

A Healing Insight from Reiki-EssenceHealing

Mar 15, 2020

Be the Calm during the Storm

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There is so much fear around the Corona Virus from the media and staying out of fear has been challenging for many but there is also a choice to stay out of fear, remain calm and stay in awareness by taking care of your body and immune system. Wash your hands often and stay super hydrated. Pump up the Vitamin C, D3 and Zinc. (Silver Colloidal, Elderberry Syrup, Doterra OnGuard Essential oils are super immune builders as well to name a few) Don't let your homes or office areas get too dry. You want your body, nasal passages and throat to stay moist. Cover your coughs and sneezes and again wash your hands often. Do all the things you should do every cold and flu season.

I definitely recommend daily Meditation to calm and center your being/nerves to help with the stress you may be feeling. So very important to stay out of Fear at this time.

I wanted to share this review giving you a different perspective on the Corona Virus.

AN IMPORTANT MESSAGE FROM BRUCE LIPTON!

An Important Message from Bruce H. Lipton, Ph.D.

March 10, 2020

Dear Family of Love and Seekers Everywhere,

Coronavirus: Do Not Fear the Bogeyman

The world is currently gripped in fear of the scary coronavirus. Let's first get one fact clear: If you have ever had a cold or flu in your life, odds are that it was the result of a coronavirus infection. Yes, coronaviruses cause colds.

But we are being programmed with the belief that this particular cold virus is "deadly." This fear has shut down concerts, conferences, and major public events all over the world. The fear has led to quarantines and closing down of international travel. It has even led to a major scarcity of toilet paper in Australia, where concerned citizens emptied the shelves of this commodity in anticipation that they will be walled up in their homes with this infection.

First, how deadly is this version of the virus? Yes, there have been corona-related deaths reported with the statistics suggesting that ~2% of the infected population dies. Wow! That number is almost 1% more deaths than are attributed to any conventional flu the world experiences. What is misleading is the fear that everyone who carries this virus may die from their cold. This is simply untrue! The health of almost all the victims of this coronavirus was already compromised before they were infected.

For example, the following information was provided by the news in regard to the 6 patients that died of the virus in the state of Washington last week (I added the bold print):

Washington State

Six people have died in Washington and health officials have identified 18 cases.

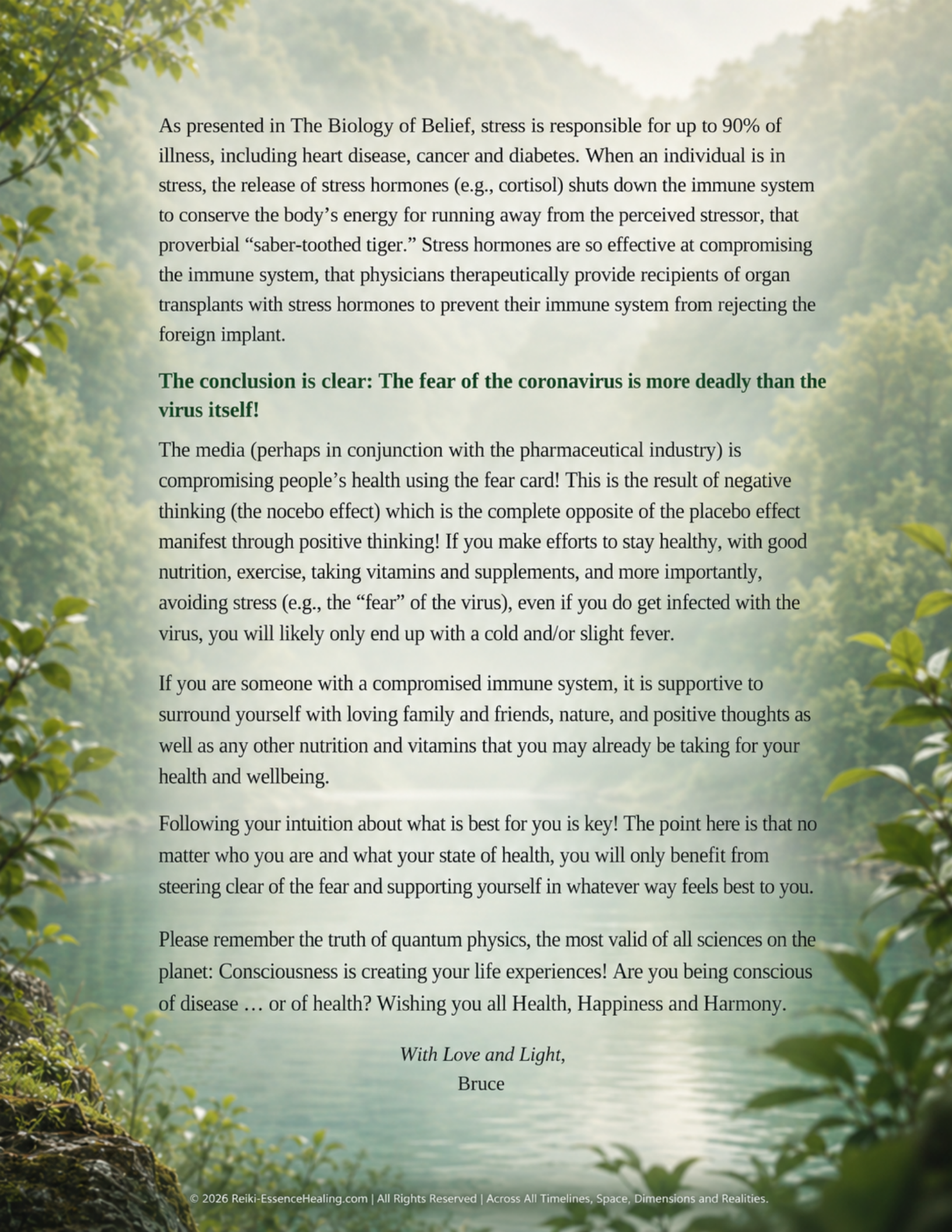
Four of the cases in King County were linked to the Life Care nursing facility in Kirkland. More than 50 residents and staff at the facility are being tested.

The deaths announced Monday, according to health officials, included:

- A male in his 70s, who lived at LifeCare. He had underlying health conditions and died Sunday.
- A female resident of LifeCare in her 70s. She also had underlying health conditions and died Sunday.
- A woman in her 80s, who was already reported as in critical condition at EvergreenHealth, died Sunday.
- A Snohomish County resident at EvergreenHealth also died but details of that patient have not been given.

Two previously reported deaths included a man in his 70s who had underlying health conditions and had been a resident of LifeCare. He died at EvergreenHealth on Feb. 29. The other was a man in his 50s with underlying health conditions. He was admitted with serious respiratory issues and tested positive for the virus. He died at EvergreenHealth Medical Center in Kirkland.

As emphasized in this report, the health of all those that died with the coronavirus was already compromised. Healthy people get cold and flu symptoms, while those already sick and near death's door may experience the "Grim Reaper" when infected by the virus. True, sick people are more vulnerable to the virus; healthy people really have nothing to fear.



As presented in The Biology of Belief, stress is responsible for up to 90% of illness, including heart disease, cancer and diabetes. When an individual is in stress, the release of stress hormones (e.g., cortisol) shuts down the immune system to conserve the body's energy for running away from the perceived stressor, that proverbial "saber-toothed tiger." Stress hormones are so effective at compromising the immune system, that physicians therapeutically provide recipients of organ transplants with stress hormones to prevent their immune system from rejecting the foreign implant.

The conclusion is clear: The fear of the coronavirus is more deadly than the virus itself!

The media (perhaps in conjunction with the pharmaceutical industry) is compromising people's health using the fear card! This is the result of negative thinking (the nocebo effect) which is the complete opposite of the placebo effect manifest through positive thinking! If you make efforts to stay healthy, with good nutrition, exercise, taking vitamins and supplements, and more importantly, avoiding stress (e.g., the "fear" of the virus), even if you do get infected with the virus, you will likely only end up with a cold and/or slight fever.

If you are someone with a compromised immune system, it is supportive to surround yourself with loving family and friends, nature, and positive thoughts as well as any other nutrition and vitamins that you may already be taking for your health and wellbeing.

Following your intuition about what is best for you is key! The point here is that no matter who you are and what your state of health, you will only benefit from steering clear of the fear and supporting yourself in whatever way feels best to you.

Please remember the truth of quantum physics, the most valid of all sciences on the planet: Consciousness is creating your life experiences! Are you being conscious of disease ... or of health? Wishing you all Health, Happiness and Harmony.

With Love and Light,
Bruce