

CAT LIVES MATTER

plus an update on recharging



by Miles Mathis

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I read today that some college students were triggered by a guy who had a “police lives matter” sticker on his laptop. That ain't nothing. As an informal cat breeder, I have some funny t-shirts, including “got kittens?” and “cat lives matter”. When I first wore my cat lives matter t-shirt out, some WHITE moron got in my face in Taos saying I was disrespecting BLM. At first I told him that the T-shirt said nothing about BLM, it said that cat lives matter. I told him I was a cat breeder, with kittens I gave away for free. He ignored that, insisting I was making a political statement. So I told him, “Look Bud, I make plenty of political statements. In fact, I make them all day long on my viral website, so if you want some disrespect, I've got it for you. You're right, I don't give a shit about BLM or you, because I am sure they are a CIA front and I suspect you are, too. I have zero respect for anyone who would harass someone for a cat t-shirt, so unless you plan to do anything about it, I suggest you get out of my face.” He was so shocked he couldn't think of anything to say, and while he was standing there slobbering into his shoes I walked right around him like he didn't exist. That's how it's done.

However, if you plan to follow my lead, I suggest you have a back-up plan just in case, as I do. I now always carry a very small canister of pepper spray in my front pocket, and when some bozo like this walks up to me, I put my hand in my pocket and get ready. Actually, I size the person up. If I think I can take him, I don't do anything. If I don't think I can take him, I switch the spray to the on position.

There are some other things you should know, as a matter of law. Depending on how such a person approaches you, they may already be guilty of assault. Assault doesn't include actual battery: that is why it is called assault *and* battery. Assault is simply the threat of physical harm. If someone rushes up to you and yells at you, threatens you, or makes you feel threatened of physical harm, you have

already been assaulted. You can sue and possibly win money or get the guy a few nights in jail. The black girls in the Infowars link aren't guilty of assault, because they are standing back, are small girls, and are not threatening. But if a man larger than you walks up to you menacingly and starts getting in your face, you are already being assaulted. Legally, you have a right to protect yourself. Ideally, you should just walk away. But if you feel like saying something, that is your right as well. You can say whatever you like, short of assaulting him in reverse. What I said was not assault, since I didn't move closer to him, threaten him, or menace him. All I did is stand my ground, which is never assault. At that point, any move by him toward you can be read as an attack, so just watch closely. If the wind isn't behind you and you need to use the spray, shift around at least 90 degrees so you don't get any blowback. Then spray, aiming right for his eyes. If that doesn't immediately incapacitate him and he decides to try to punch or grab you, kick him in the nuts. When it's over, YOU should call the police. You want to file the report on him, not the reverse. You don't want to flee, you want to make it very clear exactly what happened from the beginning. You also want to get witnesses. Witnesses are great, since most will be on your side, even if you kick the guy in the nuts. And don't worry about those who are shocked by the violence and aren't on your side. As long as they are honest in their reports, you can use their testimonies as well.

And remember, stay vigilant even if you decide to walk around the guy. He may run up to you from behind, so keep your ears and eyes open and your hand on the spray.

OK, now that we got that out of the way, I wanted to give you an update on the recharging paper. A reader sent me the book *Earthing* and an earthing sheet, which I agreed to try. That book is by Clinton Ober from 2014, and I wasn't aware of it until now. Since that date is after my important papers on the charge field, you have to wonder if Ober got the idea from me, but I found no evidence of that. He gets the main mechanism and result right, but misses that it is the Earth's **charge field** that is the fundamental field here, not the EM field. He recommends grounding by going barefoot, but doesn't spend much time promoting the proper shoes when you can't go barefoot. But his main solution to decharged buildings is to ground small areas of them directly by connecting them to a grounding rod out the window. Sort of silly, but I guess it is a decent stop-gap solution. A better solution is to reground the entire house by removing sub-floor and ceiling insulation and to de-electrify the house by removing wifi, smart meters, and anything of that sort. Running from one grounding mat to another isn't a long-term solution to this problem, and for most people neither is going barefoot 24/7 or sleeping outside on the ground.

My first night with the grounding sheet was not good, since I initially declined to plug it into the grounding socket in the wall, instead running it out the window and plugging it directly into the ground. But since the wire is so small and the plug is stainless steel, that didn't pull in enough charge to make much difference. Stainless steel is not a good conductor, and the plug should be made of silver or copper. Guess someone wanted to save some money. The other problem is that the grounding sheet is covered by a non-slip surface of plastic nubs embedded in a polyester fabric on the underside, which of course blocks charge from below—making the problem worse. My feeling is that I was actually getting *less* charge this way overall. The second night I plugged the wire into the socket, and that helped a bit, but I still didn't feel I was properly grounded. So I have now bought some of Ober's original materials, including a large grounding rod and metallic tape. I am going to tape my mattress in a grid and put his claims to a proper test.

Ober includes a section in the book on the science of grounding, but gets it mostly wrong. This is because his physicist, Gaetan Chevalier, is mostly mainstream and so he doesn't know about the charge field of the Earth, and the way it is recycled. Ober and the rest of his writers don't realize charge is rising all the time beneath them, driving ions with it, so—like the mainstream—they have to tie all their theories to electrons. Rather than electrons, they should be talking about photons. Biophotons, if you like, but really just photons. This is how they made the mistake of manufacturing an Earthing sheet out of polyester (plastic). Plastic is an insulator, and of course you don't want any insulators below you while you are sleeping. Your house is already blocking charge coming up from the Earth: that is the basic problem to solve here. Ober thinks the problem to solve is electrical currents in your house, and while that is a secondary problem in most houses, it isn't the main problem. The main problem is insulators blocking the charge field. Electrical fields only add to that problem, because the electrical fields in a house are AC and moving parallel to the ground. So in effect they create cross traffic that the rising charge field can't dodge. The circuit is partially broken.

This is why Ober mostly misses the problem of mattress construction. Mattresses should never be made of foam or polyester. Many or most box springs also have polyester coverings, non-slip surfaces, or internal foam. The easy solution with box springs is to just rip off the covering, leaving only wood and metal springs. You can then cover that with a cotton sheet, to hide the springs. But you can't do that with a mattress, so you have to throw the old foam and polyester mattress out and start over. The modern mattress is one of the worst inventions ever, since it is a compendium of poisons. Foam and polyester sprayed with flame retarders: you are just asking to get cancer.

The other thing I wanted to report is that I did buy some moccasins from [Footskins](#), but it required a special order. With a lot of research, I discovered these boots have a Poron insole imbedded in between the layers of leather, ruining them for our purposes. So I asked if the boots could be made without that. They can, so if you decide to go this route, you will also have to place a special order.

All-leather sandals are very hard to find. I bought an expensive pair from Italy ([Gianluca](#), Ebay), but they are a bit fem. I doubt I will wear them out. They work as house flips.

Cole Haan also makes a couple of styles of moccasin, one of which isn't too bad. It has rubber nubs on the soles for traction, but they cover only about half the sole, allowing some charge to rise. They also made an all-leather sandal, but I think it is discontinued.

I have also ordered an all-wool mattress and pillow from Bulgaria, so we will see how that goes. The website is [Home of Wool](#), if you want to check it out. I had initially planned to buy from The Futon Shop, since it is here in California and so I would have gotten the goods much faster. But after talking to a couple of people there via email, I got a bad vibe. I didn't feel like I could trust them to tell me the truth about flame retarders or anything else. Wool shouldn't require any flame retarders, but I was getting inconsistent replies from The Futon Shop.

If you are in France or central Europe, there are [some wonderful manufacturers there](#) who work in the traditional manner. But they don't ship to the US, as far as I can tell. They are also more expensive than Bulgaria.

On the way out, I will remind of what should be obvious here: one of the first things to get rid of is your phone. We all need to toss the cellphones and go back to groundlines. None of this will be solved until we do. This is because a lot of the EM pollution in your house doesn't even come from your house, or from the electrical system there. It comes from the ever-expanding wifi grid, now called 5G.

But the problem isn't 5G, the problem is anyG. We must revert as soon as possible to 1990 and 0G. I joked in yesterday's paper about the declining intelligence of the top Phoenicians, and this is one of the main reasons for a worldwide drop in IQ. People in general have become less intelligent, confused, disjointed, and foggy, and it is due to wifi. This is widely known, so I don't know why there isn't a strong push to reverse it. Humans just have an affinity for stupidity, I guess. Once they achieve it, they hate to give it up.

And in other news, in answer to those claiming my numbers have been falling since Google started interfering with my searches several years ago, that appears to be false. You just have to ignore Google and Alexa, which are controlled by my enemies, and consult [Similarweb](#). [In 2018, I checked this same site](#), and at that time my art site ranked 323rd in the world in arts and entertainment. That was shockingly high, but **it now ranks 68**. No rankings are available for my science site, which is very strange. While Alexa claims my monthly numbers run about 1,500, Similarweb reports they are more like 180,000. And even that is probably suppressed, since we saw Ourssite.com reporting numbers fifteen times higher a few years ago, before they were taken down. My 2018 link to them is now broken, the site is gone, and they have even been scrubbed from the Wayback Machine. They were reporting 28 million unique visitors a year in 2018 on the art site alone (not including the science site). Given my growth since then, which Similarweb confirms, that number would now be something like 35 million. If we add 15 or 20 million from my science site, we have something like 50 million a year for the combined sites. That makes more sense, because you don't reach a ranking like #68 in any category with 1,500 hits per month.

And in still other news, the Trudeau government in Canada just “survived” a new election, surprise, surprise. Sort of like Governor Gavin Newson just survived a recall in California—by stealing the election using computers, as usual. I predicted this back in 2012 when Wisconsin governor Scott Walker became the first governor to survive a recall election. . . by stealing it. I said no governor would ever get recalled again, and that is what we have seen. Many elections before 2000 were stolen, but they now *all* are. That was proved for the whole world to see by the Biden stealing, which was so in-your-face no one awake could miss it. That has now been proved beyond any doubt by the audit in Arizona, though of course the media has been ordered to misreport that or not report it at all. Even Zerohedge, which mirrors Infowars on many topics, strangely reported that the Arizona audit failed to flip the election, with Biden getting even more votes. No really, that is what they reported. Except that. . . that isn't what the audit found at all. The audit found enough vote fraud to flip the election many times over. In a leaked tape, the Maricopa county commissioner was caught admitting Diebold had stolen the election, and told us how it was done. He quit the next day. But we are supposed to believe he quit because Biden got even more votes? You can see why people call Zerohedge Zerocred. Let them sell you some Bitcoin!