

Our Vision

Our mission is to help as many people as possible find meaning, purpose and the spirit to live an empowered and inspired life.

We believe that with the right knowledge and direction, anyone can find the peace and freedom they so desire.

Through deconditioning and empowering practices, and with the knowledge we provide everyone can flourish in freedom and liberty and join us to help build together the World we want to be living in, creating heaven on Earth by taking back our responsibility and our God given freedom. We must be the change we want to see.

Power to the People!

Unfortunately for some, but fortunately for us (members and subscribers), we realise that *with great power comes with great responsibility* (the ability to act adequately to what is, not what was or what should be) and our voluntary acceptance of accountability for our actions and their results always be in sync with our principles.

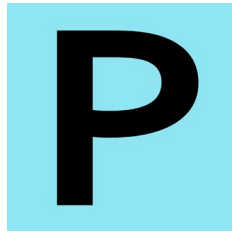
In this project, we share with you that we have learned so far as a financial professional, an employee, an entrepreneur, and a free human being. We hope to be an inspiration and contributor to your own path of meaning and truth, and that some of our insights serve you well.

To freedom and prosperity!



JOIN US ON ELEMENT

[Join our free community group over on Element](#)

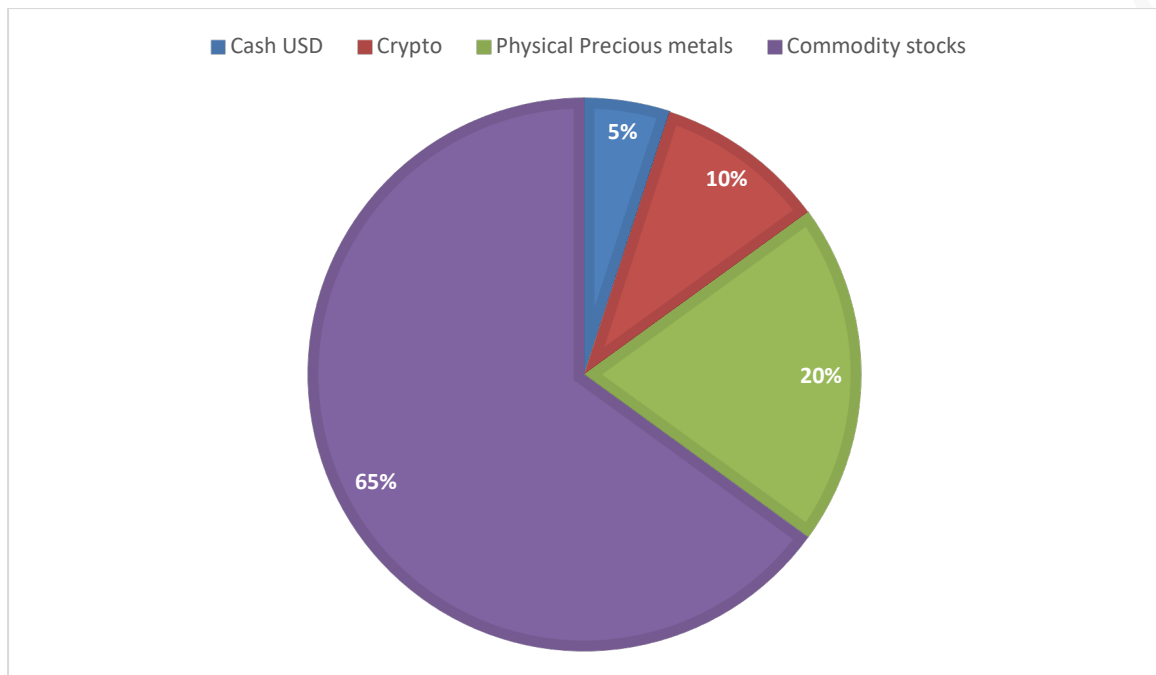


The People Empowerment Project- May 4th 2022

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1. Portfolio allocations By Kurt Corthout



We are using our cash position to buy 8% more stocks, all in the commodity sphere.

The other 2% of our cash position we allocate to a hedge to cover our portfolio for a potential further correction of the overall stock markets.

Our hedge suggestion in our last issue did not reach its buy price at 1.1 USD, the lowest was 2 USD. Anyone who got in has reaped in reward 6 USD per option, and since a single contract is 100 options, that would be a return of 600 USD per contract, with an investment of 200 USD. That would be about 300% in less than a month, allowing you to build cash and redeploy some cash in beaten down or corrected favourite stocks.

Currently, the most corrected stocks after a great surge higher since we added them are to be found in the Energy sector and more specifically, in the Uranium stocks and our Chinese stocks quoted on the HongKong Stock Exchange.

More about the individual picks below.

2. Our World Today By Kurt Corthout

While the narrative about the supposedly deadly virus started to show many cracks, suddenly the attention has been shifted to Russia's invasion of the Ukraine.

And all things bad, like rising energy and food prices are now all being blamed on this event, while of course the prices were already rising big time way before the Russian invasion, due to money printing by central banks (quantitative easing) and destructive measures worldwide to cope with the so-called deadly virus by locking up people in their own houses, preventing them from earning a living.

In the meantime, in China, Shanghai they keep the fear narrative alive and are locking up 26 million people in their own homes and apartments for weeks on end, with no end in sight, even fencing of residential apartments to prevent people from leaving their homes, while many allegedly haven't got access to necessary items as food and medicine. All because of a new Variant, the XE variant...

[Shanghai COVID lockdown: Fences appear around residential buildings to keep people in their homes as strict rules continue](#)

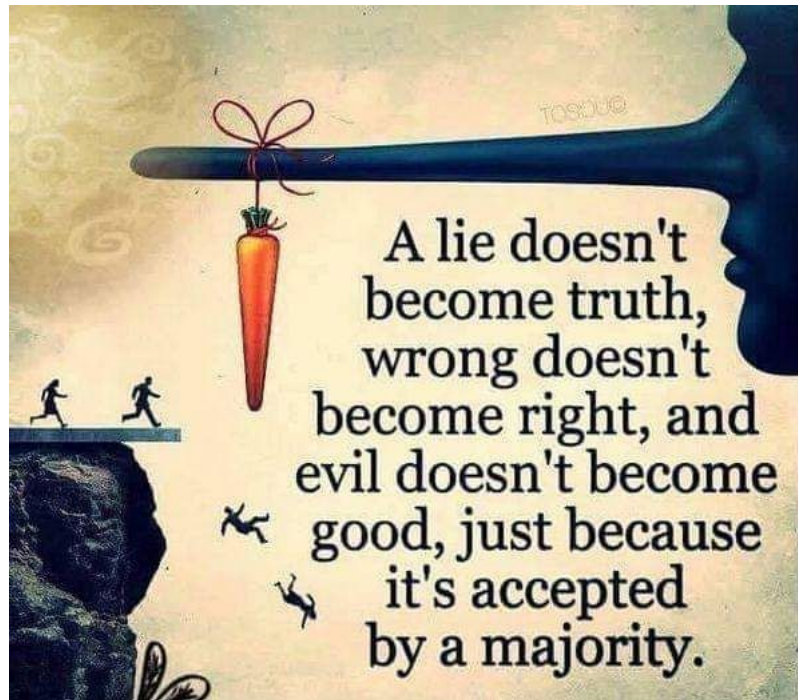
So, this whole thing is not over yet and I expect this lockdown madness to come back with a vengeance come autumn in the Northern Hemisphere.

In addition, in the background, a [Global Treaty](#) is being spun by the WHO which will overrule any sovereign nation regarding how they tackle the next real, or fake pandemic. So, mandatory vaccination and mandatory digital IDs with a Chinese style social credit system are all in the making for humanity as long as we continue to comply with the totalitarian demands put upon us by authorities worldwide.

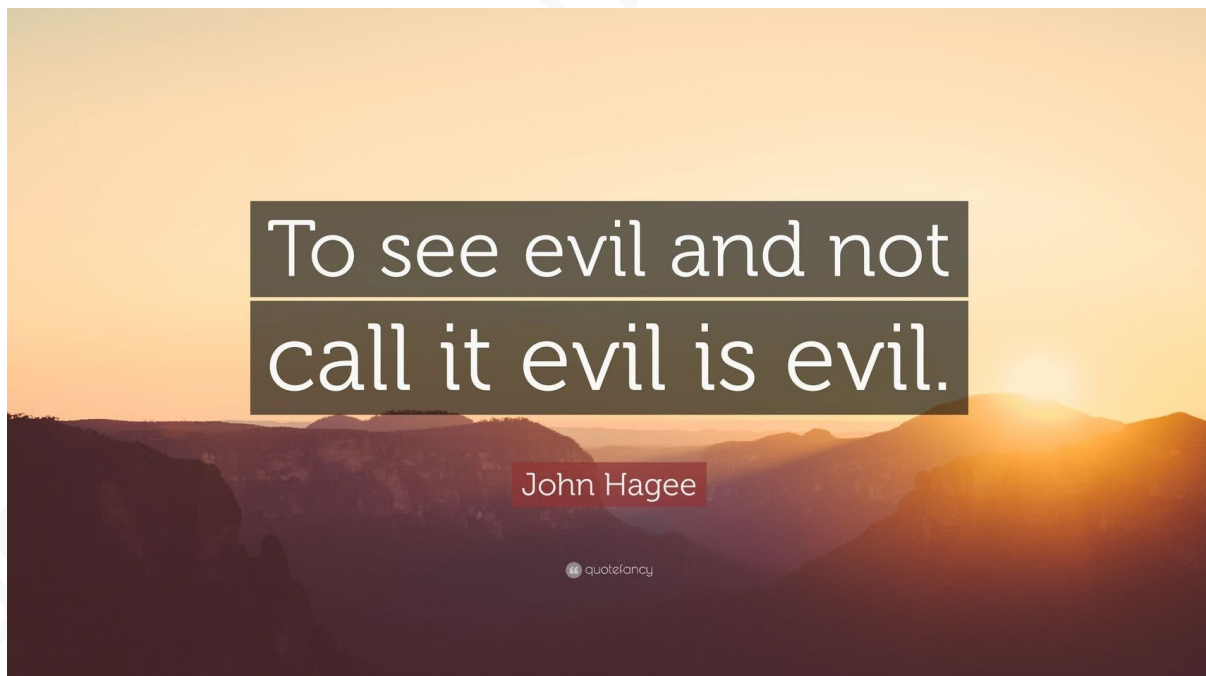
Europe seems to be spear heading towards digital slavery by the implementation of their mandatory [digital ID implementation](#).

So, what is the solution? Just say "NO!" if it makes little sense to you, and you are not putting anyone else in danger and, of course, if you know you are being told lies. Speak up and challenge lies.

How to ignore those negative, abusive people? Have a look [here](#) for some inspiration

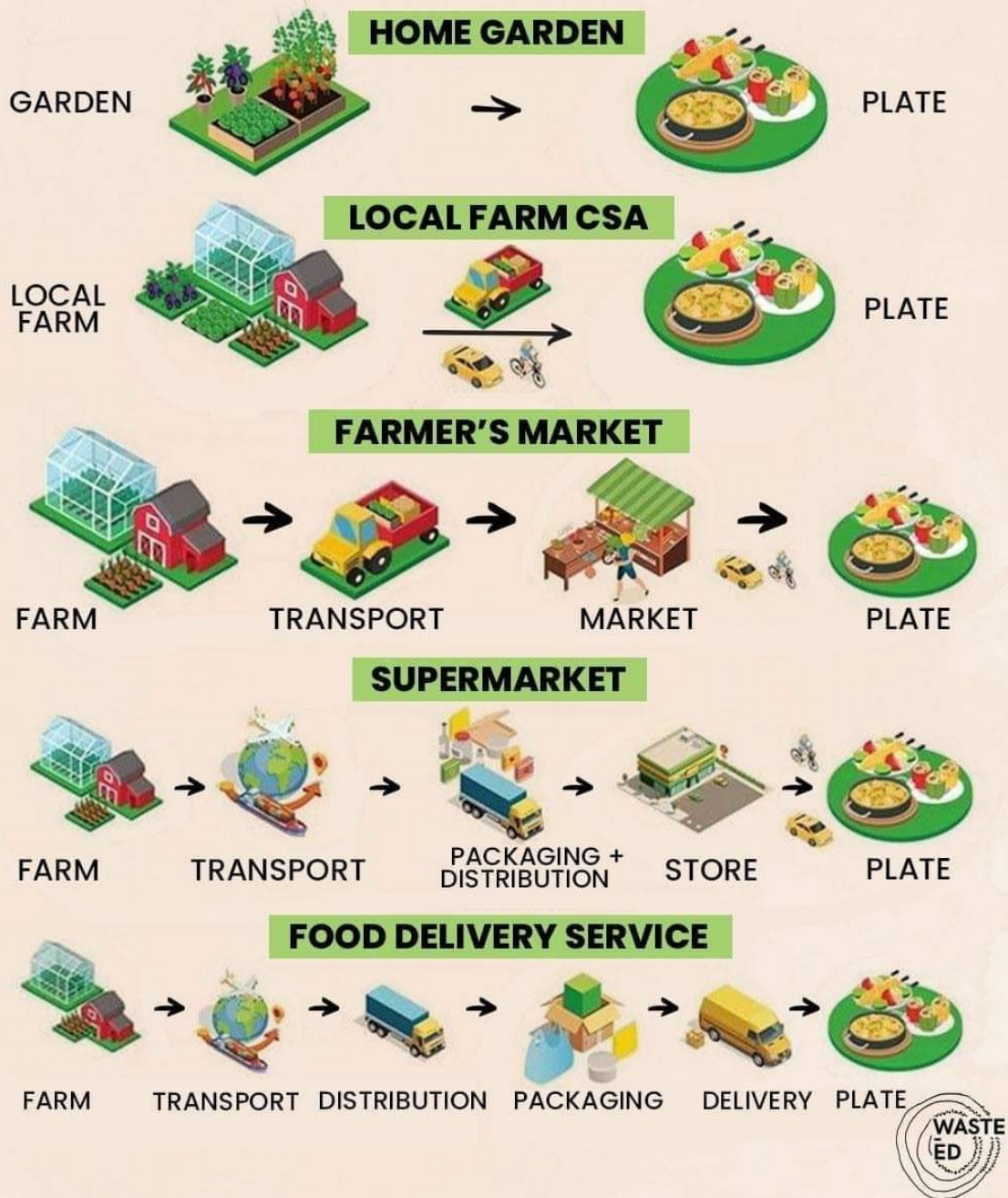


People who get upset if you ask them to clarify their reasoning may be in cognitive dissonance, or know they are in danger, by you exposing their intentional lies. Any other reasonable person would not mind exploring together what is true or not and hence, is not afraid nor gets upset discussing their viewpoints.



Another part of the solution is to grow your own food or at least shorten your food supply chain combined with piling up on things to barter with.

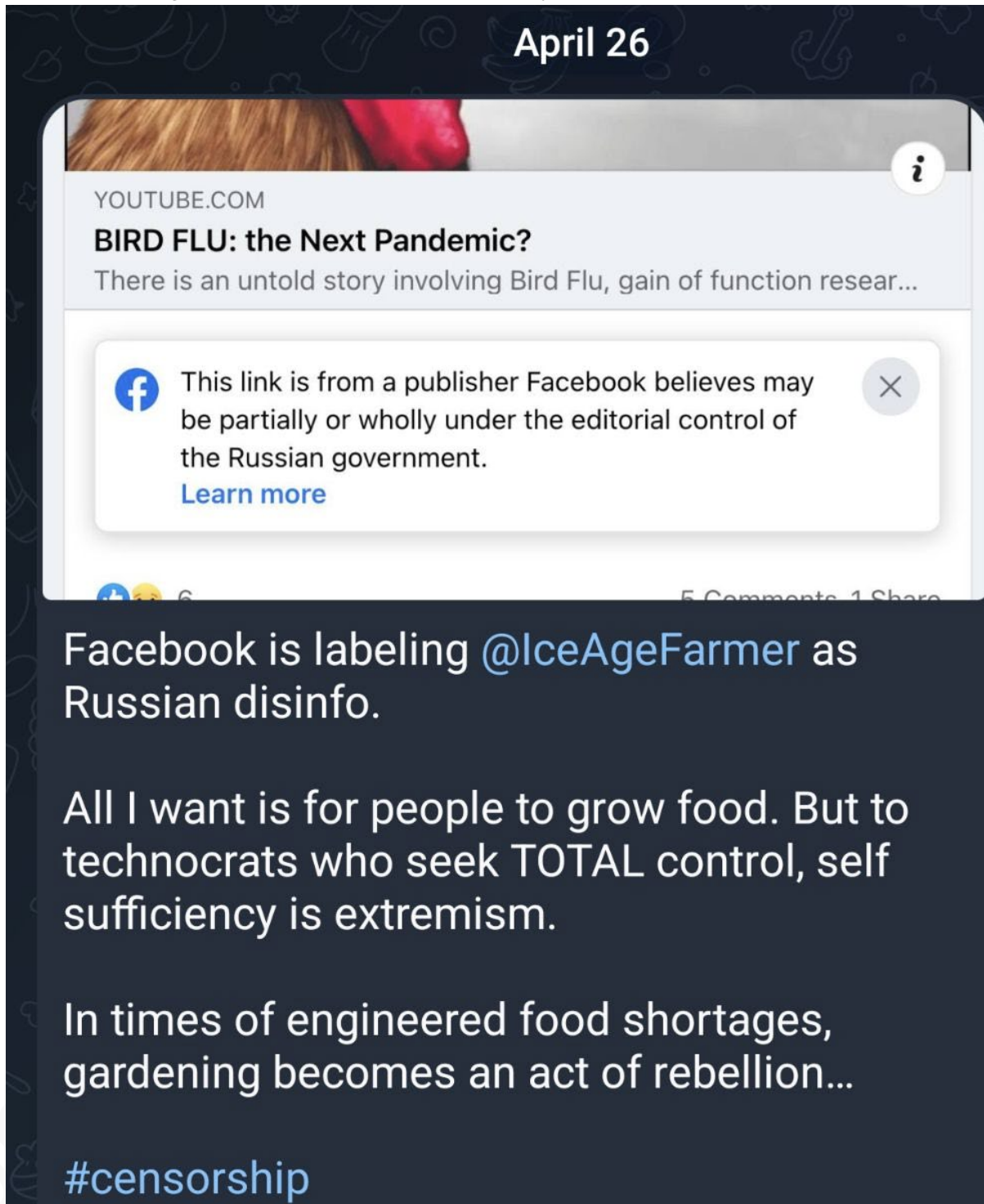
SHORTEN YOUR FOOD CHAIN



The alternative is to give up everything that makes us human and submit to the whims of the sociopaths in power who have a trans-humanist agenda which they may call '[Human enhancement](#)' to complete and want you to submit to any request they may come up with, yes, any...

If you are in a situation or can create the environment to grow your own food, check out

this video [on the war on Food going hot is the one from Icer Age Farmer](#), who now is being accused of being a Russian disinformation outlet by Facebook.



This, while many food-processing and other key food facilities in the US & around the World seem to be catching fire of late. [JP Sears gives a great summary of the facts here.](#)

Dr. Benjamin Braddock @GraduatedBen

Several very large food processing plants in the US have blown up/ burned down in the past few days

newsweek.com

7 injured in explosion as fire engulfs food plant; smoke visible for miles

1:48 PM - 22 Apr 22 - Twitter for iPhone

Dr. Benjamin Braddock @Gradu... - 1d

Not just the US either - in last month in Taiwan at a grocery logistics center, absolutely massive fire

Dr. Sandeep Seth W... - 13 Mar

Huge fire breaks out at Carrefour logistics center in northern #Taiwan

Photos: Bonanza Meat Co. building fire on Palisado Drive near Downtown El Paso

Fire erupts at meat processing facility in Lackawanna County

The fire broke out around 5:30 p.m. at the Meck Inc. Swine Company meat processing plant.

Crews battle major fire at Cobb County meat company

FIRE SHUTS DOWN NEBRASKA JBS BEEF PLANT

Massive fire at Salinas food processing plant contained, evacuations lifted

Dr. Benjamin Braddock @Gradu... - 1d

Last month, Wal-Mart distribution center

Dr. Benjamin Braddock @Gradu... - 1d

Taylor Farms, Salinas CA

J831 @JaimeNoyola - 14 Apr

Taylor Farms is on fire #taylorfarms #salinas

Cattle rescued after fire destroys meat market

Large fire at Tyson poultry meat plant in Hanceville, Alabama

Fire shuts down Hot Pockets plant in Jonesboro

Wisconsin River Meats says portion of Mauston plant a total loss after fire

Fire destroys Deli Star meat plant in St. Clair County

SEVERAL AREA DEPARTMENTS RESPOND TO FIRE AT SMITHFIELD FOODS

Explosion Causes Fire at Oregon Potato Chip Plant

FOOD IMMEDIATE RELEASE

FIRE DESTROYS AZURE STANDARD HEADQUARTERS FACILITY

No injuries. Cause under investigation.

DUFUR, OREGON - APRIL 19, 2022: The headquarters of Azure Standard, the USA's largest independent food distributor, were destroyed by the overnight. There were no injuries. The cause of the fire is unknown and under investigation. The loss of the facility and the impact on company-wide operations is being assessed and expected to be limited and temporary for other Azure Standard facilities were affected.

Azure Standard founder and CEO David Stalter issued the following statement:

"While the HQ facility is a total loss, and a few product lines will be affected for the short term, other Azure Standard facilities are operating as close to normal as possible. Most importantly, we are grateful no one was injured. Our dedication to providing the highest quality food and products will continue as always. We ask for your patience and prayers as we take steps to adjust and rebuild. We appreciate our Azure Standard community and the many expressions of support we are receiving and will continue to update our vendors and customers as needed. We expect the impact to be short-term, limited to supply and manufacturing."

He also stated, "For our customers, three primary product groups are affected due to the destroyed automated liquid pour facility: that packing facilities and candy products facilities." He continued, "Because of this, we will expedite out-of-stock status for Azure Market oils, honey and vinegars. Similarly any Azure Market liquid products, as well as our candy products for the short term. We are not at full health, as no immediate impact will be experienced from the loss of our hot packing facility. None of the products we distribute for our vendors will be affected." He concluded.

About Azure Standard

Azure Standard is an independent, family owned and managed firm based out of Dufur, Oregon. It is also one of America's largest independent distributors of natural, organic and non-GMO foods as well as farm, honey, nut butter and gourmet related products. Founded in 1987 by CEO David Stalter, Azure Standard serves customers online and via traditional methods, independently distributing over 12,000 products, including other nationally known brands, all over the United States for businesses and direct to consumer.

Dr. Benjamin Braddock @Gradu... - 1d

@yelowen mentions yet another - in New Hampshire,

WMUR TV @WMUR9 - 12 Apr

Crews battled fire for 16 hours at East Conway Beef and Pork wmur.com/article/crews...

Fire Causes Over \$100,000 in Damages At San Antonio Food Processing Plant

FIRE RAVAGES MCGURR POTATO PROCESSING PLANT IN BATTLE, MAINE

Multiple alarm fire at food processing operation on Hamilton Mountain

Levels Oregon reports fire at targeted US employees, standard plant

Memphis Fire Department responds to 3rd alarm fire at Kellogg's Company

Explosion and Fire Reported at Cargill-Nutrena Feed Mill

Explosion Causes Fire at Oregon Potato Chip Plant

Explosion Causes Fire at Oregon Potato Chip Plant

The screenshot displays a trading interface for the Euro / U.S. Dollar (1W FXCM) on a dark background. The main chart is a candlestick price chart with a 1-week timeframe. The price is currently at 1.04987, with a 1-day 16-hour change of -0.00013 (-0.12%). The chart includes several technical indicators: DMI (Directional Movement Index) with ADX, DI+, and DI- lines; Stochastic MACD with %K and %D lines; and LRSI (Long-Range Stochastic Index) with a green line. The x-axis shows the timeline from 2014 to 2024. The y-axis on the right shows price levels from 0.00000 to 1.30000. The bottom of the chart has a navigation bar with timeframes (1D, 5D, 1M, 3M, 6M, YTD, 1Y, 5Y, All) and a settings icon.

I have claimed for a long time that the EUR from its high around 1.41 USD would fall to parity. We are not far from this now. And this goes together with skyrocketing energy prices self-inflicted by the suicidal moves of Europe (like banning Russia from the SWIFT system, and yes, banning their exports) against Russia's recent moves regarding Ukraine.

This takes us nicely on to what I think is the best sector for the next 8 years or more.

Commodities and their related value stocks.

3. More Commodity Stocks By Kurt Corthout

Commodities have been on a roll since we started our Newsletter. Some of you may be asking yourself now whether you've missed the train? Is there still upward potential in the commodities markets?

Well, the following visualization may help you answer that question yourself.

GSCI Commodity Index/S&P 500 ratio



Commodity Bull Supercycles			Commodity Bear Supercycles		
	Percentage Gain	Length (Years)		Percentage Gain	Length (Years)
1791-1814	132.5%	23.5	1814-1843	-62.2%	28.3
1843-1864	208.2%	21.6	1864-1896	-70.7%	31.8
1896-1920	269.7%	24.0	1920-1933	-65.7%	12.8
1933-1951	331.5%	18.3	1951-1971	-38.6%	20.4
1971-1980	249.5%	9.1	1980-1999	-45.7%	18.6
1999-2008	291.8%	9.0	2008-2020	-73.2%	11.7
Average Bull	247.2%	17.6	Average Bear	-59.4%	20.6

www.stansberryresearch.com

Source: Bloomberg, Wells Fargo Investment Institute

So, as you probably have noticed from the above graph and table, we are just getting started and personally; I think it is safe to say that we are probably good for the next 9 years minimum, to be invested in commodities after the end of the last 11.7 years bear market.

Many stocks are still dirt cheap, especially compared to the S&P500 or the Nasdaq, and the bigger part of the investors community still thinks that the inflation we are seeing is temporary and/or transitory. In addition, the FED claims they will tame the different price inflations they have created themselves in the first place.

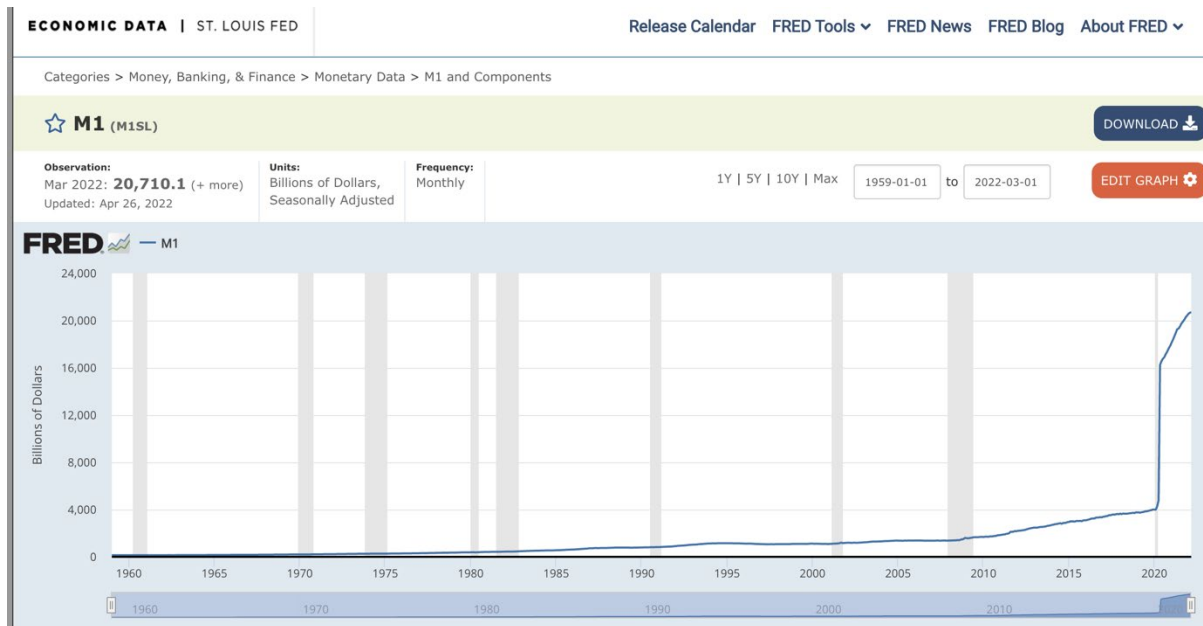
I think that they cannot, and will not allow it, they talk the market down and will wait for some real or orchestrated event to turn their hawkish talk into a hyper dovish stance, continuing the printing of currency and allowing them and their Davos' friends to profit from [the Cantillon effect](#) and buy it all. Since, in the end, their goal is that by 2030 'You'll own nothing and be happy'.

The FED is issuing debt units (USD fiat currency) in order to buy (your) assets.

Below their Balance Sheet (the asset purchases)



Which they continue to accumulate with more and more printed currency they create out of thin air. You know this already if you went through '[The Hidden Secrets of Money](#)' series from Michael Maloney and/or have read the book '[The creature of Jekyll Island](#)'



Hence, we think currently the market is making a gradual shift from the financial markets (like tech and real estate) towards real assets, like commodity stocks.

Growth vs. Value Stocks



Source: www.Longtermtrends.net

So, what are we buying now?

Besides from existing energy related stocks, we add some new stock plays which we buy from our cash position (we allocate 80% of our 10% portfolio cash position, the other 20% of the 10% goes towards our hedge play).

Oil Technip FMC up to 8 USD

TechnipFMC Plc is an energy service company, which engages in the provision of solutions for the production and transformation of hydrocarbons. It operates through the following segments: Subsea and Surface Technologies. The Subsea segment engages in designing, engineering, procurement, manufacturing, fabrication and installation, and life of field services for subsea systems, subsea field infrastructure, and subsea pipe systems used in oil and gas production and transportation. The Surface Technologies segment designs and manufactures products and systems, and provides services used by oil and gas companies involved in land and offshore exploration and production of crude oil and natural gas. The company was founded in 1884 and is headquartered in Newcastle Upon Tyne, the United Kingdom.

We bought Technip FMC on the 19th of April which we announced with our Trading Alert on our Stocks room on our Element group. Results did not surprise the markets too much and with falling energy prices since then, the stock price of retraced a bit further.

Although results were a tad better than analyst expectations.

<https://www.tradingview.com/news/mtnewswires.com:20220427:A2648216:0-technipfmc-reports-flat-q1-adjusted-loss-lower-revenue-shares-down-after-hours/>

But, with a price/book value of less than 1.04, we think TechnipFMC is cheap from a fundamental perspective, and the chart looks like a nice bottom may be in.



Freeport McMoran up to 44 USD (NYSE:FCX)

Freeport-McMoRan, Inc. engages in the mining of copper, gold, and molybdenum. It operates through the following segments: North America Copper Mines, South America Mining, Indonesia Mining, Molybdenum Mines, Rod and Refining, Atlantic Copper Smelting and Refining and Corporate, Other and Eliminations. The North America Copper Mines segment operates open-pit copper mines in Morenci, Baghdad, Safford, Sierrita, and Miami in Arizona and Chino and Tyrone in New Mexico. The South America Mining segment includes Cerro Verde in Peru and El Abra in Chile. The Indonesia Mining segment handles the operations of Grasberg minerals district that produce copper concentrate containing significant quantities of gold and silver. The Molybdenum Mines segment includes the Henderson underground mine and Climax open pit mine, both in Colorado. The Rod and Refining segment consist of copper conversion facilities located in North America and includes a refinery, rod mills, and a specialty copper products facility. The Atlantic Copper Smelting and Refining segment smelts and refines copper concentrate and markets refined copper and precious metals in slimes. The Corporate, Other and Eliminations segment consists of other mining and eliminations, oil and gas operations and other corporate and elimination items. The company was founded by James R. Moffett on November 10, 1987, and is headquartered in Phoenix, AZ



Hilong Holding on HKEX (Code 1623) – 1 %, buy up to 1 HKD

Hilong Holding Limited is an investment company, which engages in the manufacture and distribution of oil and gas drilling equipment. It operates through the following segments: Oilfield Equipment Manufacturing and Services; Line Pipe Technology and Services; Oilfield Services; and Offshore Engineering Services. The Oilfield Equipment Manufacturing and Service segment comprises of the production of oilfield equipment and provision of OCTG coating services. The Line Pipe Technology and Service segment provides services related to oil and gas pipeline and production of coating materials for anti-corrosive and anti-friction purposes. The Oilfield Services segment offers well drilling services, integrated comprehensive services, OCTG trading, and related services to oil and gas producers. The Offshore Engineering Services segment consists of offshore engineering services and offshore design services. The company was founded in 2001 and is headquartered in Shanghai, China.

Hilong Holding at current prices is trading around a Price to Book Value (P/B) of only **0.22**.



Mongolian Mining (code 975 on the Hong Kong Stock Exchange) – 1 %, buy up to 4 HKD

Mongolian Mining Corp. engages in the mining, processing, and trading of coal. Its project portfolio includes the Ukhaa Khudag and Baruun Naran. The company was founded on May 18, 2010 and is headquartered in Ulaanbaatar, Mongolia.



With a Price to Book Value of 0.57 this company is cheap and in the right sector (the one which the West is handing over in a basket to China, Coal). We buy up to 3.5 USD

Yankuang Energy group Code 1171 on HKEX – 1 % (Coal), buy up to 23 HKD

Yankuang Energy Group Co., Ltd. engages primarily in the mining business. It also engages in the coal railway transportation business. It operates through the following segments: Coal Mining, Coal Railway Transportation, Methanol, Electricity and Heat Supply, and Equipment Manufacturing. The Coal Mining segment refers to the underground and open-cut mining, preparation and sales of coal and potash mineral exploration. The Coal Railway Transportation segment is the provision of railway transportation services. The Methanol, Electricity and Heat Supply segment is the production and sales of methanol and electricity and related heat supply services. The Equipment Manufacturing segment manufactures comprehensive coal mining and excavating equipment. The company was founded on September 25, 1997 and is headquartered in Zoucheng, China.



Turquoise Hill Resources (Copper) – 1 % Buy up to 29.5 CAD

We are putting in a lower bid price than the current market price because that recent gap you see on the chart often gets closed and we are not in a hurry to buy given the global macro situation and potential forced liquidations creating some pressure even in cheap value stocks.



Turquoise Hill Resources Ltd. engages in the exploration and development of mineral properties. It focuses on Oyu Tolgoi Copper-Gold Mine. The company was founded by Robert Martin Friedland on January 25, 1994 and is headquartered in Montreal, Canada.

Turquoise Hill Resources has a price to Book Value of only 0.6.

Sinopec Engineering Group - 1 % buy up to 5 HKD

SINOPEC Engineering (Group) Co., Ltd. is a holding company, which engages in the oil refining and chemical industries. It operates through the following segments: Engineering, Consulting and Licensing; Engineering Procurement & Construction Contracting (EPC Contracting); Construction; and Equipment Manufacturing. The Engineering, Consulting and Licensing segment includes research and development, feasibility studies, and compliance services. The EPC Contracting segment offers engineering, construction, and project management services. The Construction segment provides infrastructure services such as oil and gas storage, pipelines transportation, expansion, repair and maintenance, and large equipment lifting. The Equipment Manufacturing segment designs and develops oil refining equipment and provides spare parts for chemical facilities. The company was founded July 24, 2007 and is headquartered in Beijing, China.

Fundamentally, SINOPEC is dirt cheap. A Price to Book Value of 0.49, with basically no debt to speak of, and this with a dividend yield of 9.44%.



Sibanye – 1 % Buy up to 15 USD

Sibanye Stillwater Ltd. engages in the provision of precious metals mining services. Its portfolio includes the platinum group metal (PGM) operations in the United States, South Africa, and Zimbabwe; gold operations and projects in South Africa; and copper, gold and PGM exploration properties in North and South America. The company was founded on November 7, 2014 and is headquartered in Weltevreden Park, South Africa.

Sibanye has a dividend yield of 8% and a Price to Earnings ratio of only 5.3. Value to me.

And recently gave some price back, which creates a good entry point in my opinion.



Zimplats – 1 % Buy up to 31 AUD

Zimplats Holdings Ltd. engages in the production of platinum group and associated metals. The firm's metals include platinum, palladium, rhodium, iridium, ruthenium, nickel, gold, copper, cobalt and silver. It operates mines in Ngezi and has processing plants in Selous and Ngezi. The company was founded on July 10, 1998 and is headquartered in St. Peter Port, the United Kingdom.

Talking about dividend yields, Zimplats offers currently an 18% dividend yield!

And that with a Price to Book value of only 1.2 and a Price-Earnings ratio of 4.8.



4. Technical Analysis By Kurt Corthout

As depicted in our previous issue, we were expecting more weakness, and so far, we are right on that track.

For Bitcoin we are now below 40k and the odds are in favour of more downward movement.

Maybe we turn from support around 36.5 K, so one could get back in around there with a tight stop or start dollar cost averaging in over a period of 2 months since a low of 29.5K USD for BTC is still possible.

As written before, my aim is to change all my DHF.TK allocated funds into mostly XMR if BTC would dive below 30K...

For now, XMR is following what BTC is doing. So not really an out-performance of XMR compared to BTC as can be seen in below XMRBTC chart.



What we do see though is a breakout, and hence we may be on the verge of a change in favour of XMR. For now, though, I wait for confirmation before pulling the trigger.

Traders could speculatively buy here, with a tight stop of about 3% or so, since we are right on the support line again (previously the upper blue line was resistance and is now serving as support, since it has been broken on a weekly close, to the upside).

For BTC we see a similar pattern, close to support around 36300-36500 USD, but if that support fails, we may go lower towards the 29K-30K USD for BTC.



Most if not all other coins are following BTC, carnage in BTC will be blood in the streets for altcoins including our Metaverse exposure. Hence, you do well if you hedge your exposures in BTC in stocks.

The advantage of stocks is that they may give you a nice dividend while waiting for the tide to turn. And value stocks and cyclicals may even go up while the trendy stocks of recent decades go down. (Like major tech companies, like Netflix)

Nasdaq has formed a sell signal and support may be as low as 9491 USD, which is about another 28% down from here, and a total correction of about 42 %.



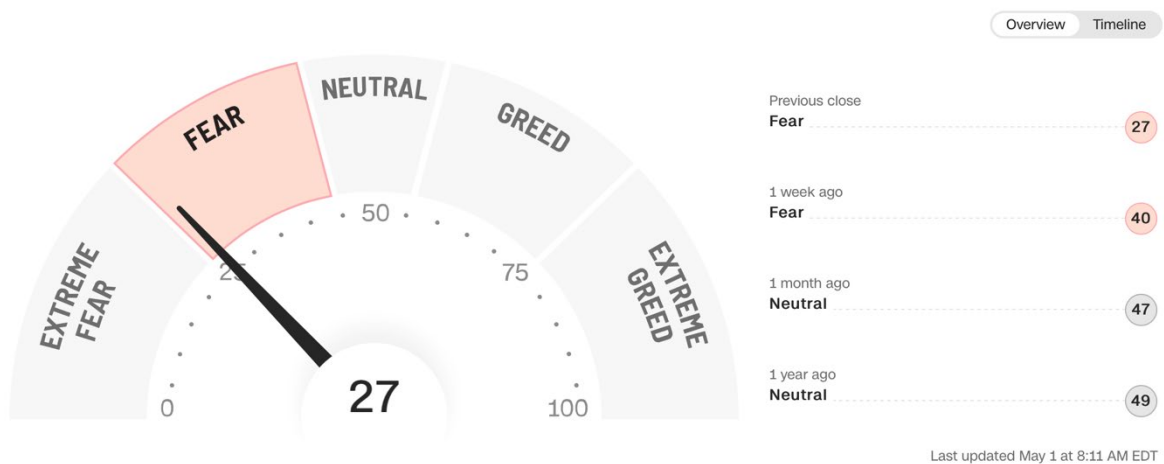
If you don't want to use options, you can consider buying the inverse ETF for Nasdaq, like QID. QID seeks daily investment results, before fees and expenses, that correspond to twice (200%) the inverse (opposite) of the daily performance of the NASDAQ-100 Index.

5. The Macro Picture By Kurt Corthout

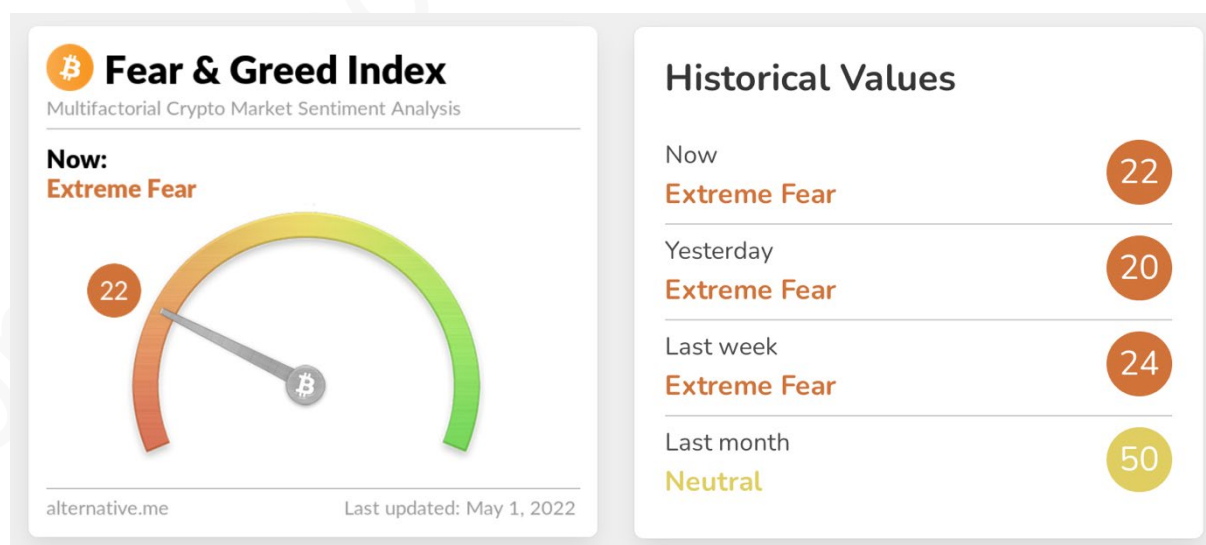
The fear is in the market, but we may have further downturn since we have only just entered the Extreme Fear territory for cryptos and are not in Extreme Fear yet in the overall markets. However, in my opinion, we soon will be! Creating a great buying opportunity heading into summer.

Fear & Greed Index

What emotion is driving the market now?
[Learn more about the index](#)



Source: [CNN](#)



Meanwhile, the 10 Year Yield of the US Treasury is nearing, and will likely pinch through the 3%, which will create more pressure on the stock markets.



After this correction has fully played out, which I think may happen over the month of May as described in previous issues of our newsletter. 'Sell in May and get away, but remember to come back in September'.

Although, we are not going to wait so long to get back in the market. We are going to buy during the drop which seems to be unfolding now in earnest.

I speculate that the FED, who is expected to raise their FED fund rate by 50 basis points in May, right into a very weak economy, to back-peddle after the carnage on the overall market begins to pick up steam. And if they do, or start to talk a bit more dovish, the markets will pick up again, believing they will continue to inflate and reinstate the 'FED put'

But, they need an event to blame the market correction on and then make you believe they are the heroes 'rescuing the markets', while all they do is invent reasons for them to continuing buying it all as mentioned before in this issue>

6. A Walk in the Metaverse By James Allard

Today will be a brisk walk through the metaverse, that is not to say there hasn't been much news, we've had the largest ever NFT launch ever with [\\$300 million in land sales for the Bored Ape Yacht Club from Yuga Labs](#), then there is the announcement of the [first football league to enter the metaverse](#) and some new metaverse tech has been unveiled that will [allow users to 'kiss & feel'](#) – all very exciting I'm sure you'd agree (or maybe not) – but nothing really that's grabbed my attention. The metaverse portfolio remains the same, and I have seen nothing new for the immediate future that needs paying attention too.

When the cryptocurrency market eventually begins to pick up, I too expect this space to spring back into action, or at least noteworthy action. New technology is emerging, new blockchain technologies are being developed and upgraded to cope with mass adoption of metaverse's – so, regardless of what the nay-sayers say, the metaverse will dominate the market over the coming years, this I am quite sure of (apocalypse depending).

So, if you haven't already positioned yourself in this space, now could be a good time to begin accumulating some of our recommended tokens from our metaverse portfolio.

In previous newsletters we published this portfolio freely, however from this issue onwards the portfolio is only visible to paid subscribers. That said, I clearly stated earlier that it hasn't changed and you can download previous newsletters [HERE](#)

"But listen – a movie that gives one sight and sound. Suppose now I add taste, smell, even touch, if your interest is taken by the story. Suppose I make it so that you are in the story, you speak to the shadows, and the shadows reply, and instead of being on a screen, the story is all about you, and you are in it. Would that be to make real a dream?"

Stanley G Weinbaum, *Pygmalion's Spectacles* (1935)

7. Self-Help – Does it Work? By James Allard

There is nothing better than listening to a great speaker, with great words of wisdom about how we can '*be better*', how we can '*thrive & prosper*' and how we can become '*financially free*'. The words all make sense, in fact, it is almost like you already knew the wisdom they had to offer, but somehow hearing it from another, spoken with so much passion, made the path to success seem clearer.

And then, it comes to an end, and your day continues, in the same way it always does, you do those same nasty habits you always do and you make excuses for why '*it can wait until tomorrow*'.

The truth is, we already know how to help ourselves and become better people. We know how to begin the road to prosperity, but most of us fail to act. We prefer to keep listening to the advice and the obvious wisdom from successful people who have already made it. We form heroes in our minds, people to aspire too, and yet, never quite making the necessary changes required to begin the long and treacherous path to success and well-being.

The self-help industry is a thriving one. Motivational speakers now dominate much of the Social Networks and media streaming platforms. Their books fill the pages of Amazon and their subscription services and other products, and services are selling like hot cakes.

According to [Market Research](#), the self-improvement market was worth \$9.9 billion in 2016 and is estimated to grow to \$13.2 billion by 2022 with 5.6% average yearly gains.

- Self-help audiobooks – \$769 million (5.6% growth YoY);
- Self-improvement books – \$800 million (6% growth YoY);
- Self-improvement apps – \$27 million;
- Personal coaching services – \$1 billion in the US (source);
- Motivational speakers – \$1 billion per year combined.

In a recent survey, 94% of millennial's said they would be willing to spend \$300 a month on self-help products and services.

Now there are a couple questions which few fail to ask:

1. Why are so many people looking to others for answers on how to become something better than they are?
2. Does self-help content, products and service actually work?

In answer to the first question, I think the answer is relatively simple. Over the past few decades, it has become ever harder to keep up with the ever-growing expectations of modern living. In the 80s and into the 90s western civilisation reached its peak of prosperity.

A working-class family could work their 9 to 5 job, the mother could stay at home with the children and there would be enough money coming in to live in a sizable house and garden in a relatively pleasant neighbourhood. There were no mobile networks, satellite television, Netflix and sports premium subscriptions to tempt you. Fuel was cheap and household services like Gas, Electric & Water were peanuts (, well, kind of). It was a time of relative bliss; indeed, it had its moments, and undoubtedly there were struggles for many – but the formula was simple, and it worked. Leave school, get a job, work 9 to 5 and you WILL be able to provide for your family.

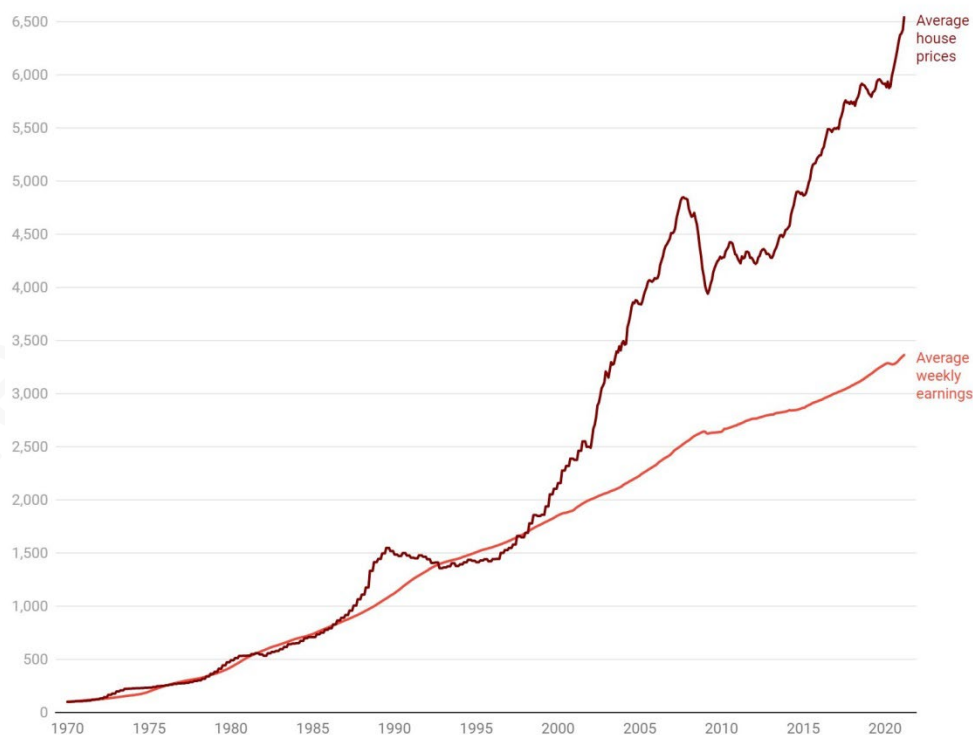
But these times have long since ended. The formula has changed, and the results are less predictable than they once were. Add to this the ever-increasing temptations delivered directly into your smartphone 24/7 and the constant reminder of those who are doing far better than you. The housing market has outpaced the average wage packet by almost double:

The average house in March 2021 cost more than 65 times the average UK home in January 1970, but average weekly wages were only 35.8 times higher, according to data from the Office for National Statistics. - [Source](#)

The following chart puts this massive disconnect between house prices and wages into perspective:

Since 2000, house price growth has significantly outpaced wage growth

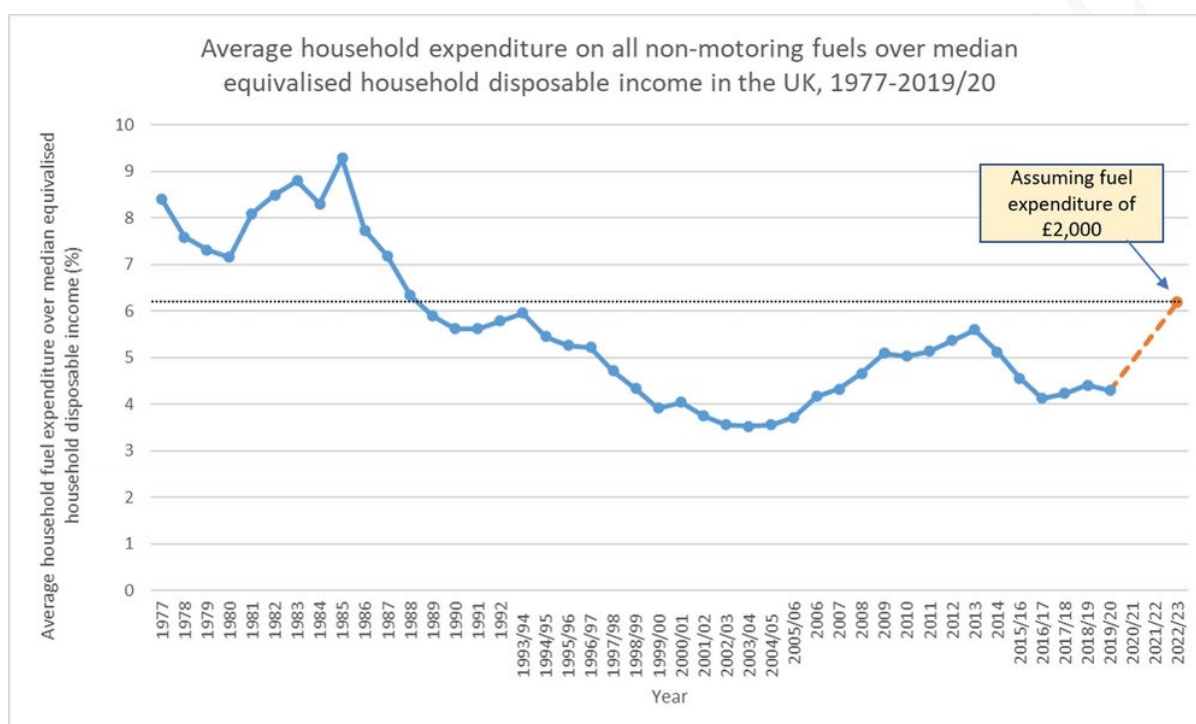
UK average house prices and weekly earnings (12-month rolling average), indexed to Jan 1970



Source: [ONS](#)

So, with just the separation between average house prices to wages already millennial's are already having to put aside twice the amount of their income compared to young adults and families from several decades ago.

Interestingly, if we look at the difference between wages and household energy costs, people were on average spending more on energy back in the 70's, right through to the mid 80's then they are now. I would argue that much of this is not so much that energy itself was relatively more expensive than compared to wages than it is now, but more that people began to become more aware of their own energy usage and began to use less.



But, looking forward even this is about to change. It is expected that energy prices here in the UK where I am, will outpace wage increases by 1400%.

Energy bills are set to rise at least 14 times faster than wages this year, according to new TUC analysis published today (Saturday).

The analysis shows that while gas and electricity bills are set to increase by 54 per cent when the price cap set by Ofgem is increased in April, by contrast average weekly wages are set to rise by just 3.75 per cent per cent in 2022. - [Source](#)

Then there is all the other junk that has been normalized in everyday life. Satellite subscriptions, high-speed internet, streaming services, amazon prime, mobile phones and their contracts and everything in-between. Agreed, it is one's choice to have these things. We do not need them to survive, they are not necessities. However, when the rest of the world around you appears to have it all, most find themselves following suite.

But this need for self-improvement isn't just about rising living costs, it is also about expectation and desire. Prior to the internet, the World was a much larger place, people were mostly disconnected from the rest of the World. Those who they aspire to were far more likely to be their father, or uncle, or maybe an inspirational teacher they had at school. But now we have YouTube, now we have Instagram, now we have every angle of our vision filled with people we don't know, from places we don't know who appear to be living the dream!

When you are consistently seeing young 20-year-old lads living in a mansion, pull pranks on each other for a living and making millions on YouTube, it is only natural for other 20-year-olds on the other side of the World, working a dead-end job packing in a meat factory to desire what they have. Motivational speakers and self-help guides turn this desire into a possibility. It raises the expectations of people with lower living standards – which is great, they *should* strive for more and *believe* that they can do better. Unfortunately, it does take more than listening and watching the success of others, which brings me on to the next question.

Does Self-help content actually help the self?

The answer to this is not quite as simple as yes, or no. We are all different people, from different environments, who have each lived through a different set of experiences. What works for one does not necessarily work for another.

But the most important part of the equation, which the majority fail to understand, even though most prominent speakers will tell you this over and over again, you must be willing to put the work in, change your habits, ditch the Kardashians. All the self-help content in the World isn't going to make the blind bit of difference if you don't fulfil your part of the bargain. The easy bit is knowing what you need to do, the hard part is actually doing it.

I can tell you about how success is easy, how you just need to 'clean your room', begin changing your habits, set your goals and success will follow. I can tell you that all it requires is persistence and determination and you will agree, you will feel a sense of empowerment, your mind will know, if for just a brief moment everything that needs to be done to better your circumstances. Then, as time has a habit of doing, time will roll on, your everyday chores and habits will fall back into place and nothing will change. You must be committed to making a change, immediately and consistently. This is the hardest part, after all, everything else is obvious, you already know that in order to do better, you must try harder, work longer – and, you also know that in order to work harder and work longer you must free up time, which means ditching unnecessary things you once did and sleeping less.

So the answer is, yes, self-help content does help, it will help considerably, but not on its own. You also need to be ready for it.

Napoleon Hill talks about this a lot in his infamous book 'Think & Grow Rich'. In this book Hill tells of the 14 principles of success in the form of a "*Philosophy of Achievement*". The book was inspired by the life and success of Andrew Carnegie and promises to show readers the big 'secret' to Carnegie's success and fortunes. Hill never quite explains specifically this secret in the book. The reader will apparently *know* the secret when he or she is ready to know it. So, what was the secret?

Well, people have different ideas to exactly what the secret is, but to me it's obvious. In fact, the book's title is the big giveaway, 'Think & Grow Rich'. The secret is within you. It is about forming a strong, moral, and open state of mind, knowing what you want, growing your desire and determination for what you want and doing what needs to be done to achieve the goals necessary to make your desires a reality. It begins in the mind; you must think rich to grow rich. Now exactly what rich is depends on the individual, for some this may be an abundance of wealth, for others it may be a small holding in the country with a loving family, for others it may be both or something else entirely.

It's no exaggeration to say the mind is more powerful than you could possibly know, it can determine your health, your wealth, your future and by far the most important, your happiness. If you haven't yet read Napoleon Hill 'Think & Grow Rich' you really should, published in 1937 during the great depression it is still today a very worthy read. But, again, alone it will not drag you out of your poverty, it will not deliver pots of gold and a beautiful wife/husband and children to your doorstep. What it will do, is to help those who already *know* they will be successful, navigate their path, reinforce their determination and, be a reminder of what needs to be done.

Final Thoughts & a Little Self-Help Advice

The exponential growth in the self-help industry reflects on two things, one good, one bad. It is a reflection on the growing discontentment of society. It is a sure signal that something isn't quite right with our society and people are becoming less content and desire more than they have.

But on the flip side it isn't all bad. It is also an indicator that people are willing to try and do something about it; they want to better themselves; they want a solution to drag themselves out of depression, poverty, and the current circumstances they find themselves in and reach out for a better life.

My advice is this, we should all be striving to better ourselves. If we leave one passing day behind having learnt nothing more of value than the day before, we are doing ourselves a massive injustice. We live but once, or at least this life but once, why would one not be putting there all in to making it the very best experience it could possibly be, after all, what is there to lose?

The greatest loss in any life is in those last few moments holding regret in your heart, looking back on all things you never did, all things you gave up on because it got too hard, or never even tried at all because of a fear of failing. In that final hour, do you want to be wondering what could have been?

Look at your life, yourself, your habits. Are you content with all that you see?

If you are not, begin now to change that. Only you can change it, no one else can, they can give you great advice, they can show you how to be successful, but unless you are ready for change, unless you are ready for hard work and stepping outside of your comfort zone nothing will change. This is without exception.

I'm going to leave you with a list of books I believe will truly help those who are ready for change. Each carries its own message and each will, or at least should leave you a little wiser, and a little more determined:

Books

1. [Napeleon Hill – 'Think & Grow Rich'](#)
2. [Robert T. Kiyosaki – 'Rich Dad, Poor Dad'](#)
3. [Ori Brafman – 'The Starfish & the Spider'](#)
4. [Tim Ferriss – 'The Four Hour Work Week'](#)
5. [Peter Thiel – 'Zero to One'](#)
6. [George S Clason – 'The Richest Man in Babylon'](#)
7. [Stephen King – 'On Writing: A Memoir of the Craft'](#)
8. [Bruce Lipton – 'Biology of Belief'](#)
9. [Jordan B. Peterson – '12 Rules for Life: An Antidote to Chaos'](#)
10. [Joe Dispenza – 'Meditations for Breaking the Habit of Being Yourself'](#)
11. [Malcolm Gladwell – 'Outliers: The Story of Success'](#)

8. Decentralization is the Key By James Allard

If there was ever a time when the dangers of centralization were most obvious, it is surely now. We live in a time where every aspect of our society is being attempted by existing centralised powers, to become even more centralized. Everything from our governance to our money to our healthcare systems are being centralized more and more by the day. I say dangerous, and here is why.

There are two ways to define 'Centralization' that are banded about. Both ultimately mean the same thing, but one is used as the sales slogan for centralization, and one is the harsh reality of it.

1. *'the action or process of bringing activities together in one place.'*
2. *'the concentration of control of an activity or organization under a single authority.'*

It is true that centralization can often create more efficient systems, particularly in small business's compared to a decentralized alternative, however at a cost. Furthermore, the more we develop decentralized systems, the better we can make them, and, in time, I believe a decentralized system will be able to outperform any centralized systems with ease.

Even centralized organisations understand the issues surrounding centralization and use semi-decentralized systems to improve the functionality of their organisation. They do this by dividing the organisation up into departments and subsidiaries. By doing this, each area of business within the organisation can be placed into its own separate structure, with its own procedures and systems, without having to refer back to the central point of control every time, i.e. the CEOs.

But this, as I stated is semi-decentralized, it is by no means full decentralization.

The most frightening example of the dangers surrounding centralization is with Government. As World leaders strive to reduce the number of power structures around the World and condense them into a single controlling entity, often referred to by many as Globalization or a New World Order, we should be looking on in horror, as this is the exact opposite of what we should be doing.

To see why it is such a dangerous approach to managing society you only must consider the issues within your own country today. Here in the UK most of the decisions made for the entirety of the UK are by a small group of people in Westminster, London. I know people will be yelling, *"No, that is not true, we have local councils, we have boroughs, we have districts which all manage governance to some degree"*, well, kind of, but not exactly. If there was ever a time where this statement proves to be worthless was during the recent pandemic, all the

introduced pandemic protocols were done so by Westminster. These decisions were final, and regardless of which council one lived, the protocols were the same.

The reality in the minds of some Eaton educated politicians who have never lived in the real world, is very different to an individual brought up in high-rise flat in Liverpool, working their way through a high security school, into a factory job and struggling to make ends meet for their family. Likewise, what is good governance for London, is very different to the needs of rural communities where farming is their major industry and public transport is just not an option. Different communities have different needs, and the further away from the central point of power these communities get, the more disconnected policymakers and their policies become.

History shows us that those societies that decentralize power, prevail most magnificently. The apaches are a prime example of this. You can read more about the history of the Apaches in the book [‘The Starfish & The Spider’](#), but here is a summary of one of the examples given in the book on the merits of decentralization.

A Spanish explorer by the name of Cortes travelled to the Aztec capital of Tenochtitlan in Mexico and was confronted with a civilisation with a central government and hoards of gold. Cortez took the gold, killed the leader Montezuma II, and starved the entire population of the civilisation which was estimated to be around 240,000 people. Within two years the entire civilization had collapsed.

The Spanish did exactly the same thing when they stumbled upon the Incas, by 1680 the entire continent of what we consider now to be South America was under Spanish control. Or so they thought, before they encountered the Apaches that is.

The Spanish failed in their attempts to root out the power behind the Apaches. The Spanish assumed these people primitive and underestimated their might. So how did the Apaches defeat the all-powerful Spanish?

Well, it was all down to how they organized their society. They prevailed because their entire power structure was decentralized, they were a leaderless system with no central point of power. A typical centralized power structure requires rules, it requires someone to set those rules and a structure beneath it to enforce the rules, the Apaches didn't need this though, they were decentralized.

The power was distributed among all the people and across all geographic regions. There were no chiefs, only a Nant 'an, who was a spiritual and cultural figure who led by example. The Spanish when trying to take down traditional civilisation structures would go for the leaders, but here in the case of the Apache's there were no leaders, no central point of control. When they killed the Nant 'an, another would automatically replace them. The

Spanish became aware in fact, that the more they attacked the Apache's, the stronger they became as is the nature of decentralization.

The Book goes on to compare the story of the Apache with that of Napster. Napster was the first major file sharing platform, but they came under attack by the music industry and before long the entire network was shutdown. But from this grew Kazaa, an almost identical setup to Napster, but with no central server, it was decentralized. The more a decentralized system comes under attack, the more decentralized it becomes, and thus, the stronger it becomes.

It does come at a price; this price is the speed at which the decentralized system and advance its infrastructure. But just as the tortoise defeated the hare, a decentralized system will always out compete a centralized system.

Bitcoin didn't take over the World by storm because of its efficiency or features, it's a simple peer-to-peer payment processor which has changed little since its birth over a decade ago. No, it has revolutionised money because of its decentralized nature. If it had a central point of control, then you can be sure Bitcoin would not exist today. But there is no one they can arrest, fine, or prosecute that would put an end to Bitcoin, it would continue onwards regardless.

But also, just as Bitcoin itself is decentralized, so is its development infrastructure. There is no CEO or single organization responsible for its development. Anyone can be a part of the Bitcoin Core project, anyone can submit and compile changes to the code, new features, and changes. If consensus is met between all the distributed nodes, then Bitcoin will be changed, if not, then the new instance of code forks off into a new chain and another currency is born.

Bitcoin cannot be shutdown, it cannot be easily hijacked and it cannot be maliciously sabotaged. It is the world's most perfect example of why decentralization is key.

Decentralized Science (DeSci)

But it isn't just economies that can be decentralized, everything can be decentralized. An emerging trend is the uprising of what is being duped [DeSci](https://peopleempowermentproject.com), and I welcome it with open arms. If the pandemic has taught people anything, it is that our scientific infrastructure is severely flawed.

If we can decentralize the science community and infrastructure, we open the door to funding that could never have been issued before, data that was never public before and allow 100% transparency on all aspects of science, which in turn can assure accountability is always made where necessary.

If our Science was decentralized and recorded on an open distributed blockchain, the multiple conspiracies that emerged out of the coronavirus pandemic could have been put to bed in an instant. The funding by Tony Fauci to the Wuhan Laboratories for gain-of-function research would have been confirmed or dismissed in seconds. We could see the data from studies performed around the World in real-time, and funding could be carefully traced to ensure conflicts of interest were kept to a minimum. Whether or not the proposed decentralization of science will indeed turn out truly decentralized is yet to be seen, and I have my suspicions that Big Pharma and their philanthropist sugar daddies will ensure it does not – but, if it is – we would undoubtedly see a fairer and more just scientific process.

Decentralized Autonomous Organization (DAO)

A decentralized autonomous organization is an organization represented by rules embedded as code that is transparent and controlled by the participants of the network. DAO structures can vary, some can be more decentralized than others, however it is entirely possible to have a DAO that enables anyone, without exception, who wants to participate to have an equal share of the consensus in decision making. Such a system could be used for societal governance as well as organizations, after all government is just an organization.

They have yet to be utilized to anywhere near their full potential, but if, and when they are, we could run our communities in such a way, that everyone within the community had their say, and their say would hold as much power as all others within the community. Decisions would be democratized without the need for centralized voting systems, without the need for single entities making final decisions. The people suggest how their community is run, and the people form the consensus. Again, the price is a possible slowdown in progress and innovation, but what is progress?

Societal progress is commonly thought of as technological advancement, strength in state issued currency, space travel and so on, but is that really progress in human prosperity? I don't think so. I believe progress to be measured in the strength and contentment of a society. I believe the true strength of a nation is not whether it has allegedly visited the moon or sent robots to mars or become the world's largest exporter of smartphones. None of this really has anything to do with progress, at least not one that secures the longevity of its civilization. Progress is securing the future of our civilization; it is to ensure we do not leave ourselves open to destruction from within. This, in my humble opinion, can only be done if we concentrate more of our efforts on decentralizing our way of life in every aspect, with societal governance being the endgame.

Be careful once again though to not get sucked in to the statements we hear from the WEF and other think tanks, who talk of a world without leaders, a world where everyone is equal and our systems are autonomous, these are all based on centralized system controlled by AI

that is maintained by a powerful centralized authority – if we reach this point, we have reached dystopia, not the utopia they are dressing it up as.

Look Around And Ask....

Look around yourself, your local environment and beyond, what aspects of your daily life do you think could be strengthened by decentralization?

The decentralization revolution hasn't begun, and it may not. But we should all understand the importance of decentralization and how it is the answer to just about all the world's problems. I'd love to hear your ideas on this, because there is opportunity everywhere I look, join us on [Element](https://peopleempowermentproject.com) (which is decentralized) and get involved!

9. Private DeFi – The Panther Protocol

By James Allard

I've been meaning to talk about the [Panther Protocol](#) for some time, it caught my eye several months ago, and when I first heard about it, straightaway I could see the significance of the protocol. **So, what is the significance of the Panther Protocol?**

Imagine if you will the ability to anonymize your transactions within Metamask, imagine a private asset that could be bridged to multiple chains such as Polygon, Ethereum, Elgorand, Binance and more, but privately. This would be a game-changer for privacy advocates and a headache for the state taxation racket.

Well, the Panther Protocol may just be able to offer you all of this and more, while still in its infancy, all the above has been promised by the developers.

Below is some of the features being promised by the development team:

Multi-asset Smart Contract Protocol: Leveraging zkSNARK cryptography, and state of the art multi asset mixing, network participants can deposit digital assets from any blockchain into Panther vaults and mint zero knowledge zAssets: fully collateralized, private counterparts that are poised to become an ever-expanding asset class. Stablecoins, utility tokens and NFTs can finally become infused with privacy

Interchain Layer1 Private Dex: Panther executes low latency, low fees, private swaps between digital assets across different blockchains, while providing private orderbooks, a better bonding model for increased capital efficiency and private on and off ramps.

Novel selective disclosure schemes: Panther enables full privacy by default, while also providing retail and institutional users with custom selective disclosure modes. Directly, or via Trust providers, users can selectively disclose data to trusted counterparties. Panther also offers zero knowledge disclosures, proving compliance without actually disclosing any underlying data. This could revolutionize compliance and minimize the effect of data breaches forever.

Sub-nets for access-controlled liquidity pools: Subnets enable the creation of permissioned pools. One practical application for this is that it allows institutions to create a subnet for its users to trade between themselves privately and compliantly, using DeFi infrastructure, but without interaction with the other users in the system outside of the subnet. These speeds up the institutional adoption of DeFi, onboarding millions of users of financial services.

zAssets: Privately minted crypto assets that are derivatives of other typically non-private crypto assets (e.g. Ethereum ERC-20 tokens and similar). A zAsset is pegged 1:1 to the underlying cryptoasset which is locked as collateral in Panther Vaults; the latter may be partially or fully redeemed by burning some or all of the minted zAsset

Panther Vaults: Autonomous, zero knowledge, self-custodial smart contracts which act as decentralized custodians for collateral of zAssets.

Panther Privacy Miners: Participants in the Panther ecosystem which frequently contribute zAsset transactions to the anonymity set, and earn Panther Tokens as a reward

Panther DAO: A decentralized autonomous organization for protocol governance.

If you want to really get into the technical take a look at their comprehensive [whitepaper here](#)

What the protocol plans to offer will be a game-changer for privacy within the crypto-space, but I do have one small issue with the project and that is its development structure. They have gone down the route of creating a centralized organisation to develop the protocol, which in my opinion is a huge potential attack vector. After all, this is a privacy project allowing cryptocurrencies traders to obfuscate their transaction history. The SEC may have something to say about this.

What they should have done is copied the Bitcoin development pathway and used the open-source development route. While this centralized approach to development may allow for a more efficient development of the product, it could just as easily be the death of it. This approach is exactly what has caused all the issues with platforms like LBRY. While the project itself offers a decentralized media sharing platform, the development was being operated by a centralized company, LBRY inc. The SEC went after LBRY inc, while so far this has not killed the project, it has caused major tensions for both the development team, investors, and users of the platform alike.

OK, that is my gripes out the way. Other than that, the Panther Protocol is by far the most ambitious privacy project we have seen to date. What's more, it is currently only #5100 on coin market cap with a market capital still below the \$50 million mark.

Investors are being pointed towards centralized exchanges, all of which require KYC, however, there is liquidity building on [uniswap using the polygon](#) chain. This little-known fact has not yet been advertised, possibly to avoid conflict with the Panther team and the SEC, but there it is, you can already by this asset with a simple swap on the polygon chain.

For now, that is all I will say on the project, it is early days – but, if they pull this off, well, we will have privacy added to the bulk of the crypto-market. I'm sure you can all appreciate the significance of this.

I. About Us

Kurt Corthout

Kurt has a financial background as a former Private Banker and Model Portfolio Manager for a major international Bank in Europe.

His passion for the financial markets kept him studying the financial markets to position himself and the people he trains on the right side of the trade, no matter which economic cycle we find ourselves in.



In addition, he has over 20 years of experience in consulting and business improvement facilitation in manufacturing, oil exploration, navigation, media, and IT. He is a business system improvement expert.

As an entrepreneur he is focused on helping clients improve their delivery performance to reach their goals by delivering tailored, predictable and reliable solutions, currently mainly through his Mauritian company www.flip-management.com after moving out of Belgium 4 years ago where he successfully ran his company 1-2 Solve.

He holds a Master of Science (Techno MBA) at Hasselt University, former 'Limburgs Universitair Centrum – LUC' (Belgium) where he graduated with his paper 'Technical Analysis or Buy and Hold? A study on the Brussels Stock Exchange'. After his first investments in Bitcoin in Q4 2017 he decided to study at MIT Sloan Executive Education where he successfully completed the online Program 'MIT Sloan Blockchain Technologies: Business Innovation and Application'.

Now Kurt's passion is to help people get empowered in finance by training and educating them in the new world of Blockchain technology, high value investing in commodity stocks and precious metals. Therefore, he uses a proprietary system to analyse the different asset classes technically and different sources of high quality investment newsletters he has been investing in since decades.

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James Allard

James was programming and building PC's by the age of 12, for James computers were far easier to understand than people, the logic was calming. Once he recovered from the trials and tribulations of being a teenager, he studied engineering and C++/JAVA. For the next 10 years, James' work was primarily in the automation industry, repairing, servicing and developing automated systems in the automotive and aerospace sectors.



In his mid 20's James became increasingly aware of the highly corrupt World around him. The further he looked for answers, the more he realised much of what we were being led to believe about our history, about war and about our health were built around the agendas of others, rather than facts.

In 2012, James launched a website to begin sharing much of what he was discovering about the World. It was initially a place to let of some steam, a place where he could rant without personal judgement. For a time he teamed up with an old school friend, who was on the same wavelength as himself and over the next few years the website evolved into what it is today – oye.news.

This website is still active, and receives millions of visitors every month.

Around the same time as oye.news came to fruition, so did James' discovery of Bitcoin. It was Max Keiser who first brought this fascinating new technology to his attention. Within an hour of hearing of Bitcoin, James had purchased his first Bitcoin for around \$20. Within a month James had acquired some processing power to begin mining the asset and within a year this mining rig had grown to fill his entire back room of the house where he was living.

For several years, James mined Bitcoin and also many of the new cryptocurrencies that were popping up. Cryptocurrency was more than just a great investment, in fact, this aspect was not what excited James about Bitcoin at all, it was what it represented and its potential to disrupt the central banking cartel.

James now lives on the road with his wife and family, dedicating his time to exposing corruption and, more importantly, helping humanity to survive & prosper and bring light to what can sometimes feel like an ever darkening world.

Social:

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