expectancy in parts of the world; it's mainly hygiene and sanitation and better infrastructure – drainage and water and sewage and similar.

What improved human health radically in the 1900's was the advent of glass windows in buildings and the practice of using underwear that you changed and washed on a frequent basis – these two things alone.

I have a theory that I'm going to write my next newsletter about. It is the sepsis and the antisepsis theory. Sunlight is very life-preserving. It is warm, it is drying, it is health-giving, and it's antiseptic. But moonlight has a very different quality from sunlight. I don't believe it's reflected sunlight at all anymore. Moonlight is cold and it's damp and it promotes necrosis and sepsis. We need that for the cycle of life because it's the fungi and the microorganisms that get to work on the earth and the dying materials of the earth to re-render them into nutrients. That happens during the night phase of sepsis.

When the sun comes out in the day, it dries things up. That's what it did in houses; it took away the dank bacterial forms that were making people sick. So it's antiseptic.

What is happening with all the programs being deployed against death-whether you want to talk GMOs, vaccines, or anything, even economics-that is increasing the sepsis half of the cycle such that we are caving to decay and degeneration.

C. Austin Fitts: Right. I just read the proofs for a great new book on EMF toxicity. The most important topic in it is light and getting sunlight and minimizing night light.



Sofia Smallstorm: Exactly. We go to sleep at night because nature wants to keep us out of that septic moonlight. Now I'm going to get a little more out there, but I believe that this whole luciferin regime operates on the worship of the septic light of moonlight. That is the light of Lucifer. The light of the sun is a different kind of light. It's a health-giving light.

C. Austin Fitts: Right. It's a life-giving light.

Sofia Smallstorm: The light of the night is the death light, and that's why they do everything at night. They have their nighttime ceremonies and rituals. That's why they're going underground. They're building a Hades because they are into the other kind of light – the light of the petrification.

We thrive on daylight; look how everybody loves the sun. They want sunny houses and to be all warm and cozy because that's what promotes health.

The chemtrails themselves – the aerial spraying of particulates – is a filter upon the sunlight, turning it from warm and yellow into white and cold. So chemtrail spraying promotes the growth of molds and fungus.

C. Austin Fitts: Right.

Sofia Smallstorm: That is the sepsis cycle.

C. Austin Fitts: I was driving around the country a lot from 1998 on. I was doing a couple of hundred thousand miles a year. The chemtrails had such a terrible impact on turning everything moldy and fungus, from the trees to the houses to the plants, and really blocking out the sun. The deterioration that resulted was noticeable.

Sofia Smallstorm: Right.

C. Austin Fitts: I've been listening to a history of DARPA and their discussion of introducing the sensor wall in Vietnam and spending \$1 billion to try to put sensors on everything. You realize that this is the history of what we're dealing with in chemtrails. It's the idea of putting a chip in every atom and being able to manipulate everything from the atmosphere to thought.



I've always believed that one of the reasons this is happening is that they are trying to get all of life to resonate with their machine and the machine's message as opposed to resonating with each other with all living things and the divine. It's a competition between the machine and the divine as to who is going to set the resonance on planet Earth.

Sofia Smallstorm: That's a great way of putting it. As Ray Kurzweil stated, they want the whole universe to be controllable and alive and intelligent. Their word for this is 'intelligent'. Our word for it is 'alive', and only certain things get to have this state called life.

If all of life is embedded with Artesis such that it can be controlled from outside, then it becomes dead because it doesn't have its own inner direction.

C. Austin Fitts: Right. It comes down to free will. Do imagination and inspiration and free will exist or not? It's almost like they're very fretful risk managers conscientious and they can't stand for anything natural to be happening even though that is where the good things flow from. They're trying to get the best of both worlds, but it won't work. In the meantime, I always say that it just keeps getting weirder.

Sofia Smallstorm: It does, but that weirdness becomes normalcy for the new generation.

C. Austin Fitts: Right. They don't know. They don't appreciate.

Sofia Smallstorm: They don't know. I was listening to a brilliant guest who is also an interviewer. He comes from the world of technology, and he was talking about how the iPhone manages to 'entrain' (and you use that word in your email to me with the notes) and get women into the world of devices. Before, when it was just computers, it was mainly a world that men had joined. But the iPhone had the females stepping into the mix and stepping into the picture. Not only can you now talk to all your kids and manage their whereabouts, but you can also text your friends. Everybody has a Facebook page.

I don't have any of this.



C. Austin Fitts: I have an iPhone, but I leave it in the car unless I'm travelling. I try to use it as little as possible.

Sofia Smallstorm: It's the same for me. It's there if I need it, but it's in the car. It's not anywhere else.

People say, "What can we do? We're just stuck. This is the way the world works now. I'm going to lose business if I'm not on Facebook or on social media."

I remember a realtor friend of mine who works for Prudential, and everyone in her office was told that they absolutely had to learn how to do social media or they couldn't participate in the company. Then you learn that; it's a job requirement. It's going to end up being a job requirement that you have a chip in your arm because it will just get more and more weird – as you say.

People will do it because everybody else is doing it. We really live in a world of monkeys.

C. Austin Fitts: Well, the control is very tight. I just finished our 2nd Quarter Wrap Up. There was an NBC spot on the news seriously suggesting that you should microchip your children so that you know where they are.

Sofia Smallstorm: Yes.

C. Austin Fitts: And you think, "How in the world can these people say this with a straight face?"

Sofia Smallstorm: Because they have made us very afraid of harm. Do you remember at Halloween when apples were being passed around with razor blades in them? I think that was something that somebody dreamed up in order to start the whole fear thing rolling – the fear of strangers.

C. Austin Fitts: Right. There is no doubt there has been a tremendous effort

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for the last 50 years to create a ‘divide and conquer’ and a fear of strangers and to shut off that kind of communication. You want everybody communicating with a machine and not with each other.

Sofia Smallstorm: Right, and I’ve noticed something. A very wise man once taught me that the real nature of human interaction is cooperative, and that is being knocked down into competition and conflict rather than cooperation and harmony and helpfulness.

If you go up to almost anybody and you ask them the time, they will make an effort to tell you the time. Before they used to flick their wrist and look at their watch; now they’ll dig in their backpack or their purse for their phone. They will even turn the phone on. I tell them, “Don’t go to so much trouble; I’ll find someone else.”

But they want to help you. That’s what I hope we’re going to see when the going gets rough – when it gets really weird and we’re all sliding into this state of competition and conflict because we’re trying to stay alive. We need to be helping one another in every creative way we can, and we need to understand that we have a common good, and that we can enhance each other’s lives through that rather than force ourselves to compete with each other for whatever scrap of food there is.

C. Austin Fitts: Right. I agree with you. I will say this: I thought in the 1990’s that there was a great focus on depopulation, and not long ago I was watching a presentation. The commentator was a local government official, and they said that the pressure is off on depopulation because the mind control technology has been so successful.

I think since the Tower Network went up in the United States in the summer of 2001, they’ve been remarkably surprised and pleased at how successful the mind control is.

Sofia Smallstorm: Yes. Humans are very easily trained, and they respond very happily to impulses and inputs. We see that from the Stanley Milgram experiment, administering shocks to your fellow man just because the instructor is telling you to do it, and you really don’t think about it.



I don't think humans plan ahead if they are in a group. I've noticed how dogs don't think ahead. We have dog beaches here. I used to run across one of the dog beaches on my jog, and I would notice that a dog would come bounding toward the ocean and would not have the capacity to see you and understand that it was going to crash into you. Dogs cannot plan in that way.

I don't think humans do much of that either when they're in a group because they're not working with their wits; they're working in kind of a groupthink.

C. Austin Fitts: That's why I think it makes an enormous difference if someone understands the nature of the environment. If you understand the nature of the environment and the extent to which there are these hostile forces, you can really begin to navigate.

I travel around and make an effort to meet and have lunch with subscribers. There is a certain percentage of the population that is remarkably immune to the mind control. They can fathom that it exists, and they can adapt. They seem to be a world apart of the world that is just falling into the matrix.

Sofia Smallstorm: Yes, but these are the people who should be leading the ones who are falling into the matrix. These are the people who the people falling into it should turn to and say, "Hey, give me some direction." Yet we are the ones who are dismissed as 'kooks' or out there too much to deal with.

I don't know what is going to happen. I don't know what humanity is going to do with itself, but it's getting more and more entrained into these frequencies.

I had a discussion with one of my subscribers, who is a very brilliant woman. I'm going to see if I can get her to do a podcast with me. She's a little hesitant.

She said that the moment we choose a positive action – positive for ourselves or for someone else – we start negating the negative frequencies, and we start the healing. It keeps going. Then it's like a domino effect.

That's what we have to model, that's what we have to do, and break out of the negative entrainment the moment we start doing something that is the opposite of it with awareness of what we're doing.



C. Austin Fitts: What is interesting is: If you look at how extraordinarily wealthy the planet is despite all the different problems to the extent that we would cooperate and behave that way, we have no economic problems. We have a political problem, but there are no economic problems. That is what I believe.

Let's turn to false flags. You have some of the most intriguing writings on false flags. One of my favorite allies, Richard Dolan, is in the process of writing a book on false flags, but one of the things that you tend to write about in a way which has me just howling and laughing until I cry is the development of false flags that are fake. We now have fake terrorist events that are more of a movie show. We have reality TV shows putting on terrorist events and false flags.

It's extremely difficult to write about this because it's so hard to fathom that it exists. If you do the economics of doing a false flag and trying to deal over a five-year period with 30 families who have the bit in their mouth because they're mad because somebody died, what you realize is it's much easier to put on a reality TV show than to have a real false flag. Death is very difficult to mention and dangerous and expensive.

Maybe you could mention your interest in fake mass shootings and fake terrorist events.

Sofia Smallstorm: Well, it started with my talk on Sandy Hook, *Unraveling Sandy Hook in Two, Three, Four, and Five Dimensions*. This is where I made a distinction between the two-dimensional world of news and print media and the three-dimensional world of real physics and real possibilities.

You could start with something very, very simple and obvious. Adam Lanza, at his purported weight and height and his sickly nature, could not have hefted that many guns and done the kind of killing spree in the amount of time that he was said to have done. Right there, the 2D report is conflicting with 3D possibilities.

Then I started studying the photographs of the victims – the children – and I thought to myself, “Why are they dressed like this?”

They're dressed in really drab colors. Right now you go into a nursery school or an elementary school, and everybody is in vibrant lime-green and neon pink.



There is a ton of fleece. That's not what we saw in the Sandy Hook scenario. We saw clothes that were very dated. Also, none of these were digital pictures; they were all scans of actual photographs.

That's when it occurred to me that these are somebody's kids from 10-20 years ago. I have now, of course, been fed a lot of material. There are false flags happening all over the world now – 'false shootings'. I learned that blood is added afterwards to the scene. There is never any blood in the 'footage' that we see from the scene itself, the 'live footage', but we'll see it in photos later.

That made me think of the fainting at the sight of blood possibility, which is very common. You never know who is going to faint at the sight of blood. It's a very primitive reflex that the body undergoes because it's trying to pretend that it's dead.

There are different reasons for fainting that people have come up with, but it's a very real fact. People faint at the sight of blood. Even huge football players will do it, and you're never going to know who faints at the sight of blood.

It makes more sense in a false shooting to add the blood later rather than to have your crisis actors and your cops and everyone there have somebody faint because they saw even fake blood. Many of the police are actors as well; they're not real police.

Then you have this thing called the felony murder rule, and there are people who argue, "Maybe some people died, but not as many as they said."

You cannot create an event where you actually take somebody's life because now you've got murder.

C. Austin Fitts: Right, and there's no statute of limitations on murder.

Sofia Smallstorm: And there is a legal concept called the felony murder rule. There is a situation they call 'transferred intention'. It's a very slippery slope, but I'll give you an example of it: If you and I head into a grocery store and want to shoplift, that is a very small level crime. But if in the course of our attempt to shoplift one of us happens to shoot the cashier and it leads to a death, then the other one is part of a felonious crime as well. It's called



transferred intention.

In these false shootings, they cannot start killing real people because first of all, who would volunteer for such a thing? Second of all, you're going to have a situation of transferred intention potentially lassoing in everybody who was present in that event.

C. Austin Fitts: Right. The risk management becomes unbearable because if you have 30 deaths, that is 30 families, and many of them have people who cannot be paid off or bought; they will keep digging. They will keep looking and will keep talking. On the other side, you've got a whole lot of participants, and all you need is one to sell you out and you're in real trouble.

The public is not discerning. They love to be hoaxed.

It's a nightmare from a risk management standpoint, and it makes sense that you would much prefer a reality TV show.

Sofia Smallstorm: Exactly. The public is not discerning enough. They'll take the reality TV show; they'll take the Photoshop pictures where nobody could sit in that position with a child on their lap where the child's head is way too big compared to the adult's head, etc. The public is not discerning. They love to be hoaxed. They love when the circus comes to town.

C. Austin Fitts: I think there is also tremendous entrainment with it. There's this sense of group participation and belonging in the entrainment that is very heavy.

I must say that one of my favorite pieces in your most recent newsletters was the description of the former soldier who was describing one of the victims in the nightclub in Florida and how long it takes to recover from one of these shots, saying, "That guy can't possibly be that healthy this fast," breaking it down in terms of the detail of how bullets operate. It was a perfect example of anybody who is familiar with the concrete reality of a particular topic, pointing out that this fictional world makes absolutely no sense.



Sofia Smallstorm: Yes. That actually came from a comment on one of the YouTube videos of a guy who got four rounds and he had wounds. Of course, these bullets always exit the body and cause hardly any damage. We see the victims dressed in their own clothes in the hospital bed giving interviews, and they are very alert-looking whereas this particular Marine wrote about his friend who was shot in the butt in a real war on the real battlefield. It took him an incredibly long period of time to recover. He was weak and faint, and he was a trained combat Marine.

How could any of the people in these nightclubs or wherever else recover so quickly? One of the guys apparently put his head under a couch, and having been shot in three limbs – all of which the bullets exited – he had only one good limb left. With that, he managed to lift the couch off of his head and crawl to safety. Come on!

C. Austin Fitts: I can imagine the writers who are writing the scripts for these things. I can just imagine being in the room.

Here is my question for you: 5G and virtual reality technology is coming. When 5G is launched next year and the year after that, it means the ability to do holograms and the ability to do virtual reality of many kinds, the entrainment goes up exponentially in terms of what it can do. We can Pokémon Go the whole physical material reality. What happens when 5G and virtual reality comes out?

Sofia Smallstorm: Well, I don't have a crystal ball, but if people respond to the holographic world the way that they're playing Pokémon Go – walking off cliffs and injuring themselves because they're so intent on finding this whatever it is, and I don't even know what to call it because I've never played – and if that is going to be the preoccupation of people who are alive and moving in the third dimensional world that is their true reality, if they're juxtaposing a fiction into that world and they're willing to put all their attention on the fiction imposed on the real world, then forget about it! It's addiction. As you say, it's entrainment.

C. Austin Fitts: It is addiction.

Sofia Smallstorm: The other thing is I believe that 5G is going to employ the



technology called Artemis. Are you familiar with that?

C. Austin Fitts: No. Please teach me.

Sofia Smallstorm: There is a post on my blog www.SophiaSmallstorm.com that is called *Apple and Fertility*. Artemis is a whole new deployment of signal to devices. We have had cell towers to date, and you've seen them. They are cell towers or antennas. The cell towers are the very big ones; the antennas are the little globular things attached to light poles and whatnot.

They're changing the emissions to this new technology called Artemis. I have a picture of it, and you can Google and see it. It's going to be on every building and every light post where 5G will be.

Artemis are these little devices that hunt for receiving devices. The Artemis transmitter on the buildings – and there will be many on buildings all over the place – will hunt for people who have laptops and iPads and cell phones, and they'll bathe the receiving device in a field of radiation.

Right now we have the opposite. We have the devices burping and going blip every few seconds looking for the nearest tower or antenna to maintain connection.

Artemis is the Greek goddess of the hunt and virginity/chastity. If you look at the logo of Artemis, it is the inverted female reproduction organs. You've got the two fallopian tubes and the ovaries, and that is exactly what Apple has dreamed up. It is a very morbid indication of infertility coming to us because it's the fertility system turned upside down, and the devices are going to hunt for us.

That, I think, is how the 5G is going to be deployed – through the Artemis technology.

C. Austin Fitts: The thing that I always find so strange about this is when you look at the business plans of numerous entities, they are depending on significantly lower transaction costs by doing everything through the internet of things, and yet when you look at what is happening with the internet of things, we have cyber warfare exploding and the reliability of these systems are



extremely poor and getting poorer.

It looks like two tsunamis headed straight at each other, between cyber and security and this plan to do everything through the internet of things.

Sofia Smallstorm: Well, biologically speaking, the exposure rates are going to be astronomically higher, which means that the collapse rate is also going to get much, much more significant. I don't think they care about how well we connect to each other. You can already see that nobody is phased by a dropped call anymore; it's just part of the way things are. People will redial you immediately without even a murmur.

C. Austin Fitts: Right.

Sofia Smallstorm: The quality of our ability to talk and connect and get things done is of much less interest than how much this is going to derail the natural forms of life and take them out of their natural functionality and make them dependent on state solutions and technological solutions.

C. Austin Fitts: Right. The systems are designed for control and surveillance capitalism; they're not designed for the specific function for which we use them.

Sofia Smallstorm: No. That is the side show.

C. Austin Fitts: Right. That's how you get us in.

Sofia Smallstorm: Yes. They want you to feel connected and feel modern, but the real interest is to make all these algorithms and study you and create trends from your behaviors and from everything you disclose on Instagram and Facebook and Twitter and other social media, and people are willing to do that.

C. Austin Fitts: I must confess, Sofia, I'm a perpetual optimist. I just finished a strategic planning process for Solari where the questions I asked were: Can one to five million people live happily outside the matrix and have a positive impact? Will they tolerate that leakage?

I came to the conclusion that the answer was: Yes. Even though I agree with



you that we're in a period where we have a very dire period to live through, I still think that reading your work, reading The Solari Report, and understanding what is going on can help you navigate and come at things in a much more positive way and outwit a lot of this.

If you look at the people who run things, I think they are running things according to probabilities. It's like livestock management. One of my favorite quotes from Leonard Cohen is, "There is a crack in everything; that's how the light gets through."

I came to the conclusion this year that we can get something done through the crack. That's what I believe.

Sofia Smallstorm: Sure. The question is: Will it be for ourselves and the few who want to do it that way, or will we manage to get it to grow and save everybody else?

Everybody wants to save the world and save humanity and improve conditions for as many as they can. I think that's the natural human instinct in the best view of human beings. But is that possible in reality?

C. Austin Fitts: I think we can each make a choice. The ultimate question in the system is: Can we get seven billion people to practice the golden rule; do unto others, as you would have them do unto you? I think we can make that choice in and of ourselves and try to make a positive contribution, but we have to let each human take responsibility. We can offer a hand, but we can't force it.

Sofia Smallstorm: That is the purest, least invasive way of doing it. In the effort to contain our zeal in that way that you've just described, we have the highest chance of preserving our own self and sanity in such a way that we remain of potential use to others.

C. Austin Fitts: Right.

Sofia Smallstorm: Because you don't want to make this a pyrrhic victory where you expend yourself to the point where there's nothing left of you.

C. Austin Fitts: I believe it's essential that I remain coherent and do what I



can do. I think any system that is economic has to come down to each person taking responsibility to be positive in and of themselves and make a positive contribution to the whole. I really do believe that freedom and markets work, but I'm not interested in telling anybody else what to do. I'm happy to share my recommendations, but if you look at all of the opportunity I have to improve, I don't feel like picking on anybody else.

Let's talk a little bit about how we follow your work. I want to put in an incredible plug for your newsletter, which I just love. I savor getting into the Jacuzzi and reading *Avatar Update*. It's very delicious and you really dive deep into one topic. It can be anything from, what's happening to the whales to the Cumberland Tunnel to false flags. It's fascinating.

There is your website about the sky, and you really started on the global spraying and went from there. Is that true?

Sofia Smallstorm: That used to be my '911 We Know' website when I was into the 9/11 story. Then I took that part of it down and left the chemtrail material up. I really moved into the blog and the podcast state, so those are the most active.

C. Austin Fitts: And you're doing two podcasts a month?

Sofia Smallstorm: Yes. That's how many I can manage. So many people cancel at the last minute. I don't know how people do several a week, I really don't. I think you have to have producers and lots of different help.

C. Austin Fitts: You do.

Sofia Smallstorm: I do the two a month, and I try to bring out people who don't have an internet presence but are very interesting nonetheless. I do my blog on a more frequent basis.

I just was hacked and I had to do a massive upgrade of software on all my websites. That cost quite a bit. It was a big setback, but they're up and running. I have a new platform to work with, so I'm having to learn a little bit. The blog page is going up at not quite a frequent rate, but I'll get into it.



And I have my store at www.AvatarProducts.com. You can find it from the blog. That's where I share the things that I have discovered that have really helped me. I am very big on iodine and magnesium.

C. Austin Fitts: Oh, I live on iodine!

Sofia Smallstorm: Iodine is wonderful. But the magnesium cream I will be happy to send you. That is absolutely amazing. Within one minute it starts to dissipate the pain of strained muscles, bumps, bad joints, or whatever it is that you have. Magnesium cream helps with restless leg syndrome. People have given me all kinds of feedback on it. It's so nice and rich and soothing. It just does wonders for the body. We are very, very low in magnesium, and taking it through the skin is really the best way to get it.

C. Austin Fitts: I was in litigation for 11 years, and I couldn't go to a hospital or a healthcare facility. I had to be very, very careful. I really fell back on my own resources, and one of the things I discovered was I don't even think about approaching the medical establishment until iodine and castor oil packs have failed, and those two things heal 90% of what ails me. That's what I find.

I'm glad to know about magnesium cream because I'm always ready to do it myself, if you know what I mean.

Sofia Smallstorm: Yes. It's simple things.

C. Austin Fitts: I think the more we can take responsibility for our own healthcare in this environment and be aggressive about it, because if you look at the environmental stressors and environmental pollution for many of the reasons that we talked about – and many that we didn't talk about – are extraordinary.

You really have to be aggressive about staying healthy.

Sofia Smallstorm: Yes. You have to help your body do its detoxing. Acidosis is a very baseline condition for disease, and magnesium alkalizes the bloodstream. It's important to have it. The best part about doing topical magnesium is you can put it right where you happen to have soreness or pain. As it travels into your body, it loosens the muscles in that area and helps with



pain. That's why I like it.

C. Austin Fitts: I'm very glad to know of it, and I will definitely try it.

Sofia Smallstorm: I have a new shipment coming in, and I'm going to send you a tube. It comes in a 3-ounce size and an 8-ounce pump. It is something that you should not be without. Keep it in your car, keep it at home, and use it liberally. That's my recommendation. Women love it as a moisturizer.

C. Austin Fitts: Good!

Sofia Smallstorm: That's the store: www.AvatarProducts.com. Then www.SofiaSmallstorm.com is a quick way of getting to my blog page, and you will be at the www.AboutTheSky.com website already.

C. Austin Fitts: I really encourage everyone listening to this to go there. One of the things I wanted to do with this Solari Report was make sure people were aware of you and aware of your work. I want them to discover Sofia Smallstorm.

I can't thank you enough for joining us. It's been a real pleasure talking to you, Sofia, and I can't wait to see what is in the August *Avatar Update*.

Sofia Smallstorm: I will send it out today. That's another topic altogether, but I will be happy to keep diversifying as I write these updates. I welcome people to contact me through the website to say that they want to subscribe, but it is a paid subscription. That's the only drawback. But it's worth it, I hope, at about \$4 an issue.

C. Austin Fitts: It's absolutely worth it. It's a great investment. Not only is it fascinating, but I would say it's also very well written. I rarely read one when I don't go back and read it again. I think it's a very good investment – *Avatar Update*.

Sofia, have a wonderful day.

Sofia Smallstorm: Thank you, Catherine. It was such a pleasure. I really am honored. Thank you.



MODIFICATIONS

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent

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