

Avatar Update

Personal Opinion of Sofia Smallstorm

October 2010

email: avatarproducts@earthlink.net PO Box 698, Cardiff CA 92007

*Cold Water Monkeys
If You See Hoof Prints
Disappearing Males
While I'm Out Growing the Food
Russia's Human Catastrophe
Fatigue In Our Cells*

*A subscription newsletter
to bring you bits and pieces
that clarify understanding
as I come to learn more
in my own Rabbit Hole
discoveries*

Cold Water Monkeys

Here's a lesson in behavior. Let's pretend a scientist actually tried it and came to this conclusion. Whether anyone has really done it or not is unknown to me, but if the famous Hundredth Monkey legend of washing sweet potatoes on an island could enthrall people for so long, so should this little scenario:

Start with a cage containing five monkeys. Inside the cage, hang a banana on a string and place a set of stairs under it. Before long, a monkey will go to the stairs and start to climb toward the banana.

As soon as he touches the stairs, spray all the other monkeys with cold water. After a while another monkey will make the attempt and cause the same result: all the other monkeys will be sprayed with cold water. Pretty soon when any monkey tries to climb the stairs, the other monkeys will try to prevent it.

Now put the cold water away. Remove one monkey from the cage and replace it with a new one. The new monkey will see the banana and want to climb the stairs. To his surprise, all the other monkeys will attack him. After another attempt and attack, he will know that if he tries to climb the stairs he will be assaulted.

Next, remove another of the original five monkeys and replace it with a new one. The newcomer goes to the stairs and is attacked. *Note that the previous newcomer takes part in the punishment with enthusiasm.*

Replace a third original monkey with a new one, then a fourth, then the fifth. Every time the newest monkey takes to the stairs, he is attacked. Most of the monkeys that are beating him up have

no idea why they were not permitted to climb the stairs or why they are participating in the beating of the newest monkey.

After all of the original monkeys are replaced, note that none of the remaining monkeys has ever been sprayed with cold water. Nevertheless, no monkey ever again approaches the stairs to try for the banana. Why not? *Because as far as they know, that is the way it has always been.*

In French they say, *C'est la vie!* Of course, in this scenario there is a ruling hand – the hand that has created the cage and the stairs and put five monkeys in the experiment. That hand is in our lives too: the hand that rocks our cradle, builds the sandbox, and lets us into it when we're big enough to throw sand at each other.

Should we try the monkey experiment with something other than a banana – e.g., one of our favorite topics?

Start with a cage containing five monkeys. Inside the cage, up near the top, spray a big fat persistent jet contrail. Before long, a monkey will look up and point to the big, widening [thing]. As soon as he starts gibbering in alarm, spray all the other monkeys with cold water. After a while, as the contrail spreads and makes a big white cloud, another monkey will gibber and point upward. Make sure he gets all the other monkeys sprayed! Pretty soon, when any monkey tries to point out the huge white mass filling up the top of the cage, the other monkeys will shout him down.

Okay, you get the picture. You can do it with anything from the JFK assassination to UFOs. The thing that really strikes me is that the group enjoys shouting down the poor "truthier" monkey. It's the enjoyment that seems so perverse. When and where did we learn to do this? From our parents? From playing with each other in the sandbox? From TV?

If You See Hoof Prints

One day, several years ago, I tried to awaken an acquaintance to 9/11. He was someone I had run into locally over the years, and we had had a few friendly conversations, and he was fond of surfing. Let's put his age at about 45. I had already given him a 9/11 DVD (it was before the making of *911 Mysteries*) and I asked him what he thought of it one day at the beach.

It was clear that he had not embraced the content. All of his body language showed a desire to get away from me and any discussion of what happened on 9/11. Practically chasing him, I shouted: "How *else* do you think the towers came down!" And I will never forget what he said. He actually turned to look at me, the big surfboard under his arm making this a little difficult, and he pronounced these words: "*If you see hoof prints, think horses, not unicorns.*" Then he went up the stairs, as I stood staring after him.

If you see hoof prints. If the Twin Towers fall apart in 10 seconds and become a mountain of dust, with explosions sounding before and during, as well as visibly popping through the sides, well you must assume that they just fell down, like Humpty Dumpty off the wall – *horses*. Do not, under any circumstances, fantasize about a controlled, orchestrated event, with megatons of energy behind it, which would be a *unicorn*.

This is such a good rule of thumb for life! If you feel a hand in your pocket fumbling for your wallet, by all means visualize a nice friendly pony in a pasture – *horses*. Do not frighten yourself by imagining a shadowy figure with ill intent trying to rob you – *unicorn!* When in doubt, err on the side of what you already know – *horses!* You will feel much better, safer, and your sojourn on this planet will be so much more pleasant.

Back to our cold-water monkeys. Any monkey gibbering about a unicorn will get shouted down by the rest. There are no unicorns – only horses! Think horses, horses, and only horses! Get it straight: *All hoof prints are from horses.*

But in the end, most of the good people of the planet may not be able to spot any hoof prints at all, for dementia is taking us over. Termed "the single most significant health and social crisis," dementia will cost the world \$622 billion this year. Reports *CBC News of Canada* (9/21/10):

Globally, more than 36 million people have dementia, a figure that is likely to almost double, to nearly 66 million, by 2030 and go to 115

million by 2050, the group Alzheimer's Disease International said. [...]

The report's authors urge governments to ... start planning now for how to care for people with dementia.

What we might wonder about *right now* is what the definition of dementia will be when the world's governments are ready to take care of all the people who have it. (Perhaps one of the forms will be those who see hoof prints and think unicorns.) Alzheimer's is the most well-known form of dementia, and the *Los Angeles County Data Report on Alzheimer's Disease* predicts a doubling of sufferers by 2030. Amazingly, it says:

Since the primary risk factor for Alzheimer's disease is older age, we can expect a substantial increase in the numbers of people who will be living with this disease.

"Since the primary risk factor is older age ..." What that means to me is if you get old, your chance of having Alzheimer's shoots up. As though it has *nothing to do with anything else?* It seems from this report that Alzheimer's is already a given in our population. Somehow it got into us and will ride along and show itself when we arrive at old age. (Horses! Anyone who looks any deeper into Alzheimer's is foolishly imagining unicorns.)

Disappearing Males

I had the good luck to acquire a DVD copy of a Canadian investigative documentary called *The Disappearing Male*. It reports on the dropping of male fertility in many species, not just humans. Sperm volume, speed, morphology (meaning structure and form) in today's college-age males is about half of what their fathers could boast at the same age. Shocking, and *why?* The film attributes this situation to chemical exposure and use of plastics, in particular those laced with materials that have estrogenic effects.

It appears that certain petrochemicals (e.g., in fertilizers) affect the endocrine system of both males and females, creating an overload of sorts and resulting in changes that we should not be proud of. Even alligators in Florida (some of the world's fiercest creatures) are being born with shrunken penises. I must say, I have observed men becoming fatter and "mushier" than they used to be ... by this I mean less rugged and masculine-looking. (Remember the Alpha Male? He's hard to find these days, seeming to have gone the way of that vehicle he liked so much – the

Hummer.) In females, the endocrine overload caused by these xeno-estrogens results in higher rates of cancer, especially reproductive-system cancer.

The documentary suggests that this is a sign of our oncoming extinction, which makes a kind of sense, because if men cannot reproduce effectively then there will be no more babies. However, it may actually be a push toward *artificial reproduction* – in a laboratory instead of in the womb, where science will control the outcome. This is all part of the transhumanist agenda. How do you force people to let technology manipulate their procreation? You make it impossible for them to do it themselves. Just think of those billions of plastic bottles that came with the boom of filtered water! Remember how *thin* they were (and are) – crackling when you grasped them and heating up through the window of your car? Those water bottles leach loads of estrogenic plastic (BPAs) into our bodies, and *somebody* was heavily marketing the filtered water rage ... *somebody* wanted us to guzzle that stuff like there was no tomorrow. Somebody who wants to see us reproduce outside the body. (Shall I stop imagining unicorns?)

A friend of mine who gets this newsletter is sure that a revolution is on the way in America, that with so many armed in this country, when the other shoe drops they will grab their rifles and go for bear. I am not so sure. I think that a big part of the reason for the feminization of men has been to denude them of their virility and resolve, and therefore their inclination to resist and respond to the abuse we are collectively suffering today in America. With men who are more and more like women, the likelihood is that they will (if they are concerned at all) only worry, wring their hands and hope someone comes to help them. (That would be Jesus, perhaps?) And if men don't get up and do something, it's likely no one will.

Not even women, who are becoming more like men. I walk the beach today and see chubby, friendly males with earrings and bracelets pushing baby carriages (this is true), and lean, mean women striding along like moving workout machines, arms and legs swinging dangerously. Women in our culture have learned to scorn men, whether they are married to them or not. Just listen to the chatter – I used to partake in it myself. Now I am silent.

Watch television (if you can stand it) and you will see men cast as bumlbers, buffoons, villains, cheaters, thieves. These roles are particularly reserved for white men of northern European extraction, while minority males (blacks, Jews, Hispanics, Asians) come off looking pretty good. I remember the righteous indignation I felt as I learned about

how awful the white male was in my feminism/women's studies courses at college, taught for the most part by lesbian professors and graduate students. I now see that this was male-bashing endorsed and modeled by academia. I was at an elite university that actually offered a major in "women's studies," and I was very nearly conned into getting a degree in professional male-bashing myself.

The short training I had did not wear off quickly. In my twenties I gobbled up Marilyn French's novel *The Women's Room* (20 million copies sold), which left me speechless. All those women – trying to make it in a man's world! How they bonded, defended one another, bailed each other out as the monstrous men in their lives betrayed them for other women and left them penniless, acting like awful little boys.

While I'm Out Growing the Food

In her book titled *The War Against Women*, the Harvard-educated *echt*-feminist author French writes:

As long as some men use physical force to subjugate females, *all* men need not. The knowledge that some men do suffices to threaten all women. Beyond that, it is not necessary to beat up a woman to beat her down. A man can simply refuse to hire women in well-paid jobs, extract as much or more work from women than men but pay them less, or treat women disrespectfully at work or at home. He can fail to support a child he has engendered, demand the women he lives with wait on him like a servant. He can beat or kill the woman he claims to love; he can rape women, whether mate, acquaintance or stranger; he can rape or sexually molest his daughters, nieces, stepchildren, or the children of a woman he claims to love. *The vast majority of men in the world do one or more of the above.* (page 182)

Ai-yai-yai! Is that true?? Could it be true? Reading this, one rifles through all the data in one's brain in search of something that supports such a claim. *The vast majority of men in the world do one or more of the above.* I hope not. I can think of a handful of men I know who have done some of the above, and I have certainly *heard* of men who have done the above, but would this add up to "the vast majority of men in the world"? Somehow I don't think so.

Another quote from the book:

In 1984, an African woman farmer ironically remarked, "This one they call farmer – send in

teachers to teach him to farm (while I'm out growing the food); lend him money for tractors and tillers (while I'm out growing the food); promise him fortunes if he'd only raise cotton (while I'm out growing the food). No I daren't stop working, and I won't abandon that thing I was born for – to make sure my children have food in their bellies.” (page 34)

It seems to me that while the NWO economic hit-sters were busy tantalizing Third World men with talk of loans and tractors and hospitals and dams (not to mention Monsanto's 'superior' seeds), the world's poor women were trying to keep their families' lives going the old-fashioned way (“while I'm out growing the food”). Instead of blaming Third World men for laziness, as French does, why not try to understand what was going on at the time?

Perhaps she didn't know. Perhaps she too was born into the budding culture of men-bashing, which she excelled at and convinced millions of women to do as well. “I am an angry person,” she told *The Independent* in 2007. “I don't know if anger is a good thing, but it is useful and I don't know how you can avoid it. You look at the world and it's the only possible reaction.”

Whoa, Marilyn! If you're steeped in data that stem from the perpetrators' disorder-making in all the world's countries, it will certainly look like women are getting the short end of the stick as their men are confused and sabotaged in their attempts to provide for their families. Remember, Marilyn, that fractional-reserve lending by the private banks with all their double-talk became the lucre that was dangled in front of the world's people in the past century, and just about everyone fell for it. What's to be angry about is not the way men have dealt with the swindling while their women attempt to pick up the pieces at home, but that the tricks and false promises were put forth in the first place.

Russia's Human Catastrophe

I wonder if Marilyn French would be happy (she is no longer with us), that men's testes are literally shrinking worldwide, and that the world's giant chemical companies have filled the world's water supply and oceans with gender-destroying substances that are particularly destructive to males. As men all over the planet are compromised, it will be the women who (like all the king's horses and all the king's men) will be trying to put Humpty Dumpty together again. And that is not easy to do. *We need our men*, and we need them complete, healthy and sane.

The reality is that males are more easily “tweaked” than women. Boys are six times more vulnerable to developing autism than girls. The inherent endurance of women makes them hardier in many ways than men – they outlive men and can outrun them if given enough time. But with women angry at men and scornful of them, as the media and movies have gotten them to be, we cannot outdo the shenanigans in store for us. We need both kinds of players on the team.

To my mind, the scorn that women have been taught to levy upon men is much like what happens in the cold-water monkey story. I am thankful my days of male-bashing are over. I am very concerned about what's happening to them. We could skip back in time to the story of Russia ...

The mortality rate of Russian men is way up, and their average life expectancy is below 58 (less than that of Pakistan). By 2003, the Russian population had dropped by more than five million in a span of 10 years, and Russia is now losing 750,000 lives each year. By 2050, Russia's population will be in the 100 million range, down from 150 million six decades prior. If you factor in the ever-rising suicide rate and deaths from alcohol and tobacco, you have what is called a “human catastrophe.” I will quote Perry Anderson from *Russia's Managed Democracy* (London Review of Books, 1-25-07):

The reality is that Russia's rank in the world has been irreversibly transformed. It was a great power continuously for three centuries: longer—this is often forgotten—than any single country in the West. In square miles, it is still the largest state on earth. But it no longer has a major industrial base. Its economy has revived as an export platform for raw materials, with all the risks of overreliance on volatile world prices familiar in first and third world countries alike—overvaluation, inflation, import addiction, sudden implosion. Although it still possesses the only nuclear stockpile anywhere near the U.S. arsenal, its defense industry and armed services are a shadow of the Soviet past. In territory, it has shrunk behind its borders at the end of the seventeenth century. Its population is smaller than that of Bangladesh. Its GDP is less than that of Mexico.

Sound familiar? By that I mean *does this sound like what's happening here?* The Russians, despite three centuries of power, were systematically worn down by the murder of their rulers, a genocide of some 40 to 60 million people (most of whom were Orthodox Christians) and generations

of spirit-strangling Communism, all planned and created by the same Judeo-freemasons whose fangs are poised over the world. In America the means of strangulation may be slightly different, but the results will be the same. War and genocide cuts down the gene pool; shock and trauma kills the soul. A friend said to me recently in an email:

I wonder how many informational shocks to their system Americans can take? In 2000 we had the election fiasco where the vote in Florida went to the U.S. Supreme Court for validation. Unprecedented! In 2001 there was 9/11, which was a huge one. We had Katrina in 2005 – an environmental shock. We had the financial “tsunami” in September and October 2008, in which the Secretary of the Treasury came to Congress with an ultimatum: Bail out the Wall Street (and other) banksters; otherwise the financial system will collapse! Housing bubble and wave of foreclosures sweeping the country. What’s next? A chemical/biological “terrorist” attack in one of our cities? A staged UFO landing?

It seems to me that people can take *only so many of these big shocks to their system* before they go numb, tune out, turn off ... This kind of reaction, I believe, is by design. The folks who are orchestrating things want people to become so numb, apathetic and uninvolved ... I think of *Brave New World* by Aldous Huxley. The people there had to have their Soma drug and they’d go crazy if they didn’t get it.

Back to Russia, which is literally dying. Writes Perry:

Few peoples have had to undergo the variety of successive shocks – liberation, depression, expropriation, attrition, demotion – that Russians have endured in the last decade and a half. Even if these are so far only a brief aftermath of the much vaster turbulences of the last century, it is no surprise that the masses are “profoundly tired and resistant to any public mobilizing.” What they will eventually make of the new experience remains to be seen. For the moment ... the people are silent.

Fatigue In Our Cells

We have become victims of the same pattern in America, and it is by the same Judeo-masonic designers. We are profoundly tired, and it is not just in our spirit: the fatigue has bored down to the level of our cells. Our apathy toward

our state of affairs, the result of a deliberate program of systematic shock therapy, is what is called in psychology a *maladaptive response*. The derision of the screaming monkeys toward the newcomer who tries to go for the banana in the experiment described at the start of this newsletter might be called a *conditioned response*. As far as our situation is concerned, either of these eventually becomes the other, because we/the subjects are not reacting in their/our own best interest.

There has been a long history of trauma-based mind control practiced on Americans through the medium of television and movies, novels and news reports, and even social interactions. Chronic violence and tales of extraordinary behaviors have made us “tough enough to hear anything,” and that, unfortunately, has effectively stopped our reaction to the destruction of our own daily lives. I remember asking friends if there was violence in the current popular movie, and having to steel myself in the theater as I saw it coming. Eventually I could sit through most blood-soaked scenes without cringing, but it took a few years of movie-going to get there. “It’s just paint, ketchup, something fake,” you tell yourself, but the sentiment and intention and story line being acted out on a screen that is many times larger than life is a powerful form of programming, and too bad we didn’t know that when it began. *Too bad.*

Between the social engineering we have undergone and the bath of chemicals we live in, what we do and what we are have been totally re-constructed. In the mind we have a shut-off that has taken place, preventing us from recognizing our ongoing demise. And in the body, we are experiencing “an oxidative alteration in the cellular redox potential and toxic suppression of [our] mitochondrial energy production at the cellular level.”

This is lifted from an astonishing book by Nancy Banks, a medical doctor who has placed the current health and political picture within and against a tremendous tapestry of real, expository history (not the fake stuff they teach you in today’s universities) with page after page of laser-like analysis the likes of which I have never come across before. The book, *AIDS, Opium, Diamonds and Empire* can be yours if you check the box on the enclosed flyer. Here’s some more from Dr. Banks:

Over the last one hundred years, as the result of rapid industrialization combined with cartelization, and particularly during the last fifty years, we have witnessed an unprecedented event in evolutionary biology – the massive toxic poisoning on an unimaginable scale of the human

metabolic system not only from industrial products but also industrial waste, and increasingly from powerful electromagnetic fields generated by mobile phone towers and other electronic devices. This pervasive human poisoning is a corporate cost that is passed on to individuals and their communities. The entire planetary biosphere is under continual siege from the widespread release of medical and industrial pollution, including heavy metals (mercury, aluminum, lead and arsenic), carcinogens, electromagnetic radiation and hormone disrupters. The sacred bloodstreams of our newborn infants are violated with the putrescence of contaminated vaccines of dubious effectiveness as soon as they leave the womb. This has put increasing and unremitting pressure on the human energy and immune systems and has shifted the immune system in such a way that it is less responsive to external threats and more likely to see the self as other, thus creating a rising tide of auto-immune diseases in which the body attacks itself.

To put it in simple terms, while the shock therapy of bad news all around us has been administered, other assaults to our systems have been occurring as well. We have been heavily dosed with man-made chemicals not only environmentally by way of pollution and runoff, but in the products we use (shampoos, lotions, perfumes, cleansers, medications) and the processed foods we eat. In addition, we live in a charged atmosphere thanks to electromagnetic and nuclear radiation, as well as the plasma effect of the ionized metals deposited by aerosol (chemtrail) spraying. We're being vaccinated on a regular basis (tetanus, flu, measles, whooping cough, smallpox, etc.), which is putting more unnatural chemical compounds into our bodies and bloodstreams.

The source of our energy-making is the body's mitochondria – miniature organs themselves within the cells – whose job is to produce adenosine triphosphate (ATP), a form of energy we use for anaerobic activity (like jumping out of our chairs and doing something!). How can children run around all day and scream and jump and never tire? Because they are new to life and their mitochondria haven't taken the beating ours have ... therefore they have great energy factories in their little bodies that keep giving them bursts of activity. Their parents, exposed for years to assaults of toxicity, no longer have that great *redox potential* in their cells and thus cannot energize their bodies effectively, making them exhausted couch potatoes.

Why is our regenerating energy gone? Because of what is described in the paragraph above – the enormous overload the body is under in this chemical-laden Western world. As I read Nancy Banks' book, which I will go into much more in a following newsletter, the planet has at least two kinds of "worlds" going on in it, in which control and destruction are engineered differently. In the "civilized" world, we are chemically toxified and subjected to a mass-market form of MK-Ultra mind control, mostly through the television set (now a ubiquitous household appliance, with more than one in many homes). The "uncivilized" world is rife with war and chaos, exploitation of labor, and shortages of food and sanitation. These conditions also create overload and exhaustion. There is much more to say about this, but for now let me stop with just pointing out that the elites are wearing out the world, having made a consumer class out of half of us and a worker-resources class from the others, and it is we who are coddled enough that we have money leftover to buy and consume (computers, clothes, cell phones, cars, jewelry) and the others from whose rightful lands the materials for our consumption come ... It is the elites who sit at the top of the pyramid pocketing the wealth generated and transferred by this river of supply and demand, and in this position and with this wealth they are screwing us out of the planet.

And we're all too tired to do very much about it. The book is a rich, rich exploration of the way that the world has been toppled through addiction and exhaustion, with someone obviously having the perspicacity to plan it all out centuries ago. It is making a huge amount of sense to me, and I am thrilled to be reading it. So check out *The Disappearing Male* documentary as well as *AIDS, Opium, Diamonds & Empire*. I also recommend *Crude: The Real Price of Oil*, a wonderful film about Texaco's destruction of the Amazon rainforest and the indigenous people who are fighting back. Please, please watch and read these works! They are amazing, unique, and will fill you in on the 'chemical scene' I describe in this newsletter.

Yours in building that Big Understanding,