LIVE Weekly Training
Ghost Phone & Tablet
Class #4

Okay. We're going to cover a couple topics today. I'm going to dig into telecom not just basics. We're going to get into telecom. And so y'all can walk away from this conversation, understanding exactly how your phone And text messages and phone calls work and how they get from point A to point B, which will then help us understand what VPNs actually are.

'cause once you understand how telecom works, VPNs will become super simple to understand how it works. We're gonna dig into alternative ways for you to get phone numbers. So some of you have heard of VoIP, voiceover ip. There was a company back in the day called Vonage. If you remember Vonage, they became very big and popular.

Vonage was selling a voice over IP service, which means voice over the internet. And having a voice over the internet phone number is a way to bypass having to clear your phone calls and text messages through the likes of AT& T, Verizon, and T Mobile. So we're going to dig into that. I was just having a conversation with folks over on Jeffrey Peterson's Telegram channel about Starlink and this new announcement that's like big news, great news for iPhone users that Starlink is going to be available with the new update on your iPhone.

When you really peel back the onion on that, it becomes pretty obvious that it's really not that big of a deal. Starlink is simply using T Mobile's towers and dishes. To connect to those devices. So your device is not actually connecting to the satellite of Starlink. It's connecting to T Mobile's towers, which then connect to the servers of Starlink, which then connect to the dish of Starlink, which then beams your call or text message up to the Starlink satellites.

But we'll dig into some of that, and a lot of that will make a lot more sense as we talk. Dig through that topic and uncover that topic a little bit more. We're going to really dig into what 5g is and we look around. I think a lot of you

look around and you see these new towers that are up and you see these new dishes that are up and probably pisses you off and makes you a little scared of what the heck they're doing with these things.

I'm going to give you the good, the bag, bad and the ugly. As it relates to that. So we're going to dig into that topic, and then I'm going to again, point you to the resources related to email migration, because that's a big topic that keeps coming up email migration, and there's great resources that are already available online that will walk you through that whole process.

So that's what we're going to cover today. And then at the end, like I've done the last couple of times. We'll be taking questions so we can dig through individual stuff. But if you have questions related to stuff that you may be trying to troubleshoot right now that we can dig into at the end of the call throw that over into the Q and a only section of the chat.

If you see the chat, it's right next to it. It says Q and a only you can just click on that and throw it in there. So let's dig in. And I also want to say for all of you who have been sending out responses to my message I sent out last week about having to push out the call from last week due to my mom passing away.

and everything had to do with that. Basically, my whole week got turned upside down. Thank you so much for your well wishes. And for your prayers, I can tell you honestly, my mom's in a such a better place. She's been living in a lot of pain for a long time. And for those of you have dealt with family members with cancer, you probably know what she's been going through, but she's literally been through, I think, six, seven different rounds and bouts of it recurring.

Got a picture of. All the stuff that was inside of her body. She had rods in her body and plates from bones that had deteriorated in her body. It was just a mess. So I'm just very thankful that my mom is in a much better place in a higher dimension now operating pain free and fully mobile. So we're very relieved that that is the case.

Thank you for your prayers and wishes. So without further ado, I'm going to turn my screen share on and show you the presentation. Here we are, how Telcom works, and this is a super simplified picture, but I think this is very helpful and useful for everyone to understand how it is that when I make a phone call to someone on the other side of the country or even on the other side of the county.

That call gets from point A to point B. This stuff was fascinating to me when I first started learning how data, even from your laptop gets from point A to point B. But once you start to understand how this stuff actually works, you're going to, I promise you, you're going to have so many aha moments and you're going to be able to better understand and explain to people what is happening around you and why they need to take all this stuff so seriously.

So caller A and caller B, when I. Make a phone call to let's just say Sandra, I believe may be in Florida or Ohio. One of the two places right now I'm in South Carolina. When I put her phone number in and I hit call and I, with my service provider, they are going to instantly ping a database. It's this massive database that literally has Every single, oh, Sandra's in Texas.

Sorry, Sandra. I was thinking of Carlos, sorry. Another client of ours, customer of ours, who's actually on this. I think Carlos on here. Carl is in Florida, I think right now. Sorry, Sandra. I know you're in Texas. That database has. everybody's phone number and it lists where the last location that phone number was seen.

And by location, it means the last literally dish on a tower notified and noticed that phone number and that signal from that phone number, where that location was. So if I took my phone and I put it in a Faraday bag, which prevents it from having any signal. And I went across the country to Ohio.

Up, a couple states to Ohio from South Carolina and I kept it in there. The last location, if someone were to call it would think that I would be located in, would be here in South Carolina. The second I pull that phone out and I turn on my network service, and it reestablishes a connection, it's gonna update that database and it's gonna now know this.

specific tower. And this dish has the closest proximity to this phone. This is how that they can triangulate where specific people are. And how they can find people and track people and how, when, when you used to live in the world of using your iPhone or your Google Android phone, and you were using Google maps or ways, and you drove by a McDonald's, it knew you were driving by a McDonald's and it said, Hey, if you pull in now, you can get 5 off your, whatever your next, whatever, that's how they know.

Because they figuring out where you are relative to the dish, and then they can track you via other things and figure out exactly where you are. If you have two dishes that are pointing, connecting to you, they know exactly where you are. It's by the nature of triangulation and all kinds of fun math and physics and geometry, they can figure out exactly where you are.

So that database is really important. It's updated millions of times every fraction of a second. Because people are constantly moving around and that database, which is known as a domain name server sits in multiple locations all over the country and they have them all over the world. So when 1 database is updated, it then updates all the rest of the databases.

So if I in South Carolina make a move, the database that's sitting in Atlanta, which is closest to me. Is going to be updated and then all the other databases in Dallas, Texas, Chicago, Virginia, Ashburn, Virginia, all these big data centers, these big buildings, which is my, where I used to live and operate and work out of all day every day.

That's where those databases live in these big facilities where they have hundreds of different network service providers that have their fiber. and their services operating out of those buildings. So that domain name server is absolutely essential. It's what helps identify the location of the device.

Now, that being said, I call Sandra in Texas. It knows exactly where she is, and it's going to find the fastest path to route that call to Sandra. What most people don't realize and understand is that phone call and that text message. is actually going to route via the internet. It's going to hit the server.

Let's just say I'm using Verizon and I make that phone call Verizon, AT& T Mobile, and a hand spectrum, a handful of these other really big network service providers. They have spent billions of dollars. on infrastructure, the fiber and the ground, the servers, the repeater stations all over the place that help transmit all of this data all the time, all over the place.

They have what's called a peering relationship, which means they share each other's infrastructure. So AT& T says, okay, Verizon, because we push so much traffic between each other, we're going to simply say, Hey, I'm not going to charge you. For the bandwidth and the traffic you use on my infrastructure, so long as you don't charge me for the bandwidth and traffic that I put on your infrastructure.

So that means even though you're paying Verizon for your service, when you route your phone call, From me to Texas, it may be hitting other people's infrastructure along the way. It's not just Verizon. So that initial point is the beam that goes from your phone to the tower, that physical mobile tower, which is basically a satellite dish, little dish that's sitting on here, and that beams down.

If you actually look, it's interesting. And for me, it's interesting because I love this stuff. I'm fascinated by it. But if you look at the bottom of the base station of every single one of those towers. They all have anywhere from a seven foot to a 15 foot by seven foot by 15 foot little small building.

That has a small generator outside of it. Inside that little building is a bunch of servers. So that call is going to hit the tower, beam down the fiber optic tape cable to this little facility where it hits a server. And then it's going to trans transmit that via fiber. Fiber optic cable, which is essentially glass, which is a whole other fascinating conversation, but I could show you a little, you can see this.

This is a sample of a fiber optic cable. Literally it's light being pushed over here and it's flashes of light turning on and off, going on and off and on and off. It's so fast and it's different spectrums of light. So as Roy G bib, right?

Red, orange, yellow, green, blue, indigo, violet. There's different spectrums within spectrums.

So each spectrum. Is its own channel that you can transmit data across via this fiber optic cable. So your phone call. Is literally going across via light beams on this type of a cable running miles, if not thousands of miles, depending on who you're calling and where they're located. Could be going over across the ocean, underneath undersea cables via these types of fiber cables.

It's pretty fascinating, right?

Someone's wanting to raise their hand to speak. Rusty, can you throw your question that you've got into the chat? And if it's relevant to the topic at hand, I can definitely hit it up. If not, throw your question in the Q and a only section, I'll hit it at the end. So that phone call hits, that tower goes to the server of whoever your service provider is.

Verizon, AT& T Mobile goes to a data center. So for me here in South Carolina, it's going to go to Greenville. I know that because I've tracked it. There's a big data center in Greenville. It's then going to go from Greenville To Atlanta, Atlanta is where it's one of the major nodes on the global internet.

There's literally hundreds of millions, if you can even fathom hundreds of millions of square feet. Of data centers, data center space servers, literally billions of servers in just Atlanta alone. It's one of the major hubs for the entire internet. It's one of the major hubs for shipping as well. So it's going to hit Atlanta and let's say I'm going to Texas.

It's going to take a long haul. It's called a long haul route going from probably Atlanta to Dallas, Texas. And there's fiber that literally will run from the train station routes from Atlanta all the way to Dallas. And then just like a roadway, it's going to disperse out into smaller networks and find that tower that's closest to Sandra.

And then it's going to beam down to Sandra and say, Hey there's a call coming in from Sean, from my phone number. That all happens in a split second. If you can even imagine it, this is where this stuff is so mind boggling. It's like magic. It truly is like magic, but it is actually all technology and infrastructure that makes all this stuff work.

So the key concept here is how many different things, routers, servers, fiber optic cables, towers, satellite dishes are composed in that one singular phone call or text message that is being sent out. And let's say you're on a group chat or a group message. That message is going to go one to many. So it's going to then push it out to all the different people that are involved in that conversation.

Now related to that, if I'm using the Google messaging service, or I'm using the Apple iMessenger service, most people don't realize they say I have my text message messaging service through Verizon, let's just say Verizon. They don't realize that if you're using iMessenger. Or you're using Google messenger.

All of your comms are actually running on Google's servers or Apple's servers, all of them. That's what allows for you to send pictures and video files because everybody's accessing that conversation on the Apple server or the Google server. It's not the clean, clear, relatively clean, relatively straight line connection.

That a phone call or a text message is going to take if you're using just the carriers. messenger service or phone call service. And even with iPhones, a lot of phone calls are going to route through Apple servers. This is where your FaceTime comes in. How is it that I can FaceTime with people when I'm on my iPhone?

It's because Apple is controlling your whole experience and everybody's connecting into the Apple servers. Located all over the place. So just like this webinar that we're hosting right now, we are all of us are connected to a server and that's literally what had the delay of me even coming on here.

It said that it had to spin up a new server. It literally told me it had to spin up a new server for this connection to happen. So we're all connected to a server. And we're now able to connect with each other via this one server. If we had a live chat going on or a FaceTime going on, or we were had a group messaging chat with Google or Apple services, that's what we would be using.

Hopefully that makes sense. And if that's what we're using, then Apple knows. Hey, we need to route this call or this conversation to this server. That's going to host that conversation. That also is what makes it so that you can check your email from multiple locations. I can check my email on my desktop and I can check my email on my phone and I can send email from my desktop and it would show up on my phone because really it's routing through a server.

That's either Google server or Apple server. And I fully acknowledge and admit one of the things that really annoyed me. When I transitioned over to using Graphene OS and all of these services is I could no longer send text messages from my laptop. Within a browser experience, because I send a lot of text messages out and it became, it was so simple and easy for me to do that from a tab in my browser using the Google messenger service.

And that, that pissed me off. In fact, I have bounties out there with different developers. Saying, please develop the service. And unfortunately what has happened is people who have had that service available, where you can send text messages from your laptop and have it connect to your local phone and push it up.

Guess what? I kid you not. There were three different companies that offer that as a service. They all got bought out by Google and they all then transitioned over to the Google messenger service. So I'm very desperately wanting. someone to build out that service. And hopefully if this round of funding that I'm pushing for goes through, I'm just going to build it out myself within our own internal team.

But Sandra, yes, that is why you can't, she can't send you videos that exceed certain size limitations. That is exactly why, unless you're using that iMessenger service or the Google messaging service and everyone's connecting on that platform. Unfortunately, there's those limitations because Verizon, for example, doesn't want to pay to have you send megabytes worth of data to send a couple of pictures to someone across their line as a text message, they're going to want you to push that through the internet service.

And then use something like Signal or Telegram or any one of these other messaging apps that you can do that through.

Hopefully that makes sense so far, but there's more.

Alright, I think most of you realize at this point that there's really three major service providers, AT& T Mobile, and Verizon. That everyone else that you hear about. is a reseller of those big three spectrum is reselling cricket reselling track phone pure talk us cellular patriot mobile there's literally i think 240 some odd resellers they're called m v n o's m v n o's i'm gonna put this here in the chat that is a mobile virtual network operator they're really just resellers that's all that means so they go to at& t and they say we want to commit That we're going to manage whatever, a thousand lines with you and that we're going to use X amount of minutes and X amount of text messages and X amount of data on your network.

And as a result of that, they get a big discount up to 60, 70, sometimes 80 percent discount off of the retail price. That's how a lot of these, and the more volume they do with them, the bigger their discount is. So that's how Patriot Mobile, Pure Talk, that's how these companies make money, is they're buying at a very discounted price, and then they're marking it up and selling it back to their customers.

The benefit of working with the resellers is multiple benefits. The big benefit is that AT& T Mobile, and Verizon's customer service, by and large, stinks. And they know it. So they're more than happy to pay these resellers, these MVNOs to go up and collect customers and deal with the customer service aspect of their business.

They really just want to be on the backend, providing the backend infrastructure and service. They would rather have these resellers on the front end dealing with, Every mom, pop Joe customer Verizon would rather deal with a large corporation that has thousands of employees, of course, and they're going to provide a different level of service to that type of a business.

Accordingly, then Joe customer would, who's just, maybe them and two people in their family. So these resellers are important because some of them are owned by AT& T Mobile and Verizon, like cricket, like track phone. like US Cellular, they're actually owned by the big three carriers. So they're really just wholly owned subsidiaries or partially owned subsidiaries of the big three.

And you'll say why the heck would they do that? Customer service. They know that they can provide a better customer service experience or marketing. There are certain demographics that they may want to target with a very specific campaign that they know that they can do with a specific reseller versus trying to have that campaign, marketing campaign, cover all customers.

So it's a big reason why they use resellers. There are some companies like pure talk and Patriot mobile and Ifani, if you've heard of Ifani, that are wholly owned, independent companies, private, and some of these private companies actually make money by selling your data as a customer to the carriers themselves.

And saying, Hey, not only are we using this number on your network now, but that number is tied to Sean Terrio who lives in, Spartanburg, South Carolina. And at this address with this email account, this social security number, blah, blah, blah, blah, blah. And some providers say we're not, we're going to keep your data private.

So if you activate a new number on their account, We're on their service with Verizon. Doesn't matter who the carrier is. They are not going to reveal to AT& T Mobile Verizon, who you are. Pure Talk, Patriot Mobile, IFANI are

all three companies that operate with that mindset, which is why I even talk about them and mentioned them in our resources and the getting started guide that you probably have all read.

What's important to know though, people are like, oh, that's great. So if I move my phone number from Verizon over to Patriot Mobile, that means they're going to keep it private. Yes, but your phone number is now already known and tied to you because you had it with that other provider before you moved it over.

So one of the ways That you can limit, but not completely eliminate as many customers of, are finding out you can't eliminate, but you can limit the number of spam calls and all that stuff that you get if you get a new phone number. Yes. It's a pain in the butt because you have to tell your family and your friends, Hey, this is my new number.

And you don't know who your family and friends, when they say, Sean Terrio, this is the phone number for him. And they put it into their phone. If their contacts are tied to Facebook, are tied to LinkedIn, are tied to whatever, which then is going to suck that data up and now know that phone number is tied to that person.

And guess what? That's another data point that they have. That they can make money off of. So when you connect your contacts to an application, you are unwittingly and unknowingly often, now you're not unwittingly and unknowingly, now, you're actually doxing all of your contacts and their information to whoever you just shared that with and email addresses often as well.

It's very important to know. That's why I have a separate phone with the phone number that I only give out to Individuals that I know for a fact understand this whole conversation. Are running private and secure comms themselves. And we use very specific channels to communicate on those devices. That way I know that phone number is going to be as private as possible.

Does that mean I don't get spam calls? Unfortunately, I still do get spam calls and be like how can this be? This phone number is only tied to me. I haven't given it out to anybody. I shouldn't be getting any, my phone must've been hacked, right? No, that's not the case. The case, the reality is phone numbers are reused all the time.

So you may get a phone number that was tied to someone else. This is where I'm going to go on a tangent here, but I get super frustrated when I hear. People saying you shouldn't buy a refurbished device because that refurbished device is going to have all the data tied to that I am EI number, which is basically identification number for the phone of the prior user.

And you may have the, the feds knocking down your door because of something related to that person, what that person did, that might be tied to that phone. That's it's ridiculous logic. That's literally the same logic as saying you shouldn't get a new phone number. Because that new phone number that you get may have been tied to somebody who had all kinds of issues and you may get all kinds of weird phone calls.

As a result, it's a ridiculous argument. And I swear the companies that are pushing those arguments out are really only in the business of trying to sell people brand new phones or brand new phone numbers. So hopefully that makes some sense as to how these phone numbers work, but you may have a phone number that you haven't given out to anybody.

And you may have a customer right now who's sending me emails and she's super frustrated because she's like, why is the CDC calling me and leaving me voicemails? And I had to teach her how to go into the phone and basically leave an automated response to anybody that basic rule of thumb folks.

If someone calls you and you don't know who's calling you, you don't recognize the number. It's not already in your contacts. Don't pick it up. Just don't pick it up. Get a voicemail. My voicemail, I get a lot of compliments on my voicemail because my voicemail says, Hey, thanks for calling. If I don't know who you are and you're not in my contacts, I'm not going to be picking up the phone.

Please leave me a text message. If I do know you and I'm not picking up the phone, it's because I'm out of pocket and I apologize. Send me a text message anyway. I'll get right back to you. It's very direct. And I know I also have an automated text message that I can send to people that basically says the same thing.

Hey, I get a stupid number of spam calls every day. I don't pick up my phone. If I don't recognize who's calling, please send me a text. And I know if I get an automated kickback that says, I'm sorry, this test message can't go through because it's going to a landline. Odds are 99 times out of a hundred.

That's a spam caller. Not that I would pick up anyway, but I can then start blocking phone numbers of all these different spam callers that are sending me stuff as a result. So don't pick up your phone. If you don't know who's calling. I honestly, I am not kidding you. I get over 20 spam calls a day on one of my phones over 20 and I get Equal amount of text messages from random organizations and groups that are, election related, South Carolina related, Republican party related, all kinds of random ass stuff.

So the independent providers Yvonne's asking use the big three networks, but they do not divulge link your name to the big three. Correct. Some, not all independent providers, some independent providers will make money. By giving your information to the big three, but we have verified that those three, I mentioned pure talk, Patriot, mobile, and you funny, do not do that.

Are there others that do that for sure? There are. And every week we get someone says can you look into this company? Can you look into that company? If someone's willing to pay, I can definitely dedicate people on my team to go do that. But we only have so many hours of the day and there's literally over 200.

And VNOs that are out there. So we just don't, I don't have the time, don't have the resources to make that happen. Hopefully that makes sense. But real quick with the SIM cards, the nano SIM card, which is in all of the pixel

phones and the ghost phones is, has been the form factor for SIM cards for a very long time, about 10 years now.

So almost guarantee that if you have a phone, it has a nano SIM and you can literally just swap it out. But related to this, which is outlined in detail in that getting started guide. For those of you that are coming or came over or coming over from the iPhone universe, all this stuff I was talking about in terms of Apple running your comms through their servers.

This is why. If you don't tell Apple through your iCloud account and you can't do it from the phone, which is ridiculous as to why you can't, but you have to go through the browser from a laptop or a desktop. You have to log into your iCloud account. You might say I don't have an iCloud account. If you have an iPhone, you have an iCloud account.

It's, you have one, there's no way around it. You have one. And most people don't even realize the data that's being collected on their iCloud account from their own phone. But you have to log into your iCloud account and you have to tell Apple, once you're ready to make that switch of your SIM card, please leave, lose my phone number.

Because if you don't do that, Apple is still going to route calls and text messages to your old device. Even though you took the SIM card out, which is supposed to identify you and your phone number and the plan you have with whoever your carrier is, and you put it in a new device, it will still route calls and text messages to your old device.

It drives some customers crazy who don't read the manual and read our notes on this. And they're like, why is this happening? Why am I still getting phone calls and text messages sent? Or I'm not getting, I'm not getting my text messages. I'm not getting my phone calls. The phone is broken. And I said, no, it's not broken.

You simply have to tell Apple to lose your number or it's going to continue to route stuff to your tablet. Go check your tablet, go check your old iPhone, turn that thing back on. They're like I haven't touched it since I moved

everything over. I was like, go check it. And they go check. And they're like what do you know?

All this stuff that I thought I was missing is now was showing up on the phone that should be deactivated. That's why.

All right. So before I dig into this, I want to talk about what is a VPN.

I'm, I honestly think that if you are really new to all this stuff and you're still trying to figure out how to use the phone and how to make the things work, that you need to get to work, jumping into using a VPN and paying for a VPN service and installing it and running it is, Not a good idea. It's going to add more complexity into the equation of your life than is needed in the short term.

And this goes back to all the converse arguments that I've been making in prior calls. We want to simplify our lives. We don't want to make things more complicated. You may find that when you have a VPN installed, certain things don't work properly. Certain websites you're used to going won't show up properly.

If you don't configure that VPN correctly and accurately, it may make it so that, certain email accounts that you may have set up on your phone aren't working properly. There's all kinds of issues that may pop up with running a VPN on your phone. So to the degree that you can do anything you would do on the web from your laptop, do it from your laptop.

Don't do it from your phone. It's a lot simpler and easier to manage A VPN and to manage the stuff that you do on the web through your laptop or your desktop than to do it from your phone. But if you're ready, you can say, okay, I'm ready to tackle this next challenge. I'm ready to start using a VPN. Go for it.

Once you can learn how to navigate through things. Yeah. As Carla said, I couldn't get my Florida printer to work when I have my VPN on. It's because

it's routing all your traffic through that server. That's located in a data center somewhere far away. And it's changing the IP address of your device.

So there's all kinds of issues that you may have, and you may say, it's the device is broken. We'll know. More often than not, if you just turn the VPN off, everything goes back to working the way it's supposed to. But what is a VPN? Again, I explained this on the, I think healthy alternatives to boycott big tech guide actually what a VPN is, but I'm going to explain it to you very quickly because it's shown to you in this picture right in front of you.

All a VPN is, it's routing your traffic and it's encrypting your traffic. Between two locations. And it's the device that you're running that VPN on and the server. That the VPN is running on. So when you use a VPN, you have to download a client, an app, either on your laptop or desktop or your phone, whether it's Mulvad, Brave, Proton, whatever, whichever VPN service you're using, you have to download something on the client side.

So laptop or phone, and then there's the VPN service provider that has a server and it could be anywhere in the world. They may have multiple servers all over the world. So when you're using the VPN, what it's doing is it's routing all of your traffic, all of your communications through that server that they're operating in.

Often you can go into the VPN service client, app, and you can say I want to route my traffic through a server in Bangladesh, in Toronto, in Chicago, wherever they might have the server. You can choose where you want to appear as though your traffic is coming from, which is nifty. It may affect like truth social.

For example, we have a social media account with true social learned like 80 plus percent of all the bot farms in the world. Use VPNs to hide where they're located. I know this cause I know some of the developers over at true social very well. So what did they decide to do? They say we want to limit the number of bots on our platform.

So they made it so that you can't log in to true social using a VPN. And a lot of people got pissed off about that get aggravated about that, but they have drastically limited the number of bots, robots, fake accounts on true social. By having that one simple practice. That also means that they know where the device is coming from.

That's logging into their accounts. So your ability to be truly anonymous on that platform is somewhat limited, which is, could be a good thing, could be a bad thing. It depends on what you're trying to accomplish with that. Social media account, but it's just a reality. It is what it is. So that's how a VPN works.

You're many companies and corporations. If any of you work in corporate America, you pro and you work from home or you had, could work from home, they probably forced you to install some kind of a VPN client on the laptop that they gave you or the phone that they gave you, and you had to use that VPN client to log into the corporate server.

Why? Because it's encrypting that data from the corporate server to your device. Now, going back to the conversation we had in the very beginning about how that encrypting of the data is good. But if I own your operating system, it's pretty useless because I can see everything on your laptop and hear everything you hear on your phone.

If I control your operating system, which brilliant from our, our NSA folks. And our CIA folks to install these back doors into these operating system because they saw what was happening inside every company that was using Microsoft windows and Mac OS and all these different operating systems, iOS and Google Android.

They saw it all. People said I was using a VPN. They didn't care because they could still see. So your corporations use VPNs. You can now use that VPN as a service. That's good because sometimes Comcast, AT& T, Spectrum, our internet service providers to our homes are actually monitoring our internet traffic.

That shouldn't be shocking to a lot of us. But they're making money because they're tracking what's what websites we're going to. If you just read the agreements you have with your internet service provider in your home, folks, it gives them the ability to do that. When you sign up for their service, you give them the ability to do that.

So what the VPN does is it makes it so that service provider no longer can see what websites you're going to. The only thing that can see what site, what websites you're going to is the server. Run by your VPN service provider that's routing all of your traffic.

So that is a good thing. If you don't want your internet service provider to really know what you're looking at, who, what websites you're going to and trying to make money off of you and, or taking that data and selling it to some of our three letter agencies, which very impressed to see over the last couple of days that these agencies are being gutted.

Maybe less of that will be happening. Hopefully, God willing. Less of that will be happening. So that then begs the question though, who's running the VPN service provider. What drives me insane is that companies like express VPN, if you've heard of express VPN, which are advertising on Tucker Carlson's network on Sean Ryan, on all these big conservative personality shows, they even have ads running on true social.

ExpressVPN, folks, is literally a front for the Israeli Mossad intelligence agency. That's not even hard for people to find out. In fact, you just search Israeli Mossad ExpressVPN, you will find dozens of articles that walk you through exactly how you know that you just follow the money. It's not complicated.

Personally, I don't want the Israeli Mossad owning the VPN service provider that I use to route my traffic through. I think that's not a good idea just as I wouldn't want the CIA to own the service provider that's routing all my traffic. And I know from the world that I come from in the data center industry, one of the largest internet network service providers.

That was operating out of all these data centers was a company called Cogent Communications. Cogent Communications had the lowest cost bandwidth possible. Everybody wanted to use them because they were so cheap. They undercut the entire market when they came out and they kept doing so. Who used them as a result?

Spammers, pornography companies, all kinds of nefarious, Companies that were doing business online and guess who owned Cogent communications, not joking, literally the venture capital firm for our CIA. You would think that these guys, that these companies would do the diligence on who owns the company that they're using for, Routing all of their internet network traffic, but most of them didn't.

The same thing plays in with our VPN service providers. So you have to know who are these companies? Do I trust these companies? Not only is their technology good and legitimate to keep my data safe and secure and encrypted, but who owns the company? Are they even trustworthy to begin with? So on our end, there's only a handful of companies, again, just like the network resellers that we've been able to spend time to vet.

But mall that VPN is one that we trust and another one is just brave. Brave has a VPN service. Most people don't even know that there's brave VPN. A lot of people use Proton VPN still because they have a Proton email account. I don't need to get into the whole Proton story. You can find all that information on our website.

Does that happen with Starlink? You better believe it happens with Starlink. Yes, we're given Elon Musk. I don't know if I want to get started on that tangent, Sandra, but the amount of data that Elon Musk has access to with all the different companies he has and all the satellites that are above us, literally thousands of satellites above us is absolutely terrifying.

Absolutely terrifying. So the people who think that he's this, savior, yes, he's very much pro free speech. Love that. Love that he's pro family. Love it. But people just ignore, they turn this blind eye to the reality that the man has access to so much data, an ungodly amount of data. On everybody.

So Starlink provides a service. It's a good service. If you're not running a VPN through the Starlink service, you better believe that Starlink is tracking and monitoring the data that's traversing that network. Read the agreements you have with Starlink. Just read the agreement you have with AT& T if you're getting your internet from AT& T or Spectrum.

Or Xfinity or whoever it might be in your home.

If you use a cable to connect to your printer, will it enable you to print while you're still using a VPN? Yes, you have to configure it and you have to, search for that printer. Once you connect the printer and your laptop. You just have to make sure that you search for that printer and it makes a direct connection and link.

Basically, when you're going through your settings and you're adding a new printer, all your laptop is doing is saying what's the IP address? Because your printer has an IP address, just like your phone or your laptop has an IP address. It's saying, what is that IP address for my laptop? How do I find that reliably and connect to it reliably?

And then the printer in turn has to know what is the IP address of the device that I'm trying to get and send data to and from. So if you make that direct connection between the two with a physical wire and you go into settings and you add a new printer, you should be able to make that connection.

Does it happen a hundred percent of the time? No, you might need some troubleshooting, but that should establish a direct connection. But turning off your VPN very briefly so that you can print something, turn it, turning it back on. Small price to pay.

My views on Elon Musk and a sub stack article. It's as simple as what I just said, Yvonne. The amount of data that the man has access to, it's just like with Trump, like I'm a big fan of Trump. I'm a big fan of the, I vote for policies. I don't vote for politicians because I don't trust politicians at all.

None of them, not a single one of them. Do I trust there's a handful that I know personally here in South Carolina that are in that South Carolina house who I trust because I know them and I know their families intimately and they are being attacked regularly, but I really don't trust politicians at all.

And Elon Musk, I agree with some of his policies. But if you don't think that the data that's being collected on X, and even the service of X alone, the amount of time that humanity wastes scrolling through crap on X is pathetic. It's not good. It's just not good. And it's enslaving people and it's creating an addiction for people that they can't get out of.

And they're wasting their time during the day. So as much as I hate the CCP, the Chinese communist party, I can tell you one thing that they do very well. They don't allow their kids to watch that garbage on their devices in their country because they want their kids getting smarter. And learning actual valuable skill sets that are going to make them good, puppets in society, but that's what they direct the content and they limit the amount of time that they can even spend.

So tick tock CCP on the content that a kid in China sees from tick tock is about engineering. It's about education. It's about training. It's. meant to educate and guide them. The content that TikTok same company feeds to the kids here in the U. S. is, dumbasses twerking and, jumping off of buildings and doing stupid, stupid human tricks, right?

Like sex, sexification of everything. That's by design. So yes, free speech. Yes. We want to give people access to, we want to have them choose. But at the end of the day, like this stuff is not healthy in the amount of data that's being fed into this machine and how it's being used to shift narratives and control narratives.

It's frightening. It's very frightening.

If you turn your VPN off in order to print, does it expose your open tabs to your service provider? Depends on if those open tabs are setting a signal out

at that time. So you may want to turn your network off, do your print job, and then turn it back on. Jeremy, to answer your question.

So I don't want to go any further on Elon Musk. That's the gist of it. He's definitely, like Joe Rogan, who's I appreciate Jesus Christ. And I think he has a historical figure, as a lot of people to do a lot of good things. But when you hold his feet to the fire he definitely doesn't know Christ.

I think Joe Rogan is actually getting closer and closer by the day, but I think he for his own pride reasons is probably going to keep that door shut for a while. But anyway, that's all the conversation. All right. That's how VPNs operate. That's how VPNs work. Hopefully that makes sense. Hopefully that demystifies something, but I would say if you can't navigate your phone, you don't know how to get into your settings and search for stuff and know how to find things and reset your network settings.

Cause sometimes things get wonky nine times out of 10. If you just reset your network settings, it solves that problem. If you don't know how to do those things quickly and easily, don't start playing around with the VPN until you have that. That's like brown belt, yellow belt type of material. When you need to get your white belt.

First and your gray belt, let's get your white belt and gray belt down. Get your forms down before we start advancing to that VPN stuff. Cause you're going to have more headaches and be more confused and have more problems than I think you want to deal with. All right. I think I've hammered that point.

All right. EMF and 5g.

The number of questions that we get about is the phone 5g, is this phone 5g? Cause if it's 5g, then I don't want it. I don't want to have anything to do with it because I don't want anything 5g. What people don't realize is that literally every single. Smartphone that's come out since 2016, 2017 is 5g capable, despite it having a 5g in the name or not, it's 5g capable.

You can turn it on and you can turn it off. But the real question Is not the phone 5g or not 5g. It's what the heck is 5g? What does 5g mean? 5g is bad. 5g is evil. Believe me, folks, 5g is bad. I'm not saying it's not, but there's different degrees of what 5g is because 5g simply means fifth generation technology and encompassed within fifth generation technology is lots of different technologies.

Some of which are, Are really not much different than 4g technology. So one of the massive 5g technologies, I'm going to show you a different screen here.

So I have a whole article on this, the truth about EMF and 5g worth watching worth listening to an interview I did with a gentleman who wants to remain anonymous, but I've gotten to know him out of the, over the years, really wicked smart dude. On that topic, we have a fun conversation about what 5g is, what 5g isn't he personally.

And his wife are extremely sensitive to radiation, which is how he got to know so much about 5G and EMF, electromagnetic frequencies, and what the different mitigation solutions are. But he had to move out of the city and move into the sub, not even into the suburbs, into the rural area. of the state to get away from all the towers and get away to all of the radiation that was coming off those towers.

So well worth listening to this conversation. But what I want to show you is this. So when we see 5G and hear 5G, like 5G nationwide, 5G ultrawide band, right? What is ultra wideband versus 5G nationwide? Includes 4G LTE coverage, right? So when we see red all over the place and darker red in these areas, that's 5G, right?

But all that 5G is called 4G multipoint LTE service. And what the heck is multi point 4G LTE service? It's the same 4G technology, but all it means is multi point, which means that you're now getting data from more than one tower. More than one point stream down to your phone. So they simply upgraded the software on the device so that it could get data and receive data from more than one location at the same time, which allowed for them calling

it 5g because the marketing team said, we need to be able to say we have nationwide 5g coverage and the engineering team said the stuff that you're calling 5g is only deployed in a handful of cities around the country, which are the deep red.

Spots that you see here and I'll get into exactly what that is. I don't know what to tell you. And they said, we'll figure it out. I said why don't we call this multipoint 4g service that we have 5g and marketing team said, fine works for us. So they created these maps that show that they've got all this coverage all over the place.

Which if you over overlay this, it's the same stuff. It's all the same stuff nationwide, 5g coverage, 4g, 5g.

So that's, there's different technologies. My point is they have different technologies that they call 5g, right? Worth reading through this article. The stuff we really need to be afraid of is this thing right here. This thing is about anywhere from two feet to, it could be five feet wide and it could be anywhere from three feet to six feet tall.

That's what's in these red dots. Which is all the major cities. If you look through it this is Milwaukee, Chicago Indianapolis, all the major cities, many not Minneapolis. And that's many not many, that's Milwaukee, Minneapolis, right? All the major cities, Denver, Salt Lake city, San Francisco, San Jose, all the major cities. That's where this sits in the cities. And it's designed to be able to push one gig up to 10 gig per second. Just think about this for a second. One gig to 10 gig per second worth of internet traffic to a single user any given time. That is a lot of data. A ton of data. There's no real need for any one person to have that much data being streamed to their device.

If we all lived in the futuristic star Wars, Star Trek paradigm where we had you can click your watch and have a 3d person showing up on your wrist or like right in front of you. The hologram image, maybe we could use that much data, but we don't live in that paradigm folks. They were expecting to have virtual reality all over the place.

If you've ever seen the movie ready player one, if you've had kids or grandkids or whatever, I'd be worth watching with them. That's what they were trying to sell us that everybody's just fixed to these virtual reality things all the time, everywhere they go, walking down the street, that's what Apple's, visor thing was that bombed horribly.

And Facebook's meta thing that bombed horribly. Was trying to bring out then maybe this technology would have been useful It's super expensive to roll out and it's very dangerous because it effectively is a massive microwave That's cooking you alive as you stand in front of it. And part of the conversation I have up here is talking about what are some of the case studies that have happened with this tech where this thing was literally pointed at a street, but they didn't realize it was also pointed at a couple apartment buildings and people were having their dogs.

Cooked alive in their apartment while they were gone all day because it was beaming the radiation and their cats into the home, which was bouncing around and just cooking them alive. It's no different than if you were to stick, any kind of living object into a microwave and turn it on. That's what was happening.

So when you see these big things like this is bad news bears. Most of the towers that you see though, out in the suburbs, are not this. They're not this folks. They're that 4G LTE service. Does that mean that they're safe? No, they're not safe. Getting some kind of a radiation counter. If you're very sensitive to radiation would be a worthwhile investment for you.

This is what that stuff looks like. It's a big block wall.

It'd be worth you getting. So my point about radiation and why I wrote this article to just break this down. There's some fun articles here. This is the end and seen from thank you for smoking. If you've ever seen that movie, it's brilliant movie. The very hand seen as him basically talking to the executives of the telecommunication companies who know that they're gonna be screwed.

Which they haven't been yet. Maybe hopefully it's coming once people find out that the radiation from all these devices that we carry around in our pockets all day every day is causing all kinds of issues. And I can tell you, I literally had a basal cell carcinoma on my face right here, holding a phone up to me.

To my face for years and years and years and years being in sales and walking around talking to people on the phone all the time. I would always have my phone right here. And sure enough, that's exactly where the cancer came.

And I'm sure people have stories of that. That type of radiation from the device itself is no bueno. But. I have another article just on what is a SAR value and radiation levels from smartphones, which breaks that down. So here's the different pixel devices, iPhones, Galaxy. Here's what it is, the radiation levels next to your head, your body, when your hotspot is turned on.

And I dig into, are they really safe levels of radiation devices? The answer is no, there's no safe levels. Some are worse than others. This is also really important, like how this, just like with COVID, right? How this data hasn't hit the public and how these people are not hanging for crimes against humanity is beyond me.

But five year old holding the same device against their skull because their skull isn't thick enough. And the outer layers of their skin is not so thick, that radiation is blaring and blasting inside of their bodies. So it makes me sick to my stomach when I see kids whose parents are allowing them to have these tablets and these phones that are so young and they're just right in front of their face because you know they're just being beamed and blared with radiation from the device.

But the real scary stuff, folks, is not so much the phones, because again, whether it's 5G or not 5G, the radiation levels on these devices is almost all the same. It's almost all the same. It's like nominal differences between the two. And the difference between a 1. 6 level versus a 0. 99 level it's still killing cells.

It's still not healthy. The real issue is all the radiation around us that's being fed from the towers and from the satellites. Up in the sky that are all over the place, constantly watching what's going on around us. That's the issue. And that's, we're getting a counter. If you're very sensitive to radiation or you're just curious is worthwhile.

There's a company on that we have a partnership with

called safe living technologies. If you're interested in this stuff, go to safe living technologies. These guys are out of Canada. Don't hold that against them. But they have some amazing products and services that are just focused on this. They're like their entire focus is on this. And in fact, they also do free consultations.

So you can sign up for a free 1530 minute consultation with someone on their team, talk to them about what you're dealing with and they'll point you in the right direction. Just like we do.

All right, let's get back to,

so the other major indicator, right? Is if you just look at the insurance companies, the premiums and the insurance policies for all of the service providers went through the roof once they started talking about all these new technologies, this 5g tech, because they knew it was not healthy for biological systems of any kind.

All right. Apologize.

So let's talk about what a voiceover IP number is, because we've been talking about traditional, right? Traditional services, but there's other options, not your only option. Another option is to use what's called the voiceover IP number. And that simply means that it's routing through the internet, which means you're not going to hit a tower.

to have that data transmitted. Actually, I take that back. You might because you can buy a data only plan from T Mobile from whoever you can buy a data only plan, and you can get a voice over IP number. So if you buy the data only plan from someone, which you can walk into any prepay for a data only plan.

On a monthly basis, quarterly basis, you could pay six months. You could pay for an entire year. You can pay for three years in advance for a data only plan. They're happy to take your money and you don't have to give them any of your information. They will give you a SIM card that has that data only plan attached to it.

And you can put it in your phone. And so long as your phone has coverage, right? You're in an area where your phone actually has line of sight with a tower. That can actually feed you data and not just phone or text messages. Then you can use the internet. using that data only plan. If you do that and you get a VPN service, and then on top of that, you get a voice over IP or voice over internet phone number.

That is a way for you to really go ghost, right? This is where I talk to all kinds of different customers. People who are like, my dad is just, really just wants to talk to his grandkids. He's not doing anything special. He really rarely leaves. His area, his house, his apartment, he's a different person.

He doesn't need to take all these steps, right? Doesn't want to, doesn't have the patience, doesn't have the time, doesn't want to spend the money. But I have some customers who definitely do need that and do want that. So they'll get the data only plan. That's not tied to their name at all. They'll prepay for a year.

They'll get the VPN service. Then they'll get the voice over IP number, which again, depending on which voice over IP service provider you use. You don't have to give them your information. You can pay with crypto. You can pay with Monero. So you can get a phone number that's not tied to you using a network internet connection that's not tied to you and route everything through a VPN.

That is a way for you to communicate with people super anonymously and securely. Again, very few people really need to go through all those steps. And you might say I want to be private. I want to be secure. So I'm going to do that. That's fine. Just know that's again, like black belt level material and you need to go through the process and make sure you understand all the other pieces of the equation before you start doing maneuvers or else you're probably going to hurt yourself doing a maneuver and you're going to tweak something right and break something and then you're gonna be like, ah, I need tech support.

I need help.

Hopefully that makes sense. And I have the reason why, gosh, what are you seeing here? I have an article on this that walks through your options. I believe it's in here. You're getting started guide void providers.

Again, this is just three companies. I'm not even sure I did this over a year ago. I'm not even sure if these three are still the most relevant ones to use. I know my sudo is still a solid one, but there's new ones that are coming out. Some of the customer that was just emailing me about some new VoIP provider that you can use pay with Monero, things are running on the blockchain and all kinds of interesting tech that's being used.

I just haven't had the time to dig into it too deeply,

but that's how a VoIP number works.

All right, I covered everything I wanted to cover here today. And we've got about 13 minutes left here. 13 minutes left? 13 minutes left. The other thing I wanted to mention, and I know I mentioned it last week, but I want to re mention, is that there's the whole article that was written on email alternatives. If you're struggling with the email, getting your email up and running, please read through this article.

Paxmail has a whole step by step tutorial guide, which is down here.

Access your email. I've got the links to their step by step guide to do here, how to export your email from Gmail, how to export, import your email from ProtonMail, Outlook, there's all the links to all the things that you need to be able to do that successfully. If you hit a roadblock, setting up Thunderbird, and I think I mentioned this before, but K9Mail, which is probably installed, I think most of you have a device that has K9Mail on it.

I would go to the Aurora app store and download Thunderbird. K9 mail is going to be replaced by Thunderbird here at some point, probably not in the next month or two, but probably within the next six to 12 months, it will be.

Basically the team from Thunderbird is swallowing up the team from the canine meal because they were doing so many of the same things

So please dig through this in terms of email migration I was gonna go step by step through that and I still may do that in a future class Let me know by the way, actually, this is what I wanted to leave with Let me know what you guys want me to talk about in future episodes I've got ideas of what I want to cover.

Some of this stuff takes a lot more prep than other stuff. I can't just jump into a conversation about walking you through step by step how to do an email migration because it takes about an hour and a half of me setting up dummy accounts and making sure I'm using, not my accounts that you guys don't get access into all my stuff.

So that takes some time. So I have to set all that stuff up ahead of time. So let me know really what you want to be talking about. You can shoot me an email. Y'all know how to find me over email. Sandra's asking, I have Nextcloud connected to Paxmail on my phone and laptop. Can I feel secure uploading financial and sensitive documents? So short answer would be yes, Sandra. I, no one's coming after you. And Paxmail is a trusted company. So their servers, their infrastructure is trusted. Their technology is trusted.

I know you're using a Ghost laptop as well, a Linux based laptop, so you're good there as well. So I think you're totally fine.

Anyone else have any other questions they want me to dig into here?

If not, I'm going to sign off and go get some banana cream pie that my son just brought home from the store. It

doesn't look like it. Hopefully this was helpful. Hopefully you learned something. Definitely let me know what topics you want me to cover that you think I haven't covered already. Y'all should have access to and hopefully you appreciate the site that shows you all of the Training videos. I'll quickly bring that up on the screen.

So y'all should have a link here with the password to get into here. Video replay transcription. I learned how to use a video editing tool about a week ago, two weeks ago. So I've been using that. I've been using another tool to do the transcription and to chop up the video into just getting rid of a lot of the filler.

I found that I say Way too much. I'm trying to be more mindful of me using filler words when I'm talking through this process. But if you don't have a link into this, I'm going to put it in our chat real quick here so you can get access to it. Kelly, what's your question? And the password should be,

I believe that's what it is. It might just be live ghost. Yeah, it's live ghost

777. There's no exclamation point.

Are you just clapping Kelly? You're not raising your hand for a question. Thank you. Definitely. Let me know what I haven't covered that you want me to cover. I'm going to do one on AI here soon. What is AI? What are LLMs, learning language models? What are the different AIs out there? Should we be terrified and running for the hills?

That, Terminator is going to come get us soon. Definitely gonna be hitting on that topic and I'm going to be hitting on

some troubleshooting. I'm going to go through our troubleshooting, certain stuff on the phone.

Oh, Sandra, I have not sent out responses yet. I was in the middle of doing that before my world got turned upside down. So to all of you who have submitted homework, I will be getting back to you with it. If you had questions tied to your homework, I will be getting back to you. I apologize. That is on the list of the many things I need to be doing.

So you will be getting that.

All right, folks. Bless you all. Thank you for spending time with me this evening. Oh, the last thing I wanted to tell you, actually, while you're still here, sorry, this link is That's been sent out on Telegram and you may have gotten emails about it. This is the live, the class I did on Thursday. This is like the primer for people who are wondering why you're so crazy using all of this privacy focused stuff.

If you, if someone says you're crazy, mom, you're crazy, dad, you're crazy. Why are you taking this stuff so seriously? Send them this video.

This is me giving the reason the rationale and the reason why, which will hopefully get them to say, huh. Maybe mom's not so crazy. Maybe grandma's not so crazy. Maybe my friend's not so crazy. Send them this video. And then I have, obviously I think y'all have seen my favorite video where I was literally, I was supposed to have an hour to talk to this group.

And then the guy before me just kept going and going and going and going. So I really only had 10 minutes and I broke it down at three minutes. Here's the,

You need to do what you do

is this digital privacy content on the page. This is the, if someone says just give me the short version, as to why you're doing what you're doing, show them this video. I was irritated. I had been standing out in the sun for about six hours that day, looking forward to getting out and talking to this audience.

And then they gave me like four or five minutes and I was like, you know what? Screw it. And I just went after it. This is the short version. So short version. Long version send it out to people if they're telling you're crazy. You're not crazy Appreciate you have yourselves a beautiful night. Actually, you know what?

I wasn't even sharing my screen there Sorry,

so if you go to resources page, I apologize folks. I was just talking to myself basically Helpful digital privacy focus interviews articles and videos. This top video is the three minute video you can share on It's up on our rumble page. We've got a rumble page. Just look up mark three, seven. com, but this video is great.

And then I've got a gajillion podcasts that I've done. You could send those out to people, but the long form one is this, which you should have received a notification about if you need it, let me know. It's on our telegram channel. I don't think I've emailed it out to people. If you're, if you follow me on sub stack,

this is a article in AI I'm writing, so you may appreciate. These are friendly AI robots. But

if you go to truthandlove. substack. com you'll find this article. Digital Privacy Workshop. It's right here. I'm going to put this up on our website somewhere. I just haven't quite figured out where. Anyway, I'll stop wasting your time tonight. Thank you all. Appreciate you. I will see you next week. And you'll hear from me soon with your responses to the homework you've done and any questions you may have that are still outstanding.

God bless you and God bless the United States of America.