

# Crisis Advice

February 26, 2011

The Catherine Austin Fitts referred to in last week's "Eleison Comments" as quoting a Washington insider boasting how the modern world is run on fantasy, was herself a Washington insider, having been Assistant Secretary of Housing in the administration of George Bush Senior. She knows what she is talking about. In the same interview she had other interesting remarks to make, in particular the advice she would give to the average American concerned about his economic future and who wants to preserve his wealth and quality of life. She said (see [www.321gold.com](http://www.321gold.com), Feb 2, "We are victims of a Financial Coup d'Etat"):-

"Your time and attention count. Stop listening to or associating with people or institutions that have a vested interest in centralization. Start by turning off your TV. Shift your deposits, purchases, and donations to people and companies that you can trust. Lower your overhead. Use your time to build as many skills as possible that can help you do more for yourself and barter with those around you. Invest in tangibles, including precious metals. Do not allow yourself to be drained by what I call the "slow burn." Finally, build your understanding and ability to engage in spiritual warfare. The financial corruption is a symptom of a much deeper and very invasive moral and cultural problem. Organize your life to serve whom and what you love.

"Protect your health. The food and water supply is slowly being controlled and poisoned. Taking steps to assure local sources of fresh food and water is essential for your health. So is educating yourself on steps you can take to detox your body and build your immune system. The rise of environmental and electromagnetic pollution calls for a level of effort to maintain physical energy and strength that was unthinkable a decade ago."

In the same line of thinking and on the same web-site (Jan. 17, "Waiting for a Hero" by Larry Laborde) is another paragraph of highly practical advice for anyone who can see trouble coming:-

"So what should the average citizen of these great United States do at this point? Avoid municipal bonds like the plague. They will default first. Avoid long term US bonds as well. Short term US notes (6 months or less) are probably OK for now but keep your finger on the sell trigger. Cut back on all expenses and raise cash. Live BELOW your means. Save cash and hedge that cash with precious metals. Keep your cash in local credit unions or locally owned banks. Check their ratings and make sure you are saving in the safest institutions in your area. Cut up those credit cards and quit using them. Pay cash for your purchases. Keep 2 months of cash on hand in an emergency fund. Invest your precious metals 50% in gold and 50% in silver. Invest in physical precious metals when possible. For small investors a good investment is to simply purchase 6 months of non-perishable supplies that they normally use every day. They will probably cost 5 to 10% more in 6 months (not a bad return). Plant a garden or support a local farmer (or both)."

In brief, wake up! To wake up, readers, start by turning off the television set. Live not beyond your means, but well within them. Save cash, invest locally and invest in precious metals. Get at least mentally out of the rat race, and get mentally from the virtual back to the real. Stop using credit cards. Lay in some food supplies, but be careful what you eat and drink. Wake up to the enemies of mankind poisoning food and water in pursuit of global control, part of a war on mankind which is fundamentally spiritual. Catholics, get your Faith on to a war footing!

Kyrie eleison.