

Cathy's Key Updates (her comments are in italics)


#123 — 7 February to 13 February 2024

(All Bible Scripture references are from the KJV unless otherwise indicated)


(Note full disclaimer located at the end of this compilation.)

7 February

Nary a day goes by but that I know and feel full well I am a pilgrim and a stranger here! "Hear my prayer, O LORD, and give ear unto my cry; hold not Thy peace at my tears: for I am a stranger with Thee, and a sojourner, as all my fathers were." (Psa.39:12)

>  **"It Was Not a Mistake"** - Includes a MUST-WATCH 5.14 min vid and a .34 sec vid!! (Excerpts:) "Please note [in] the video, clips of the bizarre stadium pageant staged at the London Olympics years before the pandemic — with sexy nurses carrying needles and patients using hospital beds as trampolines and trying to escape assassins and all the rest of it. That was years before the democide...Are you finally awake? Are you sick of it? And sick of looking the other way?...We've been looking the other way for so long, we've forgotten how to look; but, this rampage of corporate criminality and the abuses of commercial law are coming to an end...Because this time we won't look the other way...This time we are going to pull our ostrich heads out of our butts and we are going to look, and see, and call this horror show what it is. [*"Cry aloud, and spare not; lift up thy voice as with a trumpet, and declare to My people their sins, and to the house of Jacob their iniquities." (Isa.58:1 - Septuagint)*] This entire planet has been turned into a crime scene because of a couple dozen banks that have been funding and benefiting from the war-mongering and the destruction and corruption.":

<https://www.truth11.com/it-was-not-a-mistake/>

>  **"FROM MUSK TILL' IT DAWNS - The sorry state of the fake alternative media and Messiah Musk"** - Includes .33 sec vid (Excerpts:) "Elon Musk did not just appear on the scene as a technical wiz kid who cello-taped space rockets together in his mother's garage. As with Bill Gates, he was very much groomed for this role his entire life...please keep it in the back of your mind (where they want a chip put in) that Elon Musk's grandfather was a Founding member of the (and I think it's fair to say) Transhumanist Cult Technocracy Inc and Bill Gates' father was the head of Eugenics Cult Planned Parenthood...indeed all [of the worldly kingdoms are] connected; it may be messy; it may be full of conflicts, ego's, weird beliefs and in-fighting, but, in the end, it is all connected...Why is Elon Musk attending promotional photo opportunities...in Israel and...at Nazi Prison camps...whilst simultaneously attending sporting events in Qatar with representatives of Saudi Royalty and the Chabad Lubavitch son-in-law of Donald Trump? Musk's purchases of X has been bankrolled by Saudi Royalty and Qatar National Funds/Sovereign Wealth. Are Islam and Ultra-Zionist Israel not supposed to be at war over the treatment of Palestinians in Gaza, as well as both claiming the rights to a temple for their individual faiths on Temple Mount? Could it be that at the very top this is all just theatre...in a mutually destructive war...for their transhumanist World To Come? Be careful what Messiah you choose to follow...Remember to do your own research and come to your own conclusions.":

https://richardwillett.substack.com/p/from-musk-till-it-dawns?r=1qsbz2&utm_campaign=post&utm_medium=web

> 🧠 *"They are the enemies of the cross of Christ: whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things. We have the mind of Christ. Let this mind be in you, which was also in Christ Jesus. Thou wilt keep him in perfect peace, whose mind is stayed on Thee [ie, in The WORD!]: because he trusteth in Thee. (Phil.3:18b-19; 1Cor.2:16a; Phil.2:5a; Isa.26:3)*

• **"The Race Is on Between Elon Musk's Neuralink and China - Musk has a big rival in the battle to insert a computer chip in your brain":**

<https://gizmodo.com/elon-musk-neuralink-china-brain-computer-chip-1851208928>

- and -

• **"XI, YOUR THOUGHTS - China unveils plan for chilling 'zombie' BRAIN CHIPS to be implanted into skulls to rival Elon Musk's Neuralink - Researchers in China have already developed a computing device that connects to the human brain via the inner ear":**

<https://www.the-sun.com/tech/10269725/china-brain-chips-skulls-elon-musk-neuralink/>

> 🌟 **"The veil is being torn: the hidden truths of Jabotinsky and Netanyahu** - The group that murdered *[now more than]* 25,000 Palestinians in Gaza is not representative of Jews in general - It is the heir to an ideology that has been committing such crimes for a century. Thierry Meyssan traces the **history of the 'revisionist Zionists' from Vladimyr Ze'ev Jabotinsky to Benjamin Netanyahu**" - *Gradually, indeed, the veil is being torn away. This historical reminder is definitely now in order. Although the facts are known (to some) and recorded, they are never linked, nor listed in sequence, because if made clear to all, they would have cumulative cataclysmic effect. Though this is somewhat long, I implore you to please read it, as, imo, it contains details (little known to the general public) worth keeping top of mind!:*

<https://www.voltairenet.org/article220334.html>

> ⚖️ **"UK tribunal says academic discriminated against due to anti-Zionist beliefs** - Professor David Miller hails decision after employment tribunal rules he was unfairly and wrongfully dismissed by University of Bristol"

(Excerpt:) "At the conclusion of proceedings on Monday, Miller successfully claimed discrimination 'based on his philosophical belief that Zionism is inherently racist, imperialist, and colonial, a protected characteristic under the Equality Act 2010', said his legal representatives, Rahman Lowe. 'This judgment establishes for the first time ever that anti-Zionist beliefs are protected in the workplace', the firm said.":

<https://www.aljazeera.com/news/2024/2/6/uk-tribunal-says-academic-discriminated-against-due-to-anti-zionist-beliefs>

> ⚠️ **"Nicaragua taking Germany, Canada, UK, Netherlands to ICJ [International Court of Justice] for genocide** - Nicaragua issued a memorandum urging Germany, the United Kingdom, the Netherlands, and Canada to stop backing the Israeli occupation and supplying it with arms":

<https://english.almayadeen.net/news/politics/nicaragua-taking-germany--canada--uk--netherlands-to-icj-for>

> ! 👁️ ! **"Australia becomes latest country to launch digital ID system - When digitized identities get matched with central bank digital currencies, it's game over for freedom of thought, movement, etc** - All human behavior will be monitored, assessed and scored 24/7" (Excerpts:) "The U.K. has made similar plans...Ethiopia, Nigeria, China, Ukraine, the E.U. and a host of other countries are in the process of digitizing their citizenry...Americans are being conditioned at U.S. airports to having their faces scanned, which is part and parcel to having a defacto digital ID...This is part of the global digital reset that is coming to all nations. They will sell it by saying it's for your safety and security [*"The welfare of humanity is always the alibi of tyrants." - Albert Camus*]...it's time to exit the system completely or become its slave. You will have a choice. If you choose to have your God-given identity as a human being digitized by the corrupt world system, then I see no reason why you would not accept the mark of the beast, if in fact this isn't the mark of the beast. If they require you to digitize your identity and use a digitized form of fake money in order to buy or sell, then your God-given free will has at this point been hijacked. It no longer exists under your control. You've forfeited your own free will to a demonic Tower of Babel system. Everything that is digital is virtual, not something tangible you hold in your hand like a coin, a card, or even paper money. It can be programmed, meaning it can be turned on or off at the whim of an AI-driven social credit system built upon demonic algorithms. You step out of line, perhaps refuse to stay up to date on your shots, and your money gets turned off. You criticize the government-corporate narrative online, and your money gets turned off. You buy more meat or gasoline than you have been allotted by the system, and your money gets turned off. No more buying and selling for you. If that's not a beast system, I don't know what is.":

https://leohohmann.substack.com/p/australia-becomes-latest-country?utm_medium=ios

8 February

> 🌟 **"King Charles Does Not Have Cancer"** - *Very interesting piece. To some this may seem bizarre, but from the get-go my gut feeling has been on highly speculative alert. Charlatan (intentionally misspelt!) has done his bit in crashing the population with many methods being used all at once – including you know what! 🚫! So, hmmm... I never ever discount what these charlatans have done, are doing and will do, even in their attempt to deceive even the very elect! See Matthew 24:24!! Because around the clock, 24/7, that is their intent: To lie and deceive, full steam ahead at a rate of fake unfathomable, such as a fake Second Coming, a fake christ, as in anti-christ, on up until the end of this Age! They know (James 2:9 -"Thou believest that there is one God; thou doest well: the devils also believe, and tremble.") King Jesus is coming to rightly deal with their perfidiocy!:*

<https://miriaf.co.uk/king-charles-does-not-have-cancer/>

- and -

• As you may recall, this incident happened during Charles' coronation :

“Happy and ghoul-ious! Royal fans think they've spotted the Grim Reaper at King Charles' Coronation - A video of a hooded figure at the Coronation has gone viral on Twitter”:

<https://www.dailymail.co.uk/femail/article-12053999/Royal-fans-claim-spot-Grim-Reaper-King-Charles-Coronation.html>

However, later it was reported that the “Identity of King Charles III's Coronation 'Grim Reaper' finally solved - Many people mistook a clerical assistant for the Grim Reaper during the King's Coronation”:

<https://www.manchestereveningnews.co.uk/news/uk-news/identity-king-charles-iiis-coronation-26890749>

Nevertheless, I continue to hmmm...

> 🙌📖🙌 • **"Online Bible Reading Continued to Increase in 2023"**

(Excerpts:) "Last year, people continued to turn to Scripture apps in record-setting numbers, consistently engaging with the Bible throughout 2023...People around the world consistently turned to the Bible for answers about love, peace, hope, healing, and anxiety...Many are searching for answers to hard questions or for hope in difficult circumstances. And many are turning to the Bible for answers...Even though there's a lot of fear and anxiety felt around the world, we believe faith is the answer, and it's encouraging to see people continue to cling to God and His Word in their greatest moments of need.”:

<https://research.lifeway.com/2024/01/10/online-bible-reading-continued-to-increase-in-2023/>

- and -

• **"Most popular Bible verse of 2023 revealed"**

(Excerpts:) "Isaiah 41:10 has earned the top spot in the Bible most engaged verses. It reads: 'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.'..India was one of the fastest-growing regions for the YouVersion Family of Apps with a 53 per cent increase in installs compared to last year. Countries in Africa and Latin America also saw a boom in Bible engagement.”:

<https://premierchristian.news/en/news/article/most-popular-bible-verse-of-2023-revealed>

- and -

• **"Fear Thou Not"** - *Listen to this outstanding, anthemic Scripture song based on Isaiah 41:10,13 — music and scripture arrangement by Michael Fogarty, lead vocal performed by Per Bjerregaard.:*

<https://www.nubeat.org/audio/fn/02%20Fear%20Thou%20Not.mp3>

> ⚠️ • **"ROCKEFELLER FAMILY OWNS ALL THE PATENTS FOR EVERY ELECTRIC**

VEHICLE - Electric vehicles and the narrative behind it. Fun fact about all the electric vehicle push: the Rockefeller family owns all the patents for every electric vehicle. The same family who owns all the oil companies. In order to break the cycle, research hydrogen cars, cars that ran on water in 1976, steam engines, and dynamos." - Watch accompanying .59 sec vid:

<https://forbiddenknowledge.tv.net/rockefeller-family-owns-all-the-patents-for-every-electric-vehicle/>

- and -

• **"Mr Bean actor blamed for slow electric car sales - A think tank claims Rowan Atkinson's criticism of EVs is disrupting the phase-out of petrol and diesel vehicles in the UK"** - *I never watched any of his movies, but I applaud this countermove of his.*

(Excerpt:) "Atkinson suggested the need for electric vehicles as a solution to the climate crisis could be negated by encouraging drivers to stop buying new cars every three years and to keep their vehicles for longer [*ie better stewardship*]. Another solution, proposed by the actor, was exploring ways to increase the use of cleaner synthetic fuels [*ie water - but the oil companies and their bedbuds won't have a bar of that?!*].":

<https://www.rt.com/news/592028-rowan-atkinson-electric-vehicles/>

> 🙄 **"EU FOLDS, FARMERS WIN: European Commission President Ursula von der Leyen Will Scrap Green 'Sustainable Use Regulation' Aiming To Halve Fertilizer Usage"** - *These EU natics never back down entirely; they usually take a tactical defeat on their copious chins and then come back more strongly from a different direction. Pay the farmers! Not the pharmaceuticals!*

<https://www.thegatewaypundit.com/2024/02/eu-folds-farmers-win-european-commission-president-ursula/>

> 🌟 • **"DR DAN NEIDES GIVES TEARFUL APOLOGY FOR PUSHING VACCINES"** - Includes 8.26 vid and its transcript. *He warned it was coming, and it came! And is still coming! I personally know more and more people, as the months go by, who are coming down with vaccine-induced injuries and reactions, yet their [witch/warlock]doctor pawns it off as something else. Take heed: "Sorcery", intriguingly, is "Pharmakeia" in Greek, from which we derive our words "pharmacy" and "pharmaceutical". Diviners, enchanters, witches, and sorcerers employed drugs and other potions to put them or their clients "in the spirit" so their "magic" would work. Drug — desired, sought after, demanded and revered — is Sorcery:*

<https://forbiddenknowledge.tv.net/dr-dan-neides-gives-tearful-apology-for-pushing-vaccines/>

- and -

• **"Why 'sorcery' was the fastest-growing biblical search term in 2021":**

<https://www.christiancentury.org/article/news/why-sorcery-was-fastest-growing-biblical-search-term-2021>

> 📖🚫 **"Why Burn Books When You Can Bury Them? The White House Pressured Amazon to Target Dissenting Books"** - *It's the hit dogs that how! By their commands they reveal their true intent and insidious iniquity!*

(Excerpts - underlines my emphasis:) "...the Biden Administration's sprawling censorship system that targeted dissenting books. It appears that, as with social media companies, it succeeded in getting the company not to promote disfavored books...Amazon in turn appears to ask only how high the Biden White House wants it to jump on censorship...After the meeting, Amazon confirmed in an email that it was actively doing what the government demanded in suppressing sales by not promoting disfavored books...It is important to keep in mind that these efforts at censorship targeted scientists who have been vindicated in many of their objections to policies and claims of the government. For example, a new scientific review by 12 researchers from leading universities found little support for the claims that masks reduced Covid exposures...The

head of the World Health Organization even supported censorship to combat what he called an 'infodemic'..the public was being actively hampered in reading or hearing opposing views.":

<https://jonathanturley.org/2024/02/06/why-burn-books-when-you-can-bury-them-the-biden-administration-pressured-amazon-on-suppressing-sales-on-dissenting-books/>

> 🤖 NYC robocop retired! **"NYPD FIRES USELESS ROBOT - 'WHO CARED FOR WHO? THE ROBOT FOR THE POLICE, OR THE POLICE FOR THE ROBOT?'"** - *Imagine the flood of memes circulating about this! And how much do you think (cringe!) was the cost for this AI venture and all its fanfare?! It's being binned after less than a year on the force! Classic content in this one!*

<https://futurism.com/the-byte/nypd-fires-useless-robot>

9 February

Yep! We're all in a war zone! God help us as we militantly zone in on continuing to "run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith!"

> 🌟 **"Pope Francis Orders Christians To 'Pray to Satan' for 'Real Enlightenment'"** - A **! MUST-VIEW !** 8.27 min vid - *Listen to this proclamation, enthroning Lucifer as the light of the world! Gobsmaekingly shocking!*

<https://rumble.com/v4c1qni-pope-francis-orders-christians-to-pray-to-satan-for-real-enlightenment.html>

> 🙄 **"UK ADMITS NINE ISRAELI MILITARY PLANES HAVE VISITED BRITAIN SINCE GAZA BOMBING BEGAN** [*underlines my emphasis*] - After Declassified's revelations, the Ministry of Defence reverses previous position claiming it could not comment on allies' movements within Britain ✓ UK also admits RAF has sent 48 military aircraft to Israel since it began bombing Gaza ✓ UK refuses to disclose number of surveillance flights, but Declassified finds 65 British spy missions over Gaza from UK base on Cyprus ✓ British ministers have received a written warning about their potential complicity in genocide":

<https://www.declassifieduk.org/uk-admits-nine-israeli-military-planes-have-visited-britain-since-gaza-bombing-began/>

> 📻 • **"Tucker Carlson's Exclusive Interview with President Vladimir Putin in Moscow – [partial, at this point - link to full interview at the end of this entry] Transcript Released"**

(Excerpt:) "State of the Nation Editor's Note: The whole world has been eagerly waiting to watch the interview between President Vladimir Putin and journalist Tucker Carlson...Because the people of the world intuitively know that these two men will speak some truth to each other, while everywhere else there are only lies upon lies upon lies spewed by officialdom the world over. However, there are also some other very good reasons why this interview has been so optimistically anticipated. Folks around the globe know that some very radioactive truths will likely be uttered which may result in a veritable sea change.":

<http://stateofthenation.co/?p=209590>

- and-

• **"TUCKER CARLSON-VLADIMIR PUTIN INTERVIEW – AN EXISTENTIAL THREAT TO STATUS QUO GLOBALIST WAR"**


(Excerpts:) "Stateofthenation.co website posted the Tucker Carlson interview with President Vladimir Putin...Those apparently with the most to hide are even calling for treason and economic sanctions against Tucker...You have to do a little homework found on some of the more credible independent journalism sites [*Which Key Updates does.*] to get a glimpse of the bigger picture...the truth is not what evil globalist controllers want Americans to know, because it doesn't fit their self-serving false narrative agenda of fascist, absolute-dystopic control over the world population...it exposes the actual bad guys – the globalists, as the true enemy of the global masses. The handful of bloodline controllers, wanting upwards of 95% of us dead on this earth sooner than later, do not want Putin's voice reaching American/Western audiences. So, I anticipate some important truth coming out of the Carlson-Putin interview that dispels all the lies to reach more people in the West than the evil ones want...people may see the world geopolitics stage a little more differently, perhaps inclining them to mobilize a unifying force of world citizens on a grassroots level advocating peace, soundly rejecting the globalist death cult and its malevolent divide and rule agenda currently promoting the West vs. East World War III endgame like there's no tomorrow, along with more bioweapon pandemics, economic collapse and CBDC feudal enslavement the WEF'ers call their Great Reset.":

<https://thegovernmentrag.com/articles/tucker-carlson-vladimir-putin-interview-an-existential-threat-to-status-quo-globalist-war/>

- and -

> • Link to watch full 2+ hour interview - **"Tucker Carlson streams interview with Vladimir Putin"**:

<https://www.rt.com/news/592102-tucker-carlsons-interview-vladimir-putin/>

>  **"JUST IN: Australian Senate votes down excess death probe, again - This is the third time the Senate has voted against inquiring into Australia's excess mortality" -**
Because they are criminally complicit, in on the con and sold their souls to the god of this world!

(Excerpts:) "Speaking in support of the AMPS independent inquiry last year, Senator Babet stated, "We are seeing too many excess, unexplained deaths in our nation every month. This is a matter of life and death and should be our top priority.' In 2020, the people in charge shut the country down to save lives. Every single Covid-related death was meticulously documented in regular reports produced by state and territory health departments, and announced by Premiers in regular press briefings. TV news stations ran ticker counts. Yet for the thousands of Australians who have since died unexpectedly for unknown reasons, the people in charge have shown little concern or motivation to investigate." - *"You defeated My people. Now you're in for trouble! You've never been destroyed, but you will be destroyed; you've never been betrayed, but you will be betrayed. When you have finished destroying and betraying, you will be destroyed and betrayed in return."* (Isa.33:1 CEV):

<https://news.rebekahbarnett.com.au/p/just-in-australian-senate-votes-down>

- and -

• **"SHOCKING: Dr. Cartland Describes Horrific Vaccine Injuries. Urges Doctors to Speak Up - 'It has to stop. I beg you to please speak out, have the bravery.'" - 7.36 min vid:**

<https://lionessofjudah.substack.com/p/shocking-dr-cartland-describes-horrific>


>  vs  **"The New World Order is Satanic"**

(Excerpts:) "What you are about to read will make perfect sense to some of you. Others, not so much. A worldview is, well, the way an individual views the world. WHAT you BELIEVE shapes the Way that you PROCESS information. It is the filter through which you run every thought and every issue. There are only two teams on the field: Team Jesus and team Lucifer...The New World Order isn't new at all. It is nothing more than a continuation of the battle spoken of in Psalm 2. 'Why do the heathen rage and the people imagine a vain thing. The Kings of the earth set themselves and the rulers take counsel together against the Lord and His anointed.' From the beginning of time, Satan has tried to steal what didn't belong to him. A Kingdom. He is still wrestling for it today" - *against Jesus Christ, THE Light of the World! It's all-out in-the-open war of True Light vs fake light! Our Light Lord Jesus vs dark lord Lucifer! "Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses."* (1Tim.6:12) *Grow more faith by getting into the Word! See Rom.10:17!:*

<https://newswithviews.com/the-new-world-order-is-satanic/>

>  **"Devastating 'Wildfires' In Chile Look Like Maui All Over Again - While Globalists Blame 'Manmade Global Warming', 'Directed Energy Weapons' Are What's Causing This Mass Carnage":**

http://allnewspipeline.com/The_World_Is_Under_Attack_By_Directed_Energy_Weapons_Wreaking_Havoc.php

>  **"Sick to Death: Unhealthy Food and Failed Technologies" - I'm giving this one a lot of air time here because it's a subject VERY near and dear to my heart! My supply chain is very short: Just outside my back door, within an area of about 300 square metres, I have all manner of veggies & fruits (most of the fruit trees are espaliered, which saves on space and offers the trees less stress so as to concentrate on fruit bearing), and also eggs almost within arm's reach! Today we have a former horticulture teacher visiting us at the behest of one of our neighbour's (who has witnessed our self-sustainability achievements over the past going on 5 years) "Come and see" enthusiasm. Whew! Honestly, it so OBVIOUS! The majority have been successfully brainwashed to commercially kill themselves on a daily basis!**

(Excerpts:) "The world is experiencing a micronutrient food and health crisis...Micronutrients are key vitamins and minerals and deficiencies can cause severe health conditions. They are important for various functions, including blood clotting, brain development, the immune system, energy production and bone health, and play a critical role in disease prevention. The root of the crisis is due to an increased reliance on ultra processed foods ('junk food') and the way that modern food crops are grown in terms of the seeds used, the plants produced, the synthetic inputs required (fertilisers, pesticides etc) and the effects on soil...Increasing prevalence of diabetes, childhood leukemia, childhood obesity, cardiovascular disorders, infertility, osteoporosis and rheumatoid arthritis, mental illnesses and so on have all been shown to have some direct relationship to diet and specifically micronutrient deficiency...This problem is multi-dimensional and, as alluded to, excess caloric intake and nutrient-poor food (and sedentary lifestyles) is a factor, leading to the consumption of sugary, fat-laden ultra processed

food in an attempt to fill the nutritional gap...big pharma is attempting to individualise obesity and make millions by pushing its 'medical cures' for the condition...Healthy food, healthy people and healthy societies are not created at some ever-sprawling life sciences park that specialises in manipulating food and the human body (for corporate gain) under the banner of 'innovation' and 'health' while leaving intact the power relations that underpin bad food and ill health. A radical overhaul of the food system is required, from how food is grown to how society should be organised. This involves creating food sovereignty, encouraging localism, local markets and short supply chains, rejecting neoliberal globalisation, supporting smallholder agriculture.":
<https://off-guardian.org/2024/01/30/sick-to-death-unhealthy-food-and-failed-technologies/>

10 February

> 🌟 **"There is not a single person who exercises unlimited power in Russia"** - *With what appears to be a lot of sliding off one's chair and heaps of hoopla in regard to the Tucker interview with Putin, I offer this as, imo, an on-balance, a counterweight, keeping in mind that destination Revelations 13 et al is still on the Endtimes itinerary!*

(Excerpts - underlines my emphasis:) "Since Putin is demonized by the globalist media, those in the alternative media perceive him as an opponent of the System. This illusion is fueled by the fact that Putin's speech writers have a gift for wooing Western 'dissidents' with criticisms of the political class in the West and the LGBT agenda. You can talk to them with numbers and with irrefutable facts, for example, that the Central Bank of Russia is affiliated with globalist policies, that it is controlled by the IMF and the BIS, that it is imposing the digital ruble; you can show that assassination by vaccine is carried out under Putin, you can show that even in today's Russia the production of insects for food purposes is underway, etc., etc.; but nothing can rouse them from their enchanted state. This phenomenon, which is common in alternative media, is not caused by stupidity or incompetence. Rather, the temptation to present the desirable as reality is extremely psychologically comfortable...I do not criticize Russia, nor its Orthodox people and their glorious history and splendid culture, but rather those who destroy, plunder, and demean Russia from the position of greedy and perverse bosses. True patriots and anti-System militants around the world must understand that Russia can and must represent an alternative to the collective West dominated by the Satanists who are imposing a tyrannical regime of dystopian technocracy. But today's rulers of this country are only a simulacrum, an imitation, a Potemkin village*, who put on the mask of patriots so that they can continue to plunder Russia's natural resources. Meanwhile, Russians are being replaced with Muslims from Central Asia. Few people in the West know that not only the US, Canada and Europe are subject to a premeditated invasion of extra-European and non-Christian populations, but also Russia. My criticism is directed against an occupation administration, subordinated to the UN, WHO, WTO, IMF, BIS." (*Potemkin village, in its original meaning: Any of a number of fake villages designed to impress the Russian empress Catherine the Great. The term has also come to be used to describe an elaborate facade designed to hide an undesirable reality.):

<https://tapnewswire.com/2024/02/there-is-not-a-single-person-who-exercises-unlimited-power-in-russia/>

> 🔍 *The use of fact checkers to smear those who voice unpopular opinions is nothing new. It's been going on for years, and it ramped up quite a bit during the scamdemic, when fact checkers were used to discredit anyone who dared to expose its nefarious underbelly and prove that the was/is weaponised pharmakeia! Now, they are fact checking farmers! The unsung heroes who put food on our tables and keep our communities thriving; that profession of hope, perseverance, and determination. What is the world coming to? Those of you who are able: Get sowing and God will do the growing!*

"German government-funded fact checkers launch smear campaign against protesting farmers"

(Excerpts:) "...the news and fact-checking site Correctiv launched a smear campaign against the farmers, essentially labeling them far-right conspiracy theorists, [but] did not explain what type of 'disinformation' the farmers were spreading...nor did they supply any proof supporting their claims...It should come as no surprise that one of Correctiv's backers is Meta, owners of Facebook, who were all too happy to...cancel posts that went against the official government...narrative[s]. They also get funding from Open Society Foundations, a nonprofit organization that was founded by globalist George Soros, as well as the current German government...Government wants to censor but cannot, so it turns to the social-media company to do the dirty work. To make this hand-in-glove racket less obvious, the companies would outsource to a fact-checking organization, making the lines of control even more blurry.":

<https://www.naturalnews.com/2024-02-07-german-government-fact-checkers-smear-protesting-farmers.html>

> 🙏🥲🙏 *"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of My hands; thy walls are continually before Me. Suffer little children, and forbid them not, to come unto Me: for of such is the kingdom of heaven." (Isaiah 49:15-16; Matthew 19:14)*

"We Mothers Call for Ceasefire - When some would tell us that our identities—Palestinian and Israeli—should make us enemies, we have known that another identity binds us together. We are both mothers, dedicated to keeping our children and all children safe and assured of a future.":

<https://www.commondreams.org/opinion/we-mothers-call-for-ceasefire>

> ☠️ *I highly recommend that we turn our attention to and be conCERNed as to what is happening at CERN!*

• *Firstly, their push for an eye-watering upgrade!*

"CERN Wants to Unlock More Secrets of The Universe - The European Organization for Nuclear Research, known as CERN, is an intergovernmental organization that operates the largest particle physics laboratory in the world"

(Excerpts - underlines my emphasis:) "...since the discovery of the Higgs boson (in 2012, via the Large Hadron Collider, a 27km [17 mile] circular subterranean structure in the Swiss-French countryside, no significant new physics - that would shed light on some of the deepest mysteries of the universe - has been accomplished. So, scientists at CERN reckon they need a new toy and have drawn up plans for their next machine, known as the Future Circular Collider

(FCC). The €20bn (\$21.5bn) device [*Imagine the GOOD that could be done with that cash!? Pagan plunderers!, as clearly articulated in part 2, below, of this update item.*] would have a 90-100km (56 - 62 mile) circumference and thereby be able to smash subatomic particles together at a force 7 times more powerful than the Large Hadron Collider.":

<https://www.onlygoodnewsdaily.com/post/cern-wants-to-unlock-secrets-of-the-universe>

- and -

• *Secondly, historic background, spiritual insights and why we should remain on watch as to this stargate portal!*

"CERN: WE ARE CONFIDENT OF MAKING CONTACT WITH A PARALLEL UNIVERSE THIS WEEK... OUT OF THIS DOOR MIGHT COME 'SOMETHING'":

<https://www.skywatchtv.com/2020/10/18/cern-we-are-confident-of-making-contact-with-a-parallel-universe-this-week-out-of-this-door-might-come-something/>

> ⚠️ *Stay 360-degree awake and aware! Another MUST-READ!*

"As WHO Pandemic Treaty Nears Completion, Critics Raise Red Flags for US Freedoms" -

And for the freedoms of all nations who bend over to it! - "The legally binding agreement is structured in such a way that it sidesteps U.S. Senate approval for the United States to join, which is required for treaties - The May deadline approaches for finalizing negotiations between the World Health Organization (WHO) and its 194 member nations over how much authority they will cede to the WHO once it declares a global health emergency" - On the orders of their luciferian overlords!:

<https://www.theepochtimes.com/article/as-who-pandemic-treaty-nears-completion-critics-raise-red-flags-for-us-freedoms-5583014>

> 📡 **"New BRICS member hails 'diplomatic victory' in Moscow - The first meeting between Ethiopian and Russian representatives in Moscow was welcomed by the African country"**

(Excerpts:) "Ethiopia, Saudi Arabia, Iran, Egypt and the United Arab Emirates acceded to BRICS at the start of this year as part of a major expansion of the group, which had previously comprised Brazil, Russia, India, China and South Africa, and some have already formally submitted applications, including Venezuela, Thailand, Senegal, Cuba, Kazakhstan, Belarus, Bahrain, and Pakistan.":

<https://www.rt.com/africa/592164-brics-meeting-ethiopia-russia/>

> 🔥 *Following on from what I posted yesterday regarding the recent Maui-esque fires in Chile, Maui "wildfire" (ahem!) survivors now face soaring rates of depression and lung problems and kidney abnormalities among survivors of the Maui wildfire, according to the preliminary findings from a groundbreaking study.*

• **"Exclusive: Maui wildfire survivors face soaring rates of depression and lung problems – study"**

(Excerpt:) "55% are experiencing symptoms of depression – significantly higher than the rate reported by Maui residents (33%) in a 2023 survey. Depression rates were higher among older residents, with 75% of fire survivors in their 50s reporting low mood, insomnia and poor concentration, among other symptoms.":

<https://www.theguardian.com/us-news/2024/feb/08/maui-wildfire-survivors-health-depression-respiratory-kidney>

- and -

• **"Maui fire victims' families could now receive up to \$1.5 million in compensation...if they choose to not sue state agencies and companies involved"** - *in that fiery genocide meted out by directed energy weapons and the tyrannical thugs who orchestrated this cabalistic clear-'em-out, scorched-earth, brutal burn-off!*

<https://www.yahoo.com/news/maui-fire-victims-families-could-024605503.html>

> 🧑 More AI fails! Can we fire these da Vinci robots, too? Has the saying, "There's many a slip 'twixt the cup and the lip" now been surpassed by, "There's many a slip 'twixt [silicon] chip and [robot's] grip"?

"Florida woman, 78, dies after surgical ROBOT burned a hole in her intestine during colon cancer operation and caused fatal internal leak, lawsuit claims - Electricity leaking from robotic arms was the result of faulty parts, lawsuit says - The da Vinci robot has been involved in over 20,000 reports of adverse events":

<https://www.dailymail.co.uk/health/article-13061317/florida-woman-dies-surgical-robot-colon-cancer-intestine-operation.html>

11 February

> 🌟 **"GAZA SHOWS BRITAIN IS AN OLIGARCHY: LET'S STOP PRETENDING IT ISN'T** - When it comes to UK foreign policy, our governance system is really not democratic. Britain is run like an oligarchy – and it's vital we recognise the UK needs a democratic revolution." (Excerpts:) "British foreign policy-making is so centralised that it is akin to an authoritarian regime. A prime minister can send troops to war or bomb another country without even consulting parliament...Now, over 27,000 Palestinians are dead at the hands of Israel's genocide in Gaza and no ministers providing political and military support to Israel can be held to account for this under our system...The UK has a peculiar system that allows ministers to kill with impunity. It's called 'crown immunity'...Who really determines UK foreign policy? The needs of oil giants BP and Shell drive much of it. Wars are lucrative for arms corporations and Britain always seeks a profit in conflicts...War is a key aspect...The UK is the home of the world's dirty money and the global centre of the world's tax haven business depriving countries of billions in tax revenues...a protection racket...a private club than a country...a rogue state...We have, first, to get to base one: and recognise British oligarchy for what it is." - *"But ye are they that have left Me, and forget My holy mountain, and prepare a table for the Devil, and fill up the drink-offering to Fortune. I will deliver you up to the sword, ye shall all fall by slaughter: for I called you, and ye hearkened not; I spoke, and ye refused to hear; and ye did evil in My sight, and chose the things wherein I delighted not."* (Isa.65:11-12 Septuagint):

<https://www.declassifieduk.org/gaza-shows-britain-is-an-oligarchy-lets-stop-pretending-it-isnt/>

> 🔍 **"BODY LANGUAGE: PUTIN, ELECTED VS ELITES"** - 18.07 vid - *I am and have always been very interested in body language (a must-have discernment skill), and for those of you*

who are, too, this analysis is, imo, thought-provoking, albeit it focuses mainly on Putin; it should have analyzed Tucker as well.:

<https://forbiddenknowledgetv.net/body-language-putin-elected-vs-elites/>

> 📺 Confirmation comes from an Israeli teacher who reveals the true depths to which Is-a-hell has sunk.

"Israeli teacher who was locked up and persecuted for opposing war on Gaza speaks up"

- 3.45 min vid:

<https://www.thetruthseeker.co.uk/?p=281578>

> 🤔 **"DEW* ATTACK IN MOSCOW?"** - *Directed Energy Weapons - Includes 1.45 min vid:

<https://forbiddenknowledgetv.net/dew-attack-in-moscow/>

> 🧑 **"THE END"** - *Courtesy of virtual reality!* Includes .39 sec vid:

<https://forbiddenknowledgetv.net/the-end/>

> 🌿 Sent to me by a Key Updates reader. Comes with a time-segmented table of contents, in case you wish to fasty to the section(s) you're most interested in (I'm not keen on the last section, unless it would be for dietary-sustenance purposes only!). God bless and keep us watching, praying and preparing!

"The off-grid community in Paraguay you never heard of - a great Plan B in Latin America" - 1.06.56 hr vid

(Introductory blurb:) "I spent a few days in a particularly interesting off-grid community in Paraguay that also has all the comforts of modern life. I met the founder and his wife and they took me around the facilities and amenities. For now, about 250 settlers have moved there, mostly from Europe, and the community is growing fast. It has a school, organic food, fiber-optic internet, an industrial 3D printer, alternative health practitioners, etc. It really is a truly unique project. In this video, we discuss all of this in detail and also look at the community from a real estate investment point of view.":

https://youtu.be/jYGKkIG_jBk?si=MY0Si7i8GqaXwzZ-

> 😊 Today I was reading Isaiah chapter 24, in which it says (18-23), "And it shall come to pass, that he who fleeth from the noise of the fear shall fall into the pit; and he that cometh up out of the midst of the pit shall be taken in the snare: for the windows from on high are open, and the foundations of the earth do shake. The earth is utterly broken down, the earth is clean dissolved, the earth is moved exceedingly. The earth shall reel to and fro like a drunkard, and shall be removed like a cottage; and the transgression thereof shall be heavy upon it; and it shall fall, and not rise again. And it shall come to pass in that day, that the LORD shall punish the host of the high ones that are on high, and the kings of the earth upon the earth. And they shall be gathered together, as prisoners are gathered in the pit, and shall be shut up in the prison, and after many days shall they be visited. Then the moon shall be confounded, and the sun ashamed, when the LORD of hosts shall reign in mount Zion, and in Jerusalem, and before His ancients gloriously." A lot of what is happening (and going to happen!) can be for some a real "kick in the guts" spiritually. That's why it's important to remember that "80% of our immune

system is in the gut, and the majority of your body's serotonin is, too. This means if your gut isn't healthy, then your immune system and hormones won't function, and you will get sick." (see more on this at

<https://www.parkview.com/blog/the-importance-of-gut-health#:~:text=In%20fact%2C%2080%25%20of%20your.disorders%20like%20Hashimoto's%20Disease%20begin.>) So it's paramount that we keep up a healthy regimen both spiritually (see - <https://faithway.info/healing-scriptures-for-the-stomach-10-bible-verses-to-read-now/>) and physically.

"The Top 7 Nutrients to Support Gut Health, According to Dietitians - Probiotics and prebiotics aren't the only nutrients needed for optimal gut health":

<https://www.eatingwell.com/best-nutrients-for-gut-health-8574817>

12 February

> 🌟 • **"Report: Egypt warns Israel Rafah offensive may lead to suspension of peace treaty"**

(Excerpts:) "Egypt and Saudi Arabia have added their voices to a rising tide of criticism of a planned Israeli ground offensive in the Gaza Strip's southern city of Rafah...Egyptian officials warned the decades-long peace treaty between Egypt and Israel could be suspended if Israel Defense Forces' troops enter Rafah, or if any of Rafah's refugees are forced southward into the Sinai Peninsula...Netanyahu, according to the report, thinks the IDF would need to wrap up a Rafah campaign by the March 10 start of Ramadan, the Muslim holy month...Hammas, meanwhile, issued a statement Saturday saying military action in Rafah would have catastrophic repercussions that 'may lead to tens of thousands of martyrs and injured', for which the terror group would hold 'the American administration, international community and the Israeli occupation' responsible.":

<https://www.timesofisrael.com/report-egypt-warns-israel-rafah-offensive-may-lead-to-suspension-of-peace-treaty/>

- and -

• **"Israel Warned By Egypt, Jordan, and Saudis Against Rafah Invasion - Egypt Moving Tanks to Border":**

<https://haltturnerradioshow.com/index.php/en/news-page/world/israel-warned-by-egypt-jordan-and-saudis-against-rafah-invasion-egypt-moving-tanks-to-border>

- and -

• **"Israel Begins BOMBING Rafah - Tanks now moving in!"** - Includes .21 sec vid:

<https://haltturnerradioshow.com/index.php/en/news-page/world/israel-begins-bombing-rafah>

> 🤢 • **"Global Eugenicists Pick 'The Vax' as the 'Hill They'll Die On': New Round of Butchering Humanity Launched to Appease the Genocidal Psychopaths In the WHO, WEF, CDC And 'Big Pharma' - Colleges and Universities Issuing New Mandates For All Students To Be Vaxxed** - At least 69 colleges and universities across America renewing their COVID-19 vaccine mandates for their upcoming semesters":

http://allnewspipeline.com/Global_Eugenicists_Pick_The_Vax_As_The_Hill_To_Die_On.php

- and -

• **"SHOCKING VIDEO!! CDC ADMITS 120,000 CHILDREN DIED SUDDENLY FROM COVID-19 JABS!!"** - 3.43 min vid:

<https://www.bitchute.com/video/UEgo6gom26oV/>

> 🧐 Following on from yesterday's article "The End", here's **"Release of Apple Vision Pro 'mixed-reality' headset bringing society 'one step closer to dystopia'"** - Includes .31, .25, .13, .55, and .27 sec vids.

(Excerpts:) "It has been about a week since tech giant Apple unleashed its new Apple Vision Pro mixed-reality headset, and society is already witnessing the makings of a tech-driven dystopian nightmare in the streets...[will] Apple [be] liable for Apple Vision Pro drivers injuring, killing people?...the same people camping out to be the first to buy an Apple Vision Pro will also be first in line for brain chips...Mixed- and virtual-reality devices like the Apple Vision Pro really are a police state's dream come true."

<https://www.naturalnews.com/2024-02-11-apple-vision-pro-one-step-closer-dystopia.html>

> 📊 **"Were COVID lockdowns and 'distance learning' PLANNED to make today's kids and the next generation of adults DUMB ENOUGH to vote for more communism?"** - ie cabalistic control? Yes, YES, and YES!:

<https://www.naturalnews.com/2024-02-11-were-covid-lockdowns-planned-make-kids-dumb-enough-vote-for-communism.html>

> 😊 **"An 83-year-old doctor and triathlete transformed his health in his 40s. He shares his 4 key diet principles"** - Sharing in tandem with one of my many favourite health quotes, "If you don't take care of your body, where are you going to live?" I've had some people say to me, "Well, the reason you're so healthy is because you have good genes", to which I have several responses, one of which is, "I know some people who have been given exceptional genes, and they deliberately rubbed them with stones, put rips them up, cut holes in them..." and then the penny drops and they get the picture!

<https://www.businessinsider.com/aging-expert-diet-longevity-no-processed-food-healthy-eating-2024-2>

> 🌊🏄 **"My career was making me sad and anxious - then I learned to surf":**

<https://www.1news.co.nz/2024/02/10/my-career-was-making-me-sad-and-anxious-then-i-learned-to-surf/>

Reaction from my husband and avid surfer, Peter, to this article, prior to its release on Key Updates: "When surfing, one experiences the regenerative powers of negative ions. These negative ions are oxygen molecules with an extra negatively charged electron. Positive ions have the reverse effect and are generally most prevalent within crowded cities and spaces. Therefore, negative ions are good for our health. Studies show that 'negative ions are naturally created by the water, air, sunlight and the Earth's natural radiation. The highest concentrations of negative ions are in nature — mountains, forests, waterfalls, beaches, oceans — and are most prevalent around bodies of moving water. The action of the pounding surf creates negative air ions and we also see it immediately after spring thunderstorms when people report lightened moods.' Negative ions improve overall well-being by increasing serotonin release, which

alleviates depression, stress and energy and increases the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy. Scientific research shows that negative ions help to revitalize cell metabolism and neutralize free radicals. All surfers will attest to the fact that, when surfing, ideas, inspiration, calmness and peacefulness are felt when basking in the elements within the surf. Migrating birds also connect with this natural energy force when flying long distances and are often seen cruising just above the surface of the ocean in the zone of negative ions."

> 🤪 **"Enormous Foil Sunblock Plan Concocted By Israeli Scientists" - Another CERNeque scam destined for sky-high destruction! Come on, Jesus!**
(Underlines my emphasis:) "A group of Israeli scientists at the Technion Israel Institute of Technology have developed an enormous Sun blocking sheet of aluminum foil the size of Argentina, which they want to install permanently in space. The plan is to send the spacecraft to the Sun-Earth L1 Lagrange point, the point between the Sun and the Earth where the two's gravity nearly cancels each other out, and unfurl 2.5 million square kilometer slightly-more-advanced-than-tinfoil tinfoil, and block out enough sunlight to cool the Earth by 2.7 degrees Celsius. The team wants to space-road-test the concept first, with a much smaller \$20 million prototype, but apart from having devastating consequences for any life on Earth that needs light, the final version would be the single most expensive man-made structure ever and cost trillions of dollars."

<https://pravda-en.com/world/2024/02/12/315573.html>

<https://t.me/rtnews/56776> (includes 1.31 min vid)

13 February

> 💜 *With this being the last entry of the Key Updates' week, meaning that Valentine's Day will have come and gone by the time the next Key Updates is released, I will include Valentine's Day selections today. My dad always called me his "Valentine baby", not because I was born on Valentine's Day, but the day before. So perhaps that's why I always start celebrating early! Thank You, Jesus, for blessing us with True Love without measure, eternal and everlasting through Your giving of ALL Your Love that first loved us before we began to know to love, cherish, thank, praise, live and give our all for 🥰 YOU! 🥰 We love You!*

> 💜 **"The true story of St Valentine, his legend and legacy of love":**

<https://www.countrylife.co.uk/comment-opinion/legend-and-legacy-of-st-valentine-46542>

> 💜 **"What Is Valentine's Day and Is it Connected to Christianity? - Valentine's Day began as Saint Valentine's Day or the Feast of Saint Valentine. The feast was first established by Pope Gelasius I to honor one or two saints named Valentinus for being martyred on February 14."**

<https://www.christianity.com/wiki/holidays/what-is-valentines-day-and-is-it-connected-to-christianity.html>

> **A collection of very short love vids:**

• *I missed you and still love you! - Baby elephant welcomes his keeper home.:*

<https://fb.watch/q9dECII4em/>

• *Elephants remember love!:*

<https://www.facebook.com/reel/744502884299678>

• *I rhino love you! (along with an article):*

<https://www.goodnewsnetwork.org/rhino-finds-love-at-first-site-after-hes-matched-to-help-save-a-species-video/>

• *Owl take care of you! Let's kiss and hold hands!:*

<https://www.facebook.com/reel/744370724133470>

• *Now over to you, dear horses! Show 'em how it's done!:*

<https://www.facebook.com/reel/244770231553351>

• *Love is daring to care!:*

<https://fb.watch/puUF0CLWdV/>

• *In Key Updates 17 to 23 January 2024, I included an item underscoring delightful details about donkeys. Here is an example of their vocalised love for their buddy who passed on to join the donkey dears in The Beyond.:*

<https://fb.watch/q9dzj7Ui1H/>

• *“By this shall all men know that ye are My disciples, if ye have love one to another.” (John 13:35):*

<https://www.facebook.com/reel/953550019008445>

*****Disclaimer*****

In the process of compiling the following articles, Cathy Gehr attempts to provide newsworthy insights and information to help contribute to the interest of the reader. It is with sincerity of intention to offer discerning and often controversial commentaries in order to broaden and/or expose the truth behind world events and their impacts. By implementing due diligence, decipherability, common sense and a large measure of Christian-based foundation, the selection of this content has been presented with the intention to provide value to the readership. Although applying great attention to detail, as a matter of course, not all publicised opinions, commentaries and analyses will be a full representation of our personal beliefs. Mainstream media are bound to their limited guidelines and governances; whereas, we endeavor to offer another side of the coin, with confirmations from reputable sources, in an effort to reveal real and factual news stories. We encourage all interested and participating parties to embark on their own research to verify, validate, substantiate and authenticate for themselves the material therein.