

Gary's wise guide through the Corona crisis

**Psychomathological considerations on the topic “Corona crisis“**

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*“Truth lies in the mind of the believer!”*

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## Introduction - Information about virus, disease

The virus behind COVID-19, this latest coronavirus disease, is called SARS-CoV-2 (Figure 1).

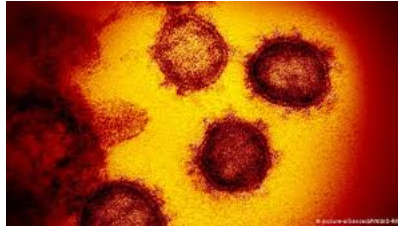


Figure 1. SARS-CoV-2

The spikes of SARS-CoV-2 form a “corona“ around its spherical shape. The spikes help the virus make its way into the host cells. The virus was first presented by F. Wu et al. in the journal Nature

Wu, F., et al. (2020). “A new coronavirus associated with human respiratory disease in China.“ Nature 579(7798): 265-269.

Emerging infectious diseases, such as severe acute respiratory syndrome (SARS) and Zika virus disease, present a major threat to public health(1-3). Despite intense research efforts, how, when and where new diseases appear are still a source of considerable uncertainty. A severe respiratory disease was recently reported in Wuhan, Hubei province, China. As of 25 January 2020, at least 1,975 cases had been reported since the first patient was hospitalized on 12 December 2019. Epidemiological investigations have suggested that the outbreak was associated with a seafood market in Wuhan. Here we study a single patient who was a worker at the market and who was admitted to the Central Hospital of Wuhan on 26 December 2019 while experiencing a severe respiratory syndrome that included fever, dizziness and a cough. Metagenomic RNA sequencing(4) of a sample of bronchoalveolar lavage fluid from the patient identified a new RNA virus strain from the family Coronaviridae, which is designated here 'WH-Human 1' coronavirus (and has also been referred to as '2019-nCoV'). Phylogenetic analysis of the complete viral genome (29,903 nucleotides) revealed that the virus was most closely related (89.1% nucleotide similarity) to a group of SARS-like coronaviruses (genus Betacoronavirus, subgenus Sarbecovirus) that had previously been found in bats in China(5). This outbreak highlights the ongoing ability of viral spill-over from animals to cause severe disease in humans.

### Infection

The infection itself is transmitted by droplets, for example, floating in the air between persons, i.e. it is difficult or impossible to avoid the infection in everyday life; therefore, a distance of at least 2 meters is recommended, as well as meticulous regular hand hygiene to avoid passing the virus through touching. Of course, there should be no direct contact (touching) between people.

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Interesting in this respect is the fact that we humans touch our faces up to 800 times a day, mostly on our nose and mouth. A brief touch on the face sends soothing impulses to the brain<sup>1</sup>. If disturbing information (fear, anger, etc.) comes from the outside, our emotional status is temporarily imbalanced, which we compensate for with a short touch on the face. In this way we reduce stress. If we are no longer allowed to touch ourselves for hygienic reasons, we have an insoluble conflict:

Out of sheer fear of infection it is psychologically more hygienic to touch one's own face and bodily more hygienic not to touch one's own face.

Once infection has occurred, the course of illness is highly variable and unpredictable: from unnoticed infection to life-threatening disease with multiple organ failure and death.

It is clear that the corona virus<sup>2</sup> that is currently spreading in the world is quite treacherous: the majority of those infected show few to no symptoms, but those who do become critically ill and need to be hospitalized suffer greatly and some even die:

1. the disease appears to affect mainly older people (over 65 years of age), men more often than women, and people suffering from one or more of the following diseases: high blood pressure, chronic respiratory diseases, diabetes, diseases and therapies that weaken the immune system, cardiovascular diseases or cancer.
2. In addition, people at high risk for covid-19 in particular appear to have a *metabolic syndrome*: high blood pressure, obesity, diabetic metabolism, high cholesterol or triglyceride levels, etc. The metabolic syndrome reflects our unhealthy lifestyle: too much/wrong food (fast food & co.), too little exercise, too much sugar and stimulant consumption.
3. Those patients who are severely or critically affected have far more than just a lung disease. It is a systemic disease. This is shown, among other things, by the fact that these people often suffer from an acute disintegration of part of their musculature, often resulting in kidney failure. People with damaged kidneys may need dialysis for the rest of their lives.

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<sup>1</sup> Grunwald, M. (2017). Homo hapticus. Why we cannot live without the sense of touch. Munich, Droemer HC.

<sup>2</sup> Corona viruses are RNA viruses that are widely distributed in many mammalian species, including humans.

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4. Even at the age of 40-60 years or even younger and with only one or no risk factor at all, one can fall seriously ill, end up in intensive care and even die. We know far too little about the disease. Until now, we do not yet understand the disease in its complexity. We do not know exactly which factors interact and how it is that one person becomes seriously ill and another remains practically asymptomatic. The matter is certainly multifactorial in nature, with genetic factors possibly also playing a role.

5. Some days ago (12.04.2020) there have been reports in the medical media about a neural infection pathway of SARS-CoV-2 which could explain the neurological symptoms, such as anosmia, of many Covid-19 patients<sup>3</sup>

Critically ill people who survive the disease have a long way back to normality. They are so weakened by the disease that they can hardly hold a spoon by themselves. Older people are also not able to recover from the disease to the same extent as younger people. The extent to which their performance, including lung capacity, fully recovers will only be answered by regular follow-up examinations after several months/1 year or more.

In summary, the same applies to Covid-19 as ultimately to any other disease:

No one knows with 100% certainty,

- who's going to be sick with what disease,
- what course a disease will take in which person, and
- how long it takes which person to recover.

**Conclusion:** 1. avoid illness; 2. strengthen your immune system; 3. adhere to conventional medical measures!

### Immunity

In so far as the virus is new, the population has not yet been able to develop an overall immune response against it (herd immunity), and it will also take some time to develop an effective vaccine. Therefore, we always hear that we have no immunity against it, and immunologists build their mathematical models on the basis of “zero immunity“. Every person on earth who has ever recovered from a corona infection, with or without accompanying measures during hospitalization, has healed himself. The power for self-healing lies within each of us. Some of us have only a dirt road at our disposal, others a 7-lane highway; nevertheless, the individual self-healing

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<sup>3</sup>[https://www.dgn.org/images/red\\_pressemitteilungen/2020/PM\\_Meningitis\\_durch\\_CORONA\\_PB.pdf](https://www.dgn.org/images/red_pressemitteilungen/2020/PM_Meningitis_durch_CORONA_PB.pdf)

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spectrum of each and every person should be optimally supported so that it can unfold as far as possible.

This makes it all the more important to know that a strong, albeit corona-naïve, endogenous immune system can develop effective defense strategies against COVID-19. The differences in immune responses between different patients can be so great that some, especially younger people, do not even show symptoms, while in relatively few, high risk or genetically predisposed, rather older people, a severe to fatal course is to be expected.

Hope in dealing with the corona virus can be shown by the immune response of a 47-year-old, otherwise healthy patient who was infected in Wuhan, China, at least 15 days before her emergency admission to Melbourne, Australia.<sup>4</sup> The treating physicians classified the symptoms<sup>5</sup> of this patient as mild to moderate. An increase in proinflammatory cytokines and chemokines associated with a severe course did not occur in this patient. An immune response<sup>6</sup> was already detectable on the 7th day of hospitalization: nasopharyngeal smear was negative for the first time and antibody detection in the blood was positive for the first time. The concentration of antibodies rose sharply in the following three days.

Only three days after the immune response (dro), the signs of inflammation in the lungs were no longer detectable by X-ray. The patient then left the clinic and recovered completely at home. After 13 days, the woman announced that she no longer had any symptoms. She also remained healthy on day 20, with progressive increases in SARS-CoV-2-binding IgM and IgG antibodies in the plasma from day 7 to day 20.

Remarkable in the development of antibodies in this case study was that the immune system produced IgG antibodies first, instead of the usual IgM antibodies (Figure

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<sup>4</sup> Thevarajan, I., et al. (2020). "Breadth of concomitant immune responses prior to patient recovery: a case report of non-severe COVID-19." *Nat Med* 26(4): 453-455. (<https://www.nature.com/articles/s41591-020-0819-2.pdf>)

<sup>5</sup> including sore throat, dry cough, fever, stabbing chest pain while inhaling and mild shortness of breath.

<sup>6</sup> Increased use of T-helper cells, especially CD4 cells - which are responsible for the sustained production of effective antibodies - and CD8-positive T-cells, which destroy virus-infected cells and thus prevent them from spreading. The immune response was also accompanied by a reduced number of monocytes (CD16 and CD14) in the blood. The authors interpret this as a sign that these cells, which were recruited to eliminate the pneumonia, were no longer necessary. (Monocytes can transform into macrophages and then eliminate cells destroyed by the immune system).

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2).<sup>7</sup> (Since this is a single patient and not a statistically sound, controlled research study, these results, while interesting, are not robust.)

	Negative patient	COVID-19 patient			
		d7	d8	d9	d20
Anti-IgG	0	1+	2+	3+	3+
Anti-IgM	0	+/-	+/-	2+	3+

**Figure 2.** immunofluorescent antibody staining, repeated twice in duplicate, for the detection of IgG and IgM bound to SARS-CoV-2 infected Vero cells, assessed with plasma (diluted 1:20) obtained at days 7-9 and 20 following symptom onset.

Equally remarkable is the fact that there are also patients who do not produce COVID-19 specific antibodies during the disease, although unspecific antibodies were present in all COVID-19 patients studied. However, the neutralizing antibodies are crucial to render the virus harmless and cure the disease. If a too weak, i.e. inefficient immune system cannot stop the reproduction of the viruses in the body, a serious inflammation will occur. The body produces a large amount of inflammatory mediators that can cause pain, fever, pneumonia, damage to the kidneys, liver, lymphatic and nervous systems, and even organ failure.

**Conclusion:** Overall, this study provides novel contributions to the understanding of the breadth and kinetics of immune responses during a non-severe case of COVID-19, suggesting that robust multifactorial immune responses to the newly emerging virus SARS-CoV-2 can be induced<sup>8</sup> and, similar to the avian disease H7N98, early adaptive immune responses may correlate with better clinical outcomes.

[Well, what can we do?](#)

**Protect ourselves from the outside:** Infected people are contagious even if they never show symptoms. And about 44% of those who later fall ill with symptoms can be highly infectious two to three days before the symptoms appear, most severely on

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<sup>7</sup> IgM antibodies are the antibodies of the primary immune response and should actually be released upon first contact with the pathogen. IgG antibodies usually follow in the next step, when the immune system has recognized the pathogen.

<sup>8</sup> Evidence for the recruitment of immune cell populations (ASCs, TFH cells and activated CD4+ and CD8 T cells) were obtained, together with IgM and IgG-SARS-CoV-2 binding antibodies in the blood of the patient before the symptoms subsided. [ACS = Antibody-Secreting Cells; TFH cells = follicular helper T cells (T<sub>FH</sub> cells).]

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the last day before the outbreak<sup>9</sup>. This speaks for the solitary confinement of each and every individual of the entire population, i.e. a total social «shutdown», which is an absurd and rather unfeasible scenario.

Protect ourselves from the inside: The body's own immune defence depends on various factors: above all, innate constitution, age, previous illnesses and stress. While constitution, age and pre-existing conditions cannot be influenced here and now, there are some ways to proactively strengthen one's self-healing power: diet, human contact, exercise and imagination.<sup>10</sup> While our choice of nutritional options is only partially limited by a social «shutdown», human contact and movement are severely impaired. This leaves us up to our imagination as a perpetual source of immunity and self-healing.

Unfortunately, for most people, the immune system is seen as something completely independent of themselves, not unlike the weather. But there is no system of the biopsychosocial being, of the human being, that is more intimately connected with us and our person than the immune system.

Unfortunately, both we ourselves and medical professionals have too little confidence in these inborn self-healing powers. It is a fact that everyone who has been infected with the coronavirus - no matter whether they had symptoms or not - and who have remained healthy or gotten well again, has successfully fought the virus with their own immune system by producing antibodies. This is called «resilience». This variant applies to most people. As long as we do not have a vaccine, strengthening the immune system through our imagination is the best way to help it produce specific antibodies when we become infected.

In fact, we should already learn in school from the second grade on - and in every following school year according to our level of development - how to strengthen our immune system with the help of our imagination.

If you consider that illness per se is an integral part of life, one must always give priority to strengthening one's own immune system. In any case, without the help of your own immune system, even the very best medical measures are of no use:

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<sup>9</sup> He, X., et al. (2020). "Temporal dynamics in viral shedding and transmissibility of COVID-19." Nat Med.

<sup>10</sup> Schmid, G. B. (2018). Strengthening self-healing: How to optimize your health through imagination. Heidelberg, Springer [Schmid, G. B. (2018). Selbstheilung stärken: Wie Sie durch Vorstellungskraft Ihre Gesundheit optimieren. Heidelberg, Springer]; Schmid, G. B. (2010). Self-healing through imagination. Vienna, Springer publishing house. [Schmid, G. B. (2010). Selbstheilung durch Vorstellungskraft. Wien, Springer-Verlag.]



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*Every healing is always a self-healing process with our imagination as the ultimate cure!*

I have already discussed in detail elsewhere how each and every person can strengthen his or her self-healing powers with the help of his or her own imagination in accordance with modern orthodox medicine. (See footnote 10.) Here I would like to deal with the immunological, conventional-medicine and biopsychosocial measures surrounding the corona virus (COVID-19-causing coronavirus SARS-CoV-2).

### COVID-19: A complex, self-organizing problem without conspiracy

The problem is complex and, in addition to medical facts and views, numerous psychosocial and political factors play important roles in the current corona pandemic. These diverse and largely unmanageable factors are organizing themselves worldwide into a global, new world order, even without any conspiracy behind it. The worldwide handling of the pandemic understandably shows how fear turns into hysteria, so that no one can see where prevention ends and panic begins: who is friend and who is foe, who is right and who is wrong. Who is scientifically correct in communicating and counteracting a serious threat to the healthy well-being of society and who is polarizing and seriously disrupting the consensual socio-political order?

The initial situation, that is

- on the one hand, the infection with the virus is difficult or impossible to control,
- on the other hand, an infection can lead to a course of illness that ends in death,

is troublesome per se because of its serious consequences. What makes matters worse is that experts such as DROSTEN Christian, LAUTERBACH Karl and VOGT Paul Robert and, on the other hand, BHAKDI Sucharit, FAUCI Anthony S., HOCKERTZ Stefan and WODARG Wolfgang have very different opinions on how to deal with this situation and its spread - the pandemic. The former, who provide information in a rather alarming and frightening way, currently have a great influence on politics - see the section below entitled «Stone Age thinking: Better to project danger into the harmless than harmlessness into danger». The 2nd group of experts is gradually trying to make their relativizing, level-headed positions heard.

This strong polarization makes communication between these two groups difficult, and in some cases even impossible. In the extreme case, this can lead to a split in society. One might even ask: *“How can an enlightened (heterogeneous) population react*

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*to this in a way other than insecure - if not hysterical?*“ Actually, different opinions are positive; but, for the first time - in Western Europe - people here are described as sectarian and mentally ill when they question the statements of the political majority or of the mainstream researchers. Paradoxically, in this case, the prophets of doom, who are usually ridiculed, belong to the mainstream researchers and to the political majority.

An important argument of the first group is that, from an epidemiological point of view assuming that the people at risk have zero immunity, there will probably be a high number of sick people exceeding the current capacity of our health care system - especially that of our intensive care units; as can be seen from the above description of the comprehensive disease symptoms, the personnel and medical-technical treatment effort is enormous (5 medical specialists per 1 intensive care patient around the clock - 24/7). For this reason, politicians are striving for a reduction or at least a slowing down of the infection rate as well as a parallel development of intensive care medicine.

What does this mean for the health system and its staff: because of the predicted high number of patients suffering from Covid-19, all resources - financial and human - are being invested in upgrading the intensive care units to provide for their adequate care. As a result, people with other health problems are no longer receiving adequate care (e.g. all but the most immediate life-saving, emergency therapies are being postponed). Ultimately, it is the medical care system that is at the end of the chain and pays the price for this insecurity.

As already mentioned above, this is a droplet infection. We inhale the droplets or grasp the droplets (with or without gloves) and then distribute the droplets with our hands, among other places onto our faces, where the virus then finds access to our respiratory tracts. The most important thing is keeping a minimum distance of 2 meters and perfect hand hygiene - see above. This sounds very simple, but in practice it is very difficult to properly use masks and to wash our hands consistently in every situation, even by hospital professionals. Take notice: most people - even health professionals - do not have perfect hand hygiene skills.

How can these precautions be implemented?

1. People should learn to wash their hands correctly with soap (at least 30 seconds, including between the fingers), hospital staff with disinfectant.

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(There is a video of the Swiss Federal Office of Public Health (FOPH German: BAG)<sup>1</sup> showing you how to best do this.)

2. Gloves suggest a false security. You have to disinfect your hands with gloves just as often as without them - and change gloves every time and wait until the disinfectant has dried before putting on new gloves.

### Protective mask as "Voodoo mask" like a talisman against the evil eye

The use of a face mask by John Doe and busy Lizzie as protection against the spread of the coronavirus in the population is only one example - albeit a prime example - of the various psychosocial factors behind the current hysterical handling of the pandemic.

Usually protective masks are worn in the operating room. The operating room staff is sterilized as much as possible: when the mask is on and the gloves are on, NOTHING not sterilized is touched (e.g. operating room staff are not allowed to open a door with their hands). If it does happen, the gloves and mask must be replaced.

There are various reasons why the introduction of a compulsory face mask is of little use to the general public:

1. The masks are often not well modelled on the face and are not put on correctly: with hands that are not perfectly disinfected. As a result, they are contaminated or do not fit properly. Beards, for example, make it impossible for the mask to fit tightly. People would at least need training for using a face mask, as is already happening with the FOPH's hand-washing videos.
2. There are too few masks for the medical staff, so, for now, there is no other choice but to use them very economically. Once a mask is soaked through, it is no longer of any use. If one mask has to last for the whole day, it will not work: People have to eat or drink something at some point. For that, they have to pull down or take off their mask. If you pull it down or take it off, you actually MUST dispose of it, because you can't store it in such a way that you don't contaminate yourself when you put it back on again. ATTENTION: Putting a mask back on does not help, on the contrary, you will smear contaminated stuff directly into your face.

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<sup>1</sup>BAG = Bundesamt für Gesundheit

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/hygiene-pandemiefall/haende-waschen.html>

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3. To seal an FFP-2 /FFP -3 mask<sup>12</sup> perfectly, you have to carefully:
  - inspire for masks without valve
  - expire for masks with valvewhile putting it on.

For John Doe and busy Lizzie, a distance of 2 meters is certainly more effective than wearing any mask. «Social distancing» and correct hand hygiene with soap are probably the most important measures for the general public.

A political decree to wear a face mask borders on the rules of a cult for the clothing of its members: e.g. the Baghwan/Osho movement of the 1980s with its obligation to wear orange-coloured clothes. It would not surprise me if some people would decorate these “voodoo masks“ with crosses or other symbols to ward off the evil eye, such as Sheela-na-Gig<sup>13</sup>. Such figures are used by superstitious people to ward off death, evil and demons. It is also conceivable that companies such as Louis Vuitton or Gucci would market protective masks in their own style.

The requirement to wear a face mask in everyday life as protection against the spread of the coronavirus therefore seems to have more to do with magical thinking than with common sense - see the paragraph “Magical thinking“ below.

[Stone Age thinking: Better to recognize something harmless as a danger than to consider a danger harmless](#)

It must once again be made clear that our population - culturally enlightened, scientifically thinking and very well informed - still lives psychobiologically in the Stone Age. Only 400 generations separate us from our Stone Age ancestors. If cats are bred over 400 generations, a new breed may well develop, but this line of cats will certainly not gradually evolve into a parrot!<sup>14</sup>

From the point of view of evolution, it is better to see a danger in something, even if this “something“ does not contain any danger. Conversely, it is much more difficult - especially more dangerous - to assume that something is harmless if it does indeed contain a (great) potential danger.

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<sup>12</sup> FFP2 or FFP3 class respirators are tested for particle permeability, but not for their behaviour during dynamic processes such as sneezing or coughing. Here the airflow can reach a speed of between 10 and 30 m/s - conditions under which some masks are likely to cease functioning. (See Lydia Bourouiba: *Turbulent Gas Clouds and Respiratory Pathogen Emissions Potential Implications for Reducing Transmission of COVID-19* March 26, 2020 JAMA. Published online March 26, 2020. doi:10.1001/jama.2020.4756.)

<sup>13</sup> Andersen, Jorgen (1977). *The Witch on the Wall*. Rosenkilde & Digger. ISBN 978-87-423-0182-1.

<sup>14</sup> 10'000 years/(25 years/generation) = 400 generations.

**Conclusion:** Beware of the coronavirus!

Because of our life-immanent need for causality, the question always arises as to how we explain why there is any danger at all when something looks so harmless - or in the case of the coronavirus, is not even visible - and who is responsible for it.

We humans usually have at least two explanation patterns at our disposal: the person concerned considers himself or herself responsible. This implies that they could do something else and the situation would change. What sounds so logical is often not possible in the real situation, or at least it seems to be hopeless, so that we remain helpless and inactive in a situation and feel to be at the mercy of others.

There is a psychological mechanism inherent in us that almost always - sooner or later - makes us feel guilty when we are helpless: *“If I had done something else, I wouldn't be guilty (responsible) for what happened!”* We try to erase these feelings of guilt by making a sacrifice: If it doesn't rain, although our people have diligently prayed, then God must still be angry with us. So, let us think up punishments and sacrifice, for example, our first-born sons to appease God, to convince him to let it rain. If someone suddenly yells at me unexpectedly and runs away or just hangs up the phone, I immediately think: *“Oh dear, what did I say or do wrong?”*

Another and in some ways simpler explanation is to blame someone other than yourself for a danger. Since it is very difficult to bear the negative consequences of a misunderstanding or a serious, unjust fate with patience alone, it seems natural for us to find a scapegoat.

In earlier times, there was the evil eye or the witch hunt, for example. Even in the current situation, insults are occasionally made to Chinese-looking people, regardless of whether they have been in China at all in recent months. It becomes clear that those infected with the virus, that is, virus carriers are experienced as an invisible but real threat.<sup>15</sup> It is indeed reasonable to isolate or quarantine identified virus carriers, because they will then certainly not be able to transmit the virus.

Strangely enough, today - despite the many ways of detecting viruses and antibodies - suspicion has been extended to all persons: basically, everyone is infected by the virus, and therefore anyone can transmit it to any other person, infect them and kill them; and therefore anyone who can transmit the virus must be isolated. Since everyone is either a potential carrier of the virus or a person at risk, i.e. potentially

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<sup>15</sup> not unlike the wrath of an invisible god, evil spirits, radiation, poison or other microbes.

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life-threatening if infected with the virus, this can only be regulated by a «shutdown» of all public life.

It is easier to shout “*Wolf!*” than to make sure how many wolves are actually lurking outside in the forest. It also becomes increasingly difficult to prove that there are no more wolves in the forest than to prove that at least one wolf is still out there!

### The Sono Fabiç method of mind control

Another factor that plays a role in the pandemic story around the corona virus is what I like to call the “Sono Fabiç method of mind control”.<sup>16</sup>

For decades an anecdote has been circulating about a presumably popular political trick to discredit the opponent. The “Sono Fabiç method of mind control” originates from a play on words with the fictitious name: Sono Fabiç = Son of a bitch:

During the 1972 political race between Lyndon B. Johnson and George McGovern, Johnson told his campaign manager to launch a massive rumor campaign about his opponent's lifelong habit of enjoying the carnal knowledge of his own stable hogs.

“*My God, we won't get away with calling him a pig fucker,*” protested the campaign manager. “*No one will believe such a thing.*”

“*I know,*” Johnson replied. “*But let son of a bitch (Sonofabitch) deny it!*”<sup>17</sup>

The Sono Fabiç method “guilty until proven innocent“, i.e. sowing doubt and the accused is guilty until proven innocent. This way of thinking is diametrically opposed to our legal conception of justice: «in dubio pro reo». In other words, only when it is proven that something is not false is it considered to be true. How can a raped woman prove years later that she was raped? How can a person accused of rape prove that he did not rape someone in the far past?

Just as it is impossible to carry out the order “*don't think about a pink elephant*“, it is psychologically almost impossible to accept a widespread, well-told scandal as a lie after all, or that a suspect is not a thief or an insider is not a spy. The human mind never fails, whether consciously or unconsciously, to suggest that what should be the truth might somehow, possibly be a lie; a saint might be a sinner; a friend might

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<sup>16</sup> [https://www.mind-body.info/files/the\\_sono\\_fabiç\\_method.pdf](https://www.mind-body.info/files/the_sono_fabiç_method.pdf)

<sup>17</sup> Thompson Hunter S. (2012) *Fear and Loathing on the Campaign Trail '72*. Simone & Schuster Paperbacks, New York - London - Toronto - Sydney - New Dehli, page 227.

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be an enemy; and a serious historian or professor of virology might be a conspiracy theorist if he or she is not “mainstream“.

### Magical thinking

Nothing stabilizes the human being in his behaviour better than fear, and the messages in the media about the Corona Pandemic create fear. Here is a historical anecdote about this:

In 1935, Stalin invited his trusted senior advisers and some media henchmen to a meeting to demonstrate his principles by the most evocative of methods. When all were gathered in the barn yard, he asked for a live chicken to be brought and grabbed it vigorously with one hand. With the other hand, he began to pluck the chicken's feathers out in bushels.

The poor chicken squawked with pain, but Stalin, unmoved, continued to pluck until the chicken cramped in agony. Remarkably unimpressed by the disgust on the faces of the people who did not dare to express their displeasure with the dictator, he continued his activity until the chicken was completely without feathers.

Then he set the bird down near a small pile of grain and stood up to finish the last act, while the people curiously watched as the chicken moved towards the grain. When the chicken began to peck, Stalin took a handful of grain from his jacket pocket and reached his hand out in front of the wounded bird.

To the great surprise of the spellbound spectators, the chicken staggered back to Stalin with weak knees and began to pick the fresh grain directly from his hand – the very same hand that had caused the poor animal unbearable pain until up to just a few moments ago. Stalin had made his point - loud and clear.

He turned to the audience and said: *“People are like this chicken. It doesn't matter how much pain you inflict on them. The moment you offer them what they need, they will still turn to you to ensure their survival and continue to follow you.”*

Magic thinking - the transmission of an effect through similarity and/or through contact - plays an important role in the defence against fear.<sup>18</sup> For example: the wearing of face masks against the coronavirus is similar and corresponds to the wearing of an amulet, e.g. a talisman against the evil eye.

People's hygienic behaviour in everyday life is often very contradictory and characterized by magical thinking (protection by ritual or talisman):

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<sup>18</sup> Frazer, J. G. (1928). The Golden Branch: The Mystery of the Faith and Customs of Peoples. Leipzig, C.L. Hirschfeld-Verlag; Schmid, G. B. (2015). *And the medicine man said: »You must die ... !« so must you? Effect of the imagination on healing, illness and death. Communication in psycho-oncology. The hypnosystemic approach*. E. Muffler. Heidelberg, Carl-Auer-Systeme Verlag: 179-217. [Schmid, G. B. (2015). *Und der Medizinmann sprach: »Du musst sterben ... !«, also musst du? Wirkung der Vorstellungskraft auf Heilung, Krankheit und Tod. Kommunikation in der Psychoonkologie. Der hypnosystemische Ansatz*. E. Muffler. Heidelberg, Carl-Auer-Systeme Verlag: 179-217.]

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We cough into our elbows to prevent the spread of the viruses with our hands, but then we greet and say goodbye by bumping our elbows! Here we would be better off to wash and disinfect our hands before shaking, but, unfortunately, we don't always have a sink right next to us.

Or we open and close doors and turn lights on and off with our elbows and think that we are protecting ourselves from infection, but this is exactly the way we carry many viruses home.

Or we wear gloves when we go shopping and suddenly have the one glove in our bare hand and take off the other glove with it and so, in a flash, we immediately have many viruses on both our hands.

We wear a face mask and slide it down from our mouth and back up again every time we take a drink or a bite of something. In doing so, we repeatedly smear all over our face whatever viruses might have already been caught in the mask, and then inhale the exhaled viruses over and over again.

And and and ...

### Autistic-undisciplined thinking

Autistic-undisciplined thinking also plays a role in the argumentation of the experts in the corona pandemic. This term was introduced by the psychiatrist Professor Dr. med. Eugen Bleuler - the founder of the name «schizophrenia» - already at the beginning of the 19th century.<sup>19</sup> In autistic-undisciplined thinking, one puts forward all arguments that speak for one's own point of view and ignores all counter-arguments. Hypnotherapists talk here of «yes-sets» which can be very suggestive and even induce trance.

For example:

- Yes, it is true that the coronavirus is a droplet infection.
- Yes, it is true that these droplets (about 1 mm on average) are transmitted through the air between people, especially when they are close to each other - i.e. less than two meters - and one or the other person sneezes, coughs or has a moist and forceful way of speaking without protecting his mouth.
- Yes, it is true that sneezing, coughing or speaking with a moist, forceful pronunciation also produces micro-droplets (approx. 1/10'000 mm on average) in the surrounding air, which can be detected there for 20 minutes or more.

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<sup>19</sup> Bleuler, E. (1919). Das autistisch-undisziplinierte Denken in der Medizin und seine Überwindung. [Autistic-undisciplined thinking in medicine and how to overcome it.] Berlin, Springer-Verlag.



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- Yes, it is true that in many Asian countries the population wears face masks to protect themselves from the spread of droplet infections.
- Yes, it is true that a face mask - properly used by medical staff - helps to significantly reduce infection through droplets and micro-droplets.

These arguments could probably be put forward in favor of wearing a mask despite the above-mentioned statements in the section «Protective mask as a “voodoo mask” like a talisman against the evil eye», which speak against wearing a mask.

#### Dyadic Completion

There is another strange phenomenon of magical thinking that first attracted attention in moral psychology: *dyadic completion*<sup>20</sup>. Like magical thinking in general, dyadic completion happens intuitively, automatically and unconditionally in the mind. The process runs faster than one can consciously think. The phenomenon can be explained well by the example of «illness».

Every clinical picture can be completed dyadically. Dyadic completion favours the following phenomena:

- The healthier it is to eat “healthy food“, the more disease-promoting it must be to not eat “healthy“.
- The more thoroughly my doctor protects himself against infection when we meet in his practice or in the hospital, the greater the probability that I am seriously and contagiously ill must be.
- The more thoroughly my doctor examines me (corona test), the greater the threat to my health must be.
- The more precisely the symptom/disease is researched by the health care system, the more life-threatening the risks and consequences of an infection of the population must be (intuitive pathogenic conviction).
- The stricter the measures taken by a government, the greater the threat to society must be.
- The more my social environment suffers (panic, symptoms of illness, etc.), the truer the causes of the problem must be and the more certainly I must also suffer.

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<sup>20</sup> Gray, K., et al. (2014). “The myth of harmless wrongs in moral cognition: Automatic dyadic completion from sin to suffering.“ J Exp Psychol Gen 143(4): 1600-1615.

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### Mass Psychogenic Illness (MPI)

The above point is an essential part of the phenomenon of Mass Psychogenic Illness (MPI)<sup>21</sup>, a kind of mass hysteria in which people are so afraid of illness that they are convinced that they are suffering from it, that they actually develop symptoms of illness, even though they are in perfect health. Here I am thinking for example of the events in Mülligen 2012 (Evacuation of the mail distribution center in Mülligen, Switzerland on 04.09.2012).<sup>22</sup>

The phenomenon also weakens the immune system, so that people become more susceptible to illness and the course of the disease is more severe - a kind of self-fulfilling prophecy. Certainly, the phenomenon «MPI» also now plays a significant role in the corona crisis worldwide. Nowadays, with global, media coverage, the psychogenically affected social environment can include a few to billions of people. (I have already investigated this question in detail elsewhere.<sup>23</sup>)

People need to be well informed - which inevitably includes negative news. At the same time, however, opportunities for self-help and support in society must be offered to prevent the population from hysteria and panic. In the present time, it is important to build confidence, trust and courage and to give people an instrument to actively influence their immune system and contain the infections by being aware that they can strengthen their self-healing powers. (A German self-healing trance to listen to or download can be found at [www.mind-body.info](http://www.mind-body.info) and [http://www.swiss-neurochocolate.ch/.](http://www.swiss-neurochocolate.ch/))

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<sup>21</sup> Greenberg, D. R., et al. (1998). "A critical review of the Pfiesteria hysteria hypothesis." *Md Med J* 47(3): 133-136.

<sup>22</sup> Because of a suspicious white powder in two envelopes, an emergency alarm alert was triggered. All employees were evacuated, paramedics and police arrived at the mail distribution center with about 40 blue-light vehicles, and a large tent was erected for first aid. The emergency medical assistants (paramedics) wore special chemical-protection suits. Most postal workers complained of irritation in the throat, discomfort. Many had to vomit, the typical initial symptoms of anthrax poisoning. In three dozen cases, the symptoms were so severe that the afflicted were taken to hospitals for better care. Around midnight an "all-clear" was given: the white powder was not anthrax, but cornflower.

<sup>23</sup> Schmid, G. B. (2016). "Mass Psychogenic Illness: Psychogenic illness as a mass phenomenon." Suggestions. Forum of the German Society for Hypnosis and Hypnotherapy - DGH Edition 2016: 46-48. ["Mass Psychogenic Illness: Psychogene Krankheit als Massenphänomen." Suggestionen. Forum der Deutschen Gesellschaft für Hypnose und Hypnotherapie e. V. - DGH Ausgabe 2016: 46-48.]

Psychogenic death

In the current Covid-19 crisis, the average self-healing powers of the population tend to be weakened by negative prognoses, and the probability of overreactions and negative disease progressions up to the degree of psychogenic death<sup>24</sup> (Nocebo effect) is thus enhanced. For example, on the website of “Sputnik News“ 13:37 02.04.2020 (updated 17:58 02.04.2020) one can read:<sup>25</sup>

“The Italian region of Lombardy is particularly hard hit by the coronavirus epidemic. Russian experts working to combat the disease have been alerted to strange deaths in Italian nursing homes, writes Moskovsky Komsomolets on Thursday.“

“According to newspaper reports, several cases have been registered in the town of Gromo where alleged coronavirus-infected people simply fell asleep and never woke up again. *“No serious symptoms of the disease had been observed in the deceased.“*

“In one of the old people's homes, where Russian volunteers are currently working, there have been at least five such "strange" deaths within a few days.“

“As the director of the retirement home later explained in an interview with RIA Novosti, it is unclear whether the dead were actually infected with the coronavirus because no one in the home had been tested for it. (...).“

Similar cases were reported from Germany. Following an interview with the head of the Wolfsburg Health Office, Friedrich Habermann, and the Lord Mayor of Wolfsburg, Klaus Mohr (SPD), on the situation in a Wolfsburg old people's and nursing home, the *Süddeutsche Zeitung*<sup>26</sup> (9:43 a.m. on 30th March 2020) concluded that:

“Surprisingly many people have died without showing symptoms of Corona.“

Nursing patients *without symptoms of illness* die suddenly in the current exceptional situation and are then considered “corona deaths“. Here again, the serious question

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<sup>24</sup> Schmid, G. B. (2009). Death by Imagination: The Secret of Psychogenic Death. Vienna, Springer-Verlag. [Schmid, G. B. (2009). Tod durch Vorstellungskraft: Das Geheimnis psychogener Todesfälle. Wien, Springer-Verlag.]

<sup>25</sup> See also the website <http://swprs.org/> from 03.04.2020.

<sup>26</sup> <https://web.archive.org/web/20200330082928/https://www.sueddeutsche.de/panorama/coronavirus-news-deutschland-wolfsburg-laschet-1.4828033>

arises: Who dies from the virus, and who dies from the sometimes extreme measures that promote psychogenic death?

R-Null: Flatten the curve

For the immunological estimation of the spread of the coronavirus in the population, a parameter  $R_0$  is often discussed.  $R_0$  refers to the average number of people infected by a diseased person in a group that is believed to have absolutely no immunity to the virus.

Experts use the parameter  $R_0$  to predict how far and how fast a disease will spread. The number can also influence political decisions on how to contain an outbreak. The goal of political measures such as «social distancing» and «Stay at home!» campaigns is logically to reduce the average  $R_0$  value in the population. But the population does NOT have “absolutely no immunity to the virus“, as is usually implicitly assumed.

In other words: the meaning of  $R_0$  is even handled casually by immunologists. It is true that  $R_0$  is a good predictor of how an infection might develop. It is also true that it is the only parameter that we - as a society - can change in this mathematical model. We have to push this value down, yes, and can do this effectively with hygiene and «social distancing». What immunologists largely overlook is that we, the society, can also significantly reduce  $R_0$  through the resilience of the individuals living within it.

You can define  $R_0$  within the SIR model<sup>27</sup> as follows:

$$R_0 = \beta/\gamma.$$

$\beta$  is the average number of contacts per person and time, multiplied by the probability of disease transmission in a contact between a susceptible and an infectious subject.

$\gamma$  is the reciprocal of the time an infected individual is contagious. It correlates with the term from salutogenesis: *resilience*. Usually, the recommended quarantine period of 14 days is simply used here.

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<sup>27</sup> **S** = number of susceptibles, **I** = number of infectious, and **R** = number of immune/recovered/dead - see <https://flattenthecurve.herokuapp.com>; and [https://en.wikipedia.org/wiki/Compartmental\\_models\\_in\\_epidemiology#The\\_SIR\\_model\\_without\\_vital\\_dynamics](https://en.wikipedia.org/wiki/Compartmental_models_in_epidemiology#The_SIR_model_without_vital_dynamics).

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The SIR model describes the evolution of COVID-19 as a set of ordinary differential equations and, in fact, there is a mathematical parameter in this model that corresponds to resilience, namely  $\gamma$ .

Immunity to the virus (resilience) comes into play here through the parameter  $\gamma$ : Unfortunately, it is also tacitly assumed here that the human organism cannot influence this value. However, this assumption is not correct: the more effective the self-healing powers of the organism, the shorter the time of infection, the greater is  $\gamma$  and the smaller is  $R_0$ .

Every medical professional knows:

*Every healing is always a self-healing process with our imagination as the ultimate cure!*

Each and every one of us has a self-healing potential (keyword: *resilience*), which is greater in some (rather young, healthy) people than in others (old, sick, or those with a metabolic syndrome). Unfortunately, there is no objective measure to date with which the average value of  $\gamma$  in a population can be scientifically determined.

Self-healing can certainly be learned - see footnote 10 and the Addendum. The question therefore arises as to how this self-healing potential inherent in each and every one of us can be best utilized or optimized. In terms of evidence-based conventional medicine, it can be assumed that a population that has been instructed in optimizing its self-healing potential since the second grade and every year thereafter would be statistically significantly better able to cope with the outbreak of a new pandemic than a comparable *untrained* population and much better than a comparable *panicked* population as is currently the case all over the world.

There is hardly a successful ski racer who does not have a mental coach. For top-class sport, the importance of the psyche has been a matter of course for years, and is part of the usual training program. In general medicine, the psychological strengthening of our self-healing powers is not taken into account, although the effect of the imagination as a remedy has long been evidence-based - again, see footnote 10.

The most important non-pharmaceutical intervention (NPI) - «non-pharmaceutical intervention (NPI)<sup>28</sup>» - apart from hygiene, the reduction of interpersonal contacts in

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<sup>28</sup> “Impact of non-pharmaceutical interventions (NPIs) to reduce COVID-19 mortality and healthcare demand“; Neil M Ferguson et al.; Imperial College COVID-19 Response Team, WHO Collaborating

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the population and keeping distance - lies in the strengthening of one's own immune defences and the immune system in the service of self-healing (resilience) by means of imagination. In this way, the immune system, which for the time being is naive towards a virus unknown to it, can be individually and specifically strengthened. Without resilience, the other three above-mentioned interventions are meaningless.

The problem seems to be not so much the spread of the infection per se, but rather the tragic overreaction or lack of immune response (“cytokine storm“ or “antibody-freeze reflex“ - see the section «immunity» above) of a very small percentage of the population, who are predisposed e.g. because of advanced age, diabetes, high blood pressure, immune deficiency, metabolic syndrome. But in so far as

- (1) coronaviruses cause about 20 percent of our colds, i.e. most of us have already successfully got through a cold with a corona species at least once,
- (2) other viruses of the «corona family» have similar structures on the virus surface as SARS-CoV-2,
- (3) the body can build up an immunity against other corona species

it is not careless to assume

- (1) that the government should have more confidence in the ability of our acquired, specific immunity and encourage citizens accordingly<sup>29</sup> and
- (2) that measures based on forecasts derived from a too conservative understanding of  $R_0$ , i.e. the assumption that  $\gamma$  is a constant that cannot be influenced,

risk a biopolitical overreaction that can lead to opportunistic self-organisation<sup>30</sup>.

Our natural, innate immune system does not even know the new corona virus. It has to learn to recognize the new Covid-19 and deal with it in order to acquire specific immunity. The successful handling of this immunization process depends on the power of our immune system (resilience). Compared to younger healthy people, the immune system reacts less energetically and less efficiently in people who belong to one of the above-mentioned risk groups, be it corona or something else. And with the coronavirus it is particularly devastating.

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Centre for Infectious Disease Modelling MRC Centre for Global Infectious Disease Analysis. Abdul Latif Jameel Institute for Disease and Emergency Analytics Imperial College London, 16. March 2020.

<sup>29</sup> For all those who are old/ill/immunosuppressed/subject to metabolic syndrome, social distancing and hand hygiene are still the most important thing. Their self-healing power is weakened and does not have the strength of healthy people.

<sup>30</sup> Cf. the report: “Scenarios for the Future of Technology and International Development.“ The Rockefeller Foundation and Global Business Network. May 2010.

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Therefore, the most sensible thing is to do our utmost to strengthen our immune system. This can be done both mentally (e.g. healing imaginations) and physically (e.g. exercise; balanced diet). Here medical hypnosis ([www.smsch.ch](http://www.smsch.ch)) plays a key role in the health system.

Unfortunately, we do not know how to estimate or measure the average immune strength of the population for epidemiological purposes. But from my point of view, blind faith in calculations based solely on a conservative estimate of  $R_0$  in order to make far-reaching biopolitical decisions, which ultimately lead to the house arrest of an entire population, to the surveillance of individuals in a democratic society and to the freeze reflex («Lockdown» - «Abefahre» we say in Swiss German) of an entire economic system, is irrational and - as has been said here several times - borders on magical thinking.

*“Man has such a passion for systematics and abstract conclusions that he manages to knowingly distort the truth and not to see with open eyes and not to harken with hearing ears in order to be able to agree with his stubborn logic.”<sup>31</sup>*

Nevertheless: If the entire population is not trained in self-healing - and it is not - the attitude of «social distancing» and «Stay at home!» is not all too mistaken. It also protects those who, despite all self-healing optimization with their immune system, cannot effectively counteract the disease.

[Opportunistic self-organization of a naive biopolitical overreaction: The Stanford Prison Experiment](#)

One has to ask oneself whether the recommendation “Stay at home!” and the closing of borders does not also have a more negative flip side than initially assumed. For example, we can read the *Süddeutsche Zeitung* 04:46 on April 3, 2020, where they report: *“Throughout Europe, the pandemic is endangering the care of old people at home because nursing staff are no longer able to reach them - or have left the respective country in a hurry for home.”<sup>32</sup>*

With well-intentioned, all-encompassing care to thoroughly protect the population from the spread of the virus, too much of a good thing can also arise from this dream and lead to a nightmarish, biopolitical surveillance state.

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<sup>31</sup> Fyodor Dostoyevsky, Recordings from the Cellar Hole, p. 36. [Fjodor Dostojewski, [Aufzeichnungen aus dem Kellerloch](#), S. 36.]

<sup>32</sup> <https://www.sueddeutsche.de/politik/coronavirus-pflegekraefte-ausland-1.4866124>

"*There is a degree of oppression that is felt as freedom.*"<sup>33</sup> said Heiner Müller, German playwright (1929-1995) before the annexation of the German Democratic Republic (GDR) to the Federal Republic of Germany. In Israel, for example, the secret service has recently begun monitoring all movement profiles (10v0r10, 06.04.2020, 21:50).<sup>34</sup> Israel uses mobile phone data to monitor the movement radius of the population under observance of the quarantine. The government justifies these measures under the auspices of a national health emergency. Right now (May 2020) there are discussions even in Switzerland about the introduction of an application for mobile phones (app) to record contacts between people infected with Covid-19 and all other people.

On the subject of «Government and Technology», I would like to mention the report mentioned in footnote 30 («Scenarios for the Future of Technology and International Development»), namely, the Rockefeller Foundation's study already conducted in 2010, where it says in the concluding remarks:

*“Three key insights stood out to us as we developed these (four) scenarios. “*

*“First, the link between technology and governance is critical in better understanding how technology could be developed and deployed. “*

...

*“Technologies will affect governance, and governance in turn will play a major role in determining what technologies are developed and who those technologies are intended, and able, to benefit. “*

*“A second recurring theme in the scenarios is that development work will require different levels of intervention, possibly simultaneously. “*

...

*“The third theme highlights the potential value of scenarios as one critical element of strategy development. “*

...

*“While these four scenarios vary significantly from one another, one theme is common to them all: new innovations and uses of technology will be an active and integral part of the international development story going forward. “*

...

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<sup>33</sup> Heiner Müller quotes Ernst Jünger on the occasion of the GDR's slide into the market economy in 1989/1990, ZDF-Theater-Kanal, 05.02.2009, 21:45 on p. 153 in **geo@web Medium, Spatiality and Geographical Education** edited by Inga Gryl, Tobias Nehrlich, Robert Vogler (Ed.) Springer Fachmedien Wiesbaden 2013. ISBN 978-3-531-18699-3. DOI 10.1007/978-3-531-18699-3.

<sup>34</sup> <https://www.srf.ch/play/tv/10v0r10/video/in-israel-ueberwacht-der-geheimdienst-saemtliche-bewegungsprofile?id=fe5ff017-0c2e-4d61-b161-3667bce78111>



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Here I would like to remind you of Stanley Milgram's work in the 1960s and 70s on the subjects of "obedience to authority"<sup>35</sup> and "mass and morality"<sup>36</sup> as well as the "Stanford Prison Experiment" 1971 by Philip Zimbardo<sup>37</sup> and the later work "Mass and Power" 1983 by Elias Canetti<sup>38</sup>. With regard to the Stanford Prison Experiment:<sup>39</sup>

The subjects were randomly assigned the role of "prisoner" or "guard". Those who played the role of «guard» were given sticks and sunglasses; those who played the role of «prisoner» were arrested by Palo Alto police, deloused, forced to wear chains and prison clothes, and taken to the basement of Stanford University's psychology department, which had been converted into a makeshift prison.

Some of the guards became increasingly sadistic - especially at night, when they thought the cameras were turned off, even though they happened to be fished out of the same pool as the prisoners.

The experiment got out of control very quickly...

Give a good government too much power, and sooner or later it will turn into an evil government.<sup>40</sup> History has always taught us that, for example:

The genocide of the natives of the North American continent by the government of the United States at the end of the 19th century; the genocide of the Armenians in Turkey under the Ottoman government between 1914 and 1923; the genocide of the Jews in Germany from 1933-1945; the mutual genocide of 1994 between the Hutu and Tutsi in Rwanda, to mention just a few, historically more recent examples.

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<sup>35</sup> Milgram, S. (1974). Obedience to authority. New York, Harper & Row.

<sup>36</sup> Milgram, S. (1967). "The small world problem." Psychology Today 2(1): 60-67.

<sup>37</sup> Zimbardo, P. G. (1971). "The power and pathology of imprisonment." Congressional Record, Hearings before Subcommittee No. 3 of the Committee on the Judiciary, House of Representatives, 92nd Congress, First Session on Corrections, Part II, Prisons, Prison Reform and Prisoners' Rights: California. Washington DC, U.S. Government Printing Office; Zimbardo, P. G. (2012). "Philip G. Zimbardo on his career and the Stanford Prison Experiment's 40th anniversary." Interview by Scott Drury, Scott A. Hutchens, Duane E. Shuttlesworth, and Carole L. White." Hist Psychol 15(2): 161-170.

<sup>38</sup> Canetti, E. (1983). Mass and Power. Düsseldorf, Claassen publishing house GmbH.

<sup>39</sup> <https://www.psychologistworld.com/influence-personality/stanford-prison-experiment>

<sup>40</sup> Sorg, E. (2011). The desire for evil: Why violence is not curable. Munich, Carl Hanser publishing house / Nagel & Kimche.armeniern [Sorg, E. (2011). Die Lust am Bösen: Warum Gewalt nicht heilbar ist. München, Carl Hanser Verlag / Nagel & Kimche.armeniern.]

## Heretical ideas

Of course, every death as a result of the coronavirus is a personal tragedy not only for the person affected, but also especially for the survivors. We all hope that the government will give us maximum protection from such tragedies: To slow down the spread of the pathogen in the population as much as possible and to guarantee sufficient medicines, medical aid/materials and specialist staff and hospital beds in the intensive care units for the hospitalized. But from when, how and to what extent should and may the government of a democratic society intervene in the rights of individuals?

The resident population in Switzerland in 2019 was 6,429,700 Swiss and 2,174,200 foreigners. That is 8,603,900 people. Let us assume that Swiss society urgently needs about 25% of its resident population so that the infrastructure can be maintained and Swiss culture can continue to function smoothly. This would mean that we could lose up to a good 20% of the population without the threat that Switzerland as a culture would disintegrate.

For comparison:

One of the most devastating pandemics in world history was the plague. The so-called **Black Death**, which claimed an estimated 25 million lives in Europe between 1346 and 1353 - a third of the population at that time. Yet Europe still exists.

One might well consider that a pandemic should not allow large-scale political decisions that discriminate against the democratic rights of its citizens ("house arrest" etc.) as long as the serious, scientifically proven threat affects less than 25% of the population, especially in Switzerland, and without a prior, democratic vote. But who wants to walk through streets full of corpses these days?

Admittedly, such a liberal perspective, as suggested above, may well exceed the limits of the charity that we cultivate in the modern world today. And almost every person who wakes up in the intensive care unit is happy to be alive. Almost everyone wants to live on, no matter what it has cost him or her and no matter how old he or she is. But probably the critically ill today will only be able to tell us in 1-2 years time whether it was really desirable to have kept them alive.

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Does the government have a duty to guarantee that all its citizens, regardless of age or health condition, can only die of a natural, age-related death (old age) - whatever that may be?<sup>41</sup>

In a modern democracy we are used to comprehensive health care including a choice of treatment options. Does this not also include the right to refuse certain treatments? In Switzerland, it has been customary for years to fill out a living will (patient's provision) before an operation, which informs the medical team what to do about resuscitation and respiration in case life-threatening complications occur. Would it be possible for every person to fill out a living will in case of corona disease?

### Conspiracy Theories

There are also all kinds of stories in circulation that sound more or less like conspiracy theories with no way to falsify them.<sup>42</sup> Only falsifiable hypotheses are considered scientific, but here I mention five common scenarios (authors unknown), which somehow give food for thought:

#### I. The virus was created in a laboratory

This thesis has even been scrutinized by the serious medical community itself. The following article can be found on the website of DocCheck Community GmbH (16.04.2020) with the title: **SARS-CoV-2: Was it Batwoman? A new zoonosis, a bioweapon or a failed experiment in the Wuhan laboratory: Suspicions about the origin of SARS-CoV-2 are increasing. What is the truth in these rumours?**<sup>43</sup>

**Three hypotheses:** Hypothesis 1: Is SARS-CoV-2 an artificially produced biological weapon?; Hypothesis 2: Did SARS-CoV-2 escape from civilian research laboratories?; Hypothesis 3: Did SARS-CoV-2 come from animals and change in humans?

**Conclusion:** Probably nature after all ...

*“Although the data show that SARS-CoV-2 is not a deliberately manipulated virus, it is currently impossible to prove or disprove the other theories of its origin,”* concludes Andersen.

*“However, since we have observed all the notable SARS-CoV-2 features, including the optimized receptor-binding domains and cleavage sites in related, naturally occurring coronaviruses, we do not believe that any kind of laboratory-based scenario is plausible.”*

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<sup>41</sup> Until recently, health statistics were still based on a death age of 65 years as “normal“. Since 1993, “the countries represented in the OECD and WHO have agreed to consider deaths between 1 and 69 years of age as unusual“ according to the German Robert Koch Institute.

<sup>42</sup> See, for example, “Four conspiracy theories on Corona in fact-check.“ Daniel Graf [20MINUTEN.CH](https://www.20MINUTEN.CH), Coronavirus Section, Thursday, April 16, 2020, p. 4.

<sup>43</sup> [https://www.doccheck.com/de/detail/articles/26635-sars-cov-2-war-es-batwoman?utm\\_source=DC-Newsletter&utm\\_medium=email&utm\\_campaign=DocCheck-News&utm\\_content=asset&utm\\_term=article&sc\\_src=email\\_333733&sc\\_lid=20318776&sc\\_uid=mBM\\_Glomrit&sc\\_lid=8970&sc\\_customer=qg9sk3o83e](https://www.doccheck.com/de/detail/articles/26635-sars-cov-2-war-es-batwoman?utm_source=DC-Newsletter&utm_medium=email&utm_campaign=DocCheck-News&utm_content=asset&utm_term=article&sc_src=email_333733&sc_lid=20318776&sc_uid=mBM_Glomrit&sc_lid=8970&sc_customer=qg9sk3o83e)

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And what do you think?

### II. 5G is responsible for the spread of the corona virus

This hair-raising theory is obviously one of several possible delusions circulating in certain groups today. It claims that the spread of the coronavirus is related to 5G - the new generation in mobile telephony - because in Wuhan, where the coronavirus has broken out, the radiation is allegedly particularly high. There is not the slightest scientific indication of this. For example, the pattern of Covid-19 propagation does not match the global pattern of 5G implementation and in Iran, for example, where there is no 5G, there have been many cases of Covid-19.

### III. China wants to take power

Here's what I found on WhatsApp:

Effects of coronavirus on stock markets worldwide, within 1 month:

 -26%	 -26%	 -25%	 -27%	 -20%	 -19%
 -16%	 -24%	 -14%	 -17%	 -12%	 -17%

Well, look at this:  (China) + 0.3%

China, the cause of the pandemic, has miraculously “recovered” and has almost no more cases of coronavirus. The world is now beginning to feel the effects and the panic of the disease. Who has recovered first? China itself! It seems that this virus was a reaction of the Chinese government to the loss of the trade war with the United States. The goal: to plunge the world into recession!!

Is the scenario not clear? They are already growing! China bought almost everything that it devalued on the world's stock exchanges ... so the Chinese became owners of the global companies that are in China and without the money leaving China.

From the same source I also received this story:

\* Checkmate operation, \*

Did anyone see this coming?

In the past few days China has broken many records, won absolutely everything, bought 20 billion dollars and about 30% of the shares of Western companies in China.

Xi Jinping has surpassed the Europeans and the intelligent American Democrats. He played a wonderful game in front of the whole world.

Because of the situation in Wuhan, the Chinese currency began to fall, but the Chinese central bank did nothing to prevent this collapse.

There were also many rumors that China did not even have enough masks to fight the corona virus. These rumors and Xi Jinping's statement that he was prepared to protect the people of Wuhan by blocking the borders have led to a sharp drop in the stock prices (44%) of Chinese technology and chemical industry.

Financial sharks started to sell all Chinese stocks, but nobody wanted to buy them, and they were completely devalued.

Xi Jinping took a big step at this point, waited a whole week and smiled at the press conference as if nothing special had happened.

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And when the price fell below the allowed limit, he ordered the purchase of ALL European and American shares at the same time! Then the “financial sharks“ realized that they were being cheated and were bankrupt. But it was too late, because all the shares had been transferred to China, which at that time not only earned 2000 billion US dollars, but thanks to the simulation had once again become the majority shareholder in the companies built by Europeans and Americans.

The shares are now owned by their companies and they have become owners of the heavy industry on which the EU, America and the whole world depend. From now on, China will determine the price, and the revenues of its companies will not leave the Chinese borders, but will stay at home and keep all the Chinese gold reserves.

That is why the American and European “financial sharks“ were stupid and in a few minutes the Chinese collected most of their shares, which now produce billions of dollars in profits!

You can't recall such a brilliant step in the entire history of the stock market!

**CHECKMATE!"**

And only yesterday there was a first (!) virus death in Russia ...

### IV. The West wants to prevent China from taking power

The West (USA, Japan, Europe etc.) have long since realized that the virus is not a problem. But they know that they are economically lagging behind China because of their democracies. With the pretext of being able to better protect their citizens in the future, elementary basic rights will remain restricted or be abolished altogether.

Democracy is now only taking place on paper, the constitution is being undermined by decrees, and de facto autocracy is being sought in order to be able to compete better with China. The south of Europe, together with France, will take power in Europe and plunder the coffers of the northerners. The vice president in Spain is already talking about expropriation of private property. It's up to the citizens to prevent this, but the citizens watch Netflix and mourn their football club.

What did Caesar say... “*Panem et circenses*“. The end is near but not yet at hand. The end will come when the democracies collapse under the burden of debt and no rescue package from the central banks can save them.

### V. Bill Gates, the pharmaceutical industry etc. want to make money from the vaccine

Insofar as a connection between Bill Gates and the WHO does indeed exist, it is not so easy to ignore this speculation. There is even a deeper analysis of this theory, which cannot be simply wiped away with one hand:  
<https://www.youtube.com/watch?v=dTINf3xT22A>.

Unfortunately, governments seem to indeed be afraid of such theories after all. For example, a Swiss doctor who vehemently advocates the above-mentioned thesis on social media that 5G is responsible for the spread of the corona virus ended up in a psychiatric clinic against his will and by force:

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Medinside. The portal for the health industry 09:51 13.04.2020 “Police arrested corona sceptical Aargau doctor. After threats against authorities and relatives, a 58-year-old doctor from the district of Baden had to be admitted to a psychiatric clinic.“

The extent to which the alleged threats of the Aargau doctor were a serious threat to third parties, which would indeed justify a forced admission to a psychiatric clinic, is as far as I remember, very questionable. And such coercive actions sanctioned by the state are not limited to Switzerland:

On April 8, 2020, Beate Bahner ([www.beatebahner.de](http://www.beatebahner.de)), legal specialist for medical law in Heidelberg, filed an application with the Federal Constitutional Court in Karlsruhe “for a temporary injunction against the attack on the existence of the Federal Republic of Germany by the corona regulations of all 16 federal states.“

On April 9 she received a summons from the Heidelberg criminal police directorate.

On April 11, Beate Bahner issued a “Corona Resurrection Ordinance“ in which she explained on four pages how the Corona emergency was to be ended: cultural and educational institutions, libraries, cafés, swimming pools, amusement parks, brothels and similar establishments were to be reopened and “*Staying in public places with less than two people is only permitted in exceptional cases.*“

On April 12 she was already taken away against her will to a psychiatric institution.

And then this:

Anyone who refuses to undergo a domestic quarantine order in Saxony can be detained in a psychiatric hospital since Thursday 16.04.2020.<sup>44</sup>

Delusion per se is not a sufficient reason to hospitalize someone psychiatrically against his will. Such political overreactions have the taste of a witch hunt and add fuel to the fire of the above mentioned and other conspiracy theories.

### Future scenarios

Conspiracy theories or not, due to these global developments it should be clear even to the most skeptical and naive readers that the most effective way of warfare is biological warfare: Develop a killer virus and a vaccine against it at the same time, and “Go!“ – see above! And the demographic data already collected in the context of the current Corona crisis is invaluable to any terrorist organization that plans to do so.

In this context, I also mention the possibility that through the unresisting behaviour of the world population to the restrictions of economic and private freedoms in the name of the “good“, namely to protect health, one or the other government might acquire a taste for «hybrid warfare»:

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<sup>44</sup> <https://www.welt.de/politik/deutschland/article207198029/Coronavirus-Sachsen-will-Quarantaene-Verweigerer-in-Psychiatrien-sperren.html>

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A war is a «hybrid» war when the belligerent measures, actions, prohibitions, etc. are introduced in a covert, ambiguous, invisible manner, i.e. so low-threshold or under the guise of an “extraordinary situation“ that the majority of the population does not even recognize them as warfare and thus shrouds its view (according to a compact, frightening reporting) of the socio-political changes currently taking place in its own society or even in the world; and this despite the fact that hybrid wars affect all aspects of life.

Less politically and a little more biologically speaking, one could claim that the coronavirus is ultimately a kind of “payback“ of our self-sustaining environment to the brainless and ruthless spread of human kind on this planet, a sort of “e-mail from the universe“, a necessary “virus cleaning program“ whereby it’s the virus that does the cleaning here, and a tacit “baby boomer killer“. (Continuing on with tongue in cheek, one might be inclined to call the overly fearful ones “Corona Witnesses“. And that allegorical “light at the end of the tunnel“ is anyhow probably a train!)

There are more than a few future scenarios that this corona crisis could make possible. Here are two extreme social forms of my own ready for filming:

- I. Because of measures like «shutdown», «stay at home», «social distancing» etc. together with internet offers of food, sex and other forms of entertainment, as well as artificial insemination by sperm deliveries, we slowly get used to a kind of single life and gradually develop into an overall, global, cognitive network. Every single person experiences himself as an independently thinking individual during communication with other supposedly independently thinking individuals, without realizing that he is actually only a part of a superordinately thinking organism, the world - Gaia.<sup>45</sup> A meta-being that thinks and feels independently and detached from the personal impulses of the individual “cells“, perceives and presages the existence of the universe on a planetary rather than a purely human level. The resulting meta-consciousness would be a new way for the universe to be aware of itself, beyond the limitations of human consciousness.
- II. A heroic society,
  - a. which has more belief, confidence and trust in the resilience than in the vulnerability of its people,
  - b. which consistently accepts life-threatening health crises stoically and courageously,
  - c. which celebrates those who have died of illness as war heroes,
  - d. which lovingly supports all dying people palliatively,
  - e. which reasonably watches over and controls social and economic life with only minimal health policies and personal restrictions,

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<sup>45</sup> Gaia is the primordial mother of all life: the primordial earth goddess. She is the mother of Uranus (the sky), from whose sexual union she gave birth to the Titans and Cyclopes (themselves parents of many Olympic gods) and the giants, and of Pontus (the sea), from whose union she gave birth to the original sea gods.

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overtakes the other social systems acting out of fear and ultimately dominates the entire world.

Between these diametrically opposed scenarios, each person can fantasize his or her very own story. Be my guest!

However, in these and other scenarios, it is important to remember that we humans are social beings who have a sense of touch and direly need physical contact with others. Touch opens, so to speak, our body's own pharmacy and strengthens the immune system. We can well live without sight, hearing, taste or smell, but we become ill when we have to do without physical contact.<sup>46</sup>

Consciousness is context-related. The brain is a dyadic organ: it always needs at least a second brain to stay healthy and feel good. (Isolation is torture.) No other organ in the human organism needs its counterpart in another human organism in order to maintain homeostasis in its own entire organism. The human being possesses a kind of «hypersociality»: The brain is designed to coordinate thoughts, ideas, feelings and actions with other individuals and not to limit its existence just for itself per se (keyword: 2PN - two person neuroscience).

### Consequences of the current coronavirus management

Personal freedom vs. protection from infection is a difficult balancing act. At present, governments all over the world decide for the protection of each and every individual from infection - personal freedom is restricted to varying degrees by emergency legislation etc. Total «shutdown» with curfew results in maximum possible security at the price of economic and social standstill - in Switzerland, for example, we at least have no curfew and so far no obligation to wear masks.

As always, there are of course also winners and losers through the Corona crisis. On the one hand, it makes us more equal, because everyone can be affected, on the other hand, the previous fringe groups (“outsiders“) are pushed even more to the outside. Let’s take the mentally ill, for example: many no longer have access to their homes, are no longer allowed to meet family members, are no longer allowed to go to their workshops or meeting places; non-emergency therapies are not allowed. And old people are incapacitated and left alone under the pretext of protecting them - if they

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<sup>46</sup> Infants even die when they grow up without touch and interpersonal contact. See Schmid, G. B. (2009). Death by imagination: The secret of psychogenic death. Vienna, Springer-Verlag, pages 129-130. [Schmid, G. B. (2009). Tod durch Vorstellungskraft: Das Geheimnis psychogener Todesfälle. Wien, Springer-Verlag, Seite 129-130.]



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made at least one or two visits before out of a sense of duty, young people are now no longer allowed to visit their elderly relatives at all so as not to endanger them.

The majority of people are currently happy to go along and delegate their responsibilities to governments, in Switzerland to the Swiss Federal Council. This majority is not willing or able to bear the consequences of their actions for themselves or for their loved ones - i.e. infection, possibly serious illness or even death. It unmaskes our existence, our egoism as human beings and our shortcomings. At the same time, on the other hand, human contact is also nourishment<sup>47</sup> and just as the state should not forbid us to eat and drink, it should not forbid us to have contact with other people. We human beings need contact to other people, just as we need food, water and oxygen to live. Why do we currently and so naively allow ourselves without resistance to be forbidden to have contact with others?

The positive thing about the Corona crisis is the chance to think about and reflect upon how modern, western medicine has been trying so hard to push human life beyond its innate, physiological possibilities and genetic limits: transplantation medicine and intensive care medicine at any price according to the motto "*Everything is possible!*"

It also gives us food for thought in dealing with our resources in general and teaches us modesty in the midst of the madness of "optimizing to death".

People get into personal crises because of far more mundane problems. That's probably why things are the way they are right now. Maybe we have to experience first-hand that things can't keep going on like this, so that we can return to our normal, self-determined everyday life, knowing that we can't control everything in life, that there is no guarantee for anything - no matter how good modern academic medicine is - and that we should still act with responsibility for ourselves and our fellow human beings. But that we also have to live with the consequences resulting from our own actions. If we are wise, this crisis teaches us one thing above all: humbleness.

"Last but not least" and despite the above-mentioned and in my opinion justified objections to a possible government regulation which would oblige us to wear a face mask in public, I, as a politician, would introduce exactly such a measure: It is not

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<sup>47</sup> Schmid, G. B. (2009). Death by Imagination: The Secret of Psychogenic Death. Vienna, Springer-Verlag. [Schmid, G. B. (2009). Tod durch Vorstellungskraft: Das Geheimnis psychogener Todesfälle. Wien, Springer-Verlag.]

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easy for the experts of a kingdom to admit that their emperor stands naked before them, when they had previously claimed that he was wearing new clothes.

In fact, the widespread introduction of a face mask obligation (which does not bring much and which has always been rejected so far by the Swiss government) would allow politicians to save face in an elegant way and not to have to admit that their previous measures were exaggerated, according to the motto: *“Yes, it is indeed already quite bad, but now we have found a scientifically proven way to protect you and at the same time return to normalcy!”*

In this way while wearing our voodoo masks, we can continue to admire the emperor for his new clothes, without having to embarrass him and ourselves, if we still don't want to admit that the emperor standing in front of us, if not actually naked, is then only in his underwear.

### Global shutdown

It is understandable that epidemiologists and immunologists think conservatively and assume the worst; downgrading measures is always easier than upgrading them. The fact that we all have to more or less limit our freedom in dealing with the corona pandemic per decree is because the majority would not do so without rigorous measures. There is hardly a farmer or a businesswoman who would ever voluntarily choose a solution that is as hostile to individual and economic freedom as a global shutdown.

For the average consumer, the following rings true in every society: *“It's not so much what I'm ordered to do, but who gives me the order.”* It is immensely difficult for a government to restrict the individual freedom of its citizens, and Switzerland is not doing such a bad job this way. We have no curfew here in Switzerland, after all 5 people can meet outside etc. What might turn out to have been too much or too little will only become obvious later.

Nevertheless, the dark side of the shutdown must not be suppressed. Annette Rausch, psychiatrist, has made the following comments on the subject:

*“The fact that only emergency consultations should take place is of course absurd in the treatment of mentally ill people, because many people come first and foremost to avoid getting into a crisis or even an emergency situation.*

*“What the patients told me: many of them were very lonely from one day to the next: no workshops, no fitness, no coffee with anyone. Many are very insecure about what one is allowed to do and what not. Many are also very careful not to do anything wrong. The closure of the day clinic meant that necessary rehabilitation measures could not take place. In some dormitories a situation of "being locked up" has arisen - no visits to family members, no reception of family members. Similarly, the*

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*ban on visiting hospitals is a major psychological burden for many hospitalized patients as well as for potential visitors.*

*“When Patients finally dare to take a few steps outside, they are often, more or less harshly, asked to go back home (even from strangers); some feel wrongly treated, observed, afraid. Others feel irritated, no longer know whether what they perceive is real/true or whether they will become psychotic again. For example: is it ‘schizophrenic’ (an indication that someone is mentally ill) to wear a mask?*

*“A positive aspect was that a few patients had less travel to work and less stressful contacts with colleagues at work. Some also feel relieved, as they are no longer the only ones who are idle and alone at home or struggling with agencies.*

*“Personally, I feel very well physically. Actually, I’m also not really afraid - no pre-existing conditions or risk factors whatsoever, if I leave the inherent dangers of life itself aside. I experience as problematic and stressful the fear and panic that has been instilling for months, distorting perception (a small example from the local newspaper, the Landbote: many people “feel” that it is restrictive if they are not allowed to go to the beach - not being allowed to go to the beach is just as restrictive as having to keep standing in line; whether someone experiences this as amusing or sad is something else) reporting and politics. I doubt that anyone would feel better if they were bombarded all day long with the fact that they have an increased risk and could die if they fell ill with corona. I rather find it frightening when ‘no contact’ is called our salvation - because I am deeply convinced that we humans need contact like water, bread and oxygen to live - the older we are, the more likely we are to endure for a certain period of time without contact. But for mentally ill people no contact is the problem par excellence. And so is contact with masks - because for successful and beneficial communication it is important to communicate with the person standing across from one non-verbally via facial expressions and gestures (mirror neurons).*

*"From my point of view, the last weeks of the lockdown were only the beginning of fundamental questions about how we will live together in the future, because, as mentioned above, every brain needs at least a second one to live and stay healthy. Basic information about vital contact in general and in case of illness, e.g. holding hands, recognizing the other person (in a protective suit?) in particular, must be taken into account and better researched. With regard to the specific problems of mentally ill people, it would be important to draw attention to the radical contrast between current policy (no contact) and the basis of all psychiatric-psychotherapeutic treatment (promoting communication and contact) and to work out solutions".*

Of course, one can also find that the coronavirus - the global shutdown - has positive side effects: It's wonderfully quiet, you have time and leisure to think about a few essential things, for example, about the senselessness of an exploitative, global economy that always aims for growth and short-term profit in the shortest possible time, so-called «predatory capitalism». This claims many lives every year, of which nobody speaks and which probably easily exceeds the number of coronate deaths, not to mention the environmental damage that affects us in the long run. But the price we pay for these advantages in the extreme case is police surveillance by the state and a serious restriction of our private and professional movement.

The popular Swiss singer-songwriter Mani Matter (1936-1972) composed a song with the lyrics:

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*“Those who are doing well, would be doing better, if those who are not doing so well, would be doing better, what won't work, unless those who are doing better would be doing less well!”<sup>48</sup>*

You can say that in a dictatorship, but the reality in a democracy guaranteeing equal rights and equal opportunities to everyone alike is quite different: If those who are doing well are not doing so well, then, as a rule, those who are doing less well, will be doing even less well. In such a “real“ democracy, with equal rights and equal opportunities for all, prosperity creates prosperity for the poorest too, because there is a mixing of «doing well» between generations. But, in the long run, it's not so easy to find such a “real“ democracy as can be seen on the example of the present-day USA.

Whether we take a look at the past or the present, history teaches us that - statistically speaking - if we want to live in individual freedom, it is best to face all religious and political power systems with skepticism. Under the guise of an allegedly well-intentioned but hardly questionable, if not absolute truth, such systems attempt to control our behaviour in such a way that the respective system can continue to hold on to power.

In the meantime, i.e. since the Enlightenment, scientists in the Western world have gradually taken over the role of priests and statesmen. And as the current Corona crisis probably shows, it is difficult even for the so-called experts to hold on to power without a pinch of autistic-undisciplined thinking - see above - preaching against the respective “dissenters“ in order to rally their own partisan believers.

Nota bene: Nature teaches us about the behaviour of living beings: The survival of the individual is the first priority, and the preservation of the species the second. Especially in times of crisis, the survival instinct becomes highly visible. Indeed, many psychological problems of our affluent society - burnout/depression/neuroses/psychosomatics - recede far into the background or even disappear in times of crisis when it is simply a matter of bare survival and the overall maintenance of a society or a body of thought.

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<sup>48</sup> *“Dene was guet geit, giengs besser, giengs dene besser, was weniger guet geit, was aber nid geit, ohni dass dene weniger guet geit, was guet geit!”*

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Which «decision criteria» can we rely on when dealing with the Corona crisis?<sup>49</sup> A good friend of mine, Dr. med. Robert Lüchinger, had the following profound thoughts on this topic:

*“The decision criterion is the damage, ultimately the human damage. This can mean death, on the one hand, and the sum total of life impairments, on the other: loneliness, alcohol, population-density stress, violence, economic hardship (debt) with loss of work, property and livelihood --> l-o-n-g term social burden.*

*“The latter can be minimized by herd immunity, i.e. controlled spreading of the virus (as long as no vaccine is available). This attitude collides with the first-mentioned damage, death. (Note gbs: However, it can be minimized if the wave of infection is slow, so that the sick can be well cared for at all times and risk groups can be protected until a vaccine is available).*

*“Some states (including Switzerland) weigh their decisions according to the number of available intensive care unit (ICU) beds. The higher the occupancy rate, the tighter the ‘handbrake’, the better the availability, the sooner the measures are relaxed and readjusted depending on the ICU situation. This is likely to reduce the number of deaths, but the life prospects of the non-dead will deteriorate in the long term.*

*“Whether or not this political stance can be considered wise can probably only be decided retrospectively.*

*“The positive aspect of the crisis (regardless of the decision criteria) is a caesura/pause of thought/reflection in the previous prosperity/globalization normalcy (e.g. dependence of the European states on China/India with regard to chip production or pharmaceuticals, or dependence on complex intercontinental logistics).“*

And continuing on a more philosophical-evolutionary-biological-historical level:

*“Deaths from corona viruses should be avoided as far as possible. On the other hand, human-provoked deaths in war are deliberately desired or accepted with a shrug of the shoulders as collateral damage. The human brain weighs about 1400-1500 grams, the size of the coronavirus (with or without brain) is measured in nanometers.*

*“Hominids had perhaps 7 million years to adapt to all environmental conditions, Homosapiens perhaps 100,000 years. Bacteria, archaeae and viruses have been successfully adapting for at least 2 billion. So, who is the crown or corona of creation?“*

*“The SARS pandemic occurred in 2002/03. Now, in 2020, virologists are predicting that a corona vaccine could be available in 12 to 18 months. They're working on it 'feverishly', literally.“*

### Conclusion

My former psychotherapist, Aniela Jaffé, has had to admonish me more than once:

*“Mr. Schmid! Life is full of contradictions! It's usually not a question of «either/or», but «both-and»!“*

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<sup>49</sup> See also the interesting blog by Charles Eisenstein: [https://charleseisenstein.org/essays/the-coronation/?\\_page=3](https://charleseisenstein.org/essays/the-coronation/?_page=3)

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Our handling of SARS-CoV-2 is a prime example of this wisdom. And Aniela Jaffé also had something wise to say about this wisdom:

*"The opposite of truth is falsehood, but the opposite of a wise insight is also a wise insight!"*

My own favourite saying is

*"How do I know what I think until I feel what I do!"*

As a private person, I do what I want. As a member of society, I adapt myself to others to a limited extent. As a politician I would probably be afraid of idiots like the private person Gary, and I would adapt this or that regulation bit by bit to the changing situation.

As a private person at high risk to suffer a corona death several times over (3 times pneumonia, high blood pressure, elevated cholesterol, two life-saving operations and soon to be 28 years old for the 50th time), you should ask me again what I think about the corona crisis, if I end up lying in the ICU sometime with tubes forcing oxygen into my lungs. In any case, you are all currently alive and well enough to have read my meager thoughts in this “dissertation“.

In the end, this crisis confronts us with our limits, especially with death. Death is the price you pay with your life for love, but you can't avoid dying by not loving. Of course, there are people who confuse possession with love and therefore cannot really love, cannot let go, and yet they die. But without death, we humans would, over time, be incapable of love:

In the event you could live forever, but others would get older and die as usual, every mortal beloved one in your never-ending collection of friends and lovers would, over the centuries, simply reduce to an expendable “pet“.

In the event that we could all live forever, we would slowly but surely gather so many newly acquired eternal lovers over the centuries that we would no longer be able to emotionally focus on a unique feeling of «love». That particular loving togetherness with the one or the other “special“ person would no longer exist and we would be collectively reduced to a wishy-washy cuddle-party society.

So, dear friends, let us in our finite lives look joyfully into the future with love, hope, confidence, and courage!

Let's party!

## Acknowledgement

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Addendum

Control of the virus versus dealing with the virus

Gary Bruno Schmid, Ph.D.

There are two different approaches to the current corona crisis:

- to control the virus, for example, to close borders, shops, etc., to maintain social distancing or all measures required by the FOPH to avoid infection;
- to deal with the virus in a way that we respect it, but don't get so scared that we panic in a headless fashion. Our immune system does not (yet) know the virus, so that the successful handling of it depends on the learning ability of our immune system. Therefore, the most sensible approach is to do our utmost to strengthen our immune system. This can be done both mentally (e.g. healing imaginations within the context of medical hypnosis) and physically (e.g. exercise; balanced diet, vitamins).

Important is the basic trust in our innate self-healing powers in the sense of

*Every healing is always a self-healing process with our imagination as the ultimate cure!*

This would significantly help us to overcome this crisis without even greater psychological, physical and economic damage than before. It is the only way we can overcome the virus without outside help when we are infected!

Respect for the disease is necessary - not fear of the disease, because we cannot run away from it or attack it - to get to know it better and to explore how we can best counter it.

Regardless of how contagious Covid-19 actually is and also regardless of how serious the course of disease is in people with risk factors, we are currently seeing panic spreading:

People with the usual risk factors for a more serious course of illness or imminent death (age over 65, high blood pressure, diabetes, immune deficiency or other serious diseases) are currently bombarded with discouraging statements that they are highly vulnerable. So the question arises whether these people will live better, even healthier, more promising lives if we constantly tell them that they are acutely at risk. So endangered that no one is allowed to have contact with them and the neighbours put food parcels outside the door.

Conclusion: Confidence, trust and courage - not panic - are needed here!

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The first and most important medical measure against Covid-19 is certainly the practical prevention of infection recommended by the FOPH in order to reduce the



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spread of the virus: Isolation (social distancing), i.e. little or no contact with other people and movement outside the home alone. Courage and solidarity with federal measures are indicated here. These measures protect against infection.

Although these measures protect against infection, at the same time they weaken our immune system; or to put it another way: interpersonal contact and physical exercise strengthen the immune system, but at the same time increase the risk of infection. The optimal solution must be individually balanced between the two extremes.

The Chinese sealed off their crisis regions early and very consistently, which is of course relatively easy to carry out in a dictatorship. And of course: if these measures are relaxed, the virus will spread to other regions.

But one must not overlook the fact that the devastating, exponentially and seemingly infinitely growing number of Covid-19 infections will, at some point, inevitably be slowed down by the population's naturally given immune defence (herd immunity) - as would have happened in China at some point even without a blockade. Unfortunately, we do not know how to estimate or measure this average slowdown for epidemiological purposes. And this natural resistance (resilience) does not help if it occurs so late that the medical staff in the intensive care unit is already overwhelmed - per ventilated patient it takes at least 5 people/24h to look after him. In any case, we want to try to slow down the spread of the virus so that medical health services can provide sufficient help for all patients. Nevertheless, we can be sure that there is always such a natural resistance against the exponential growth of a pandemic.

It is important in the present time, in addition to all the negative news, to give the population hope, confidence, trust and encouragement and, by making them aware that they can strengthen their self-healing powers, to provide them with an instrument to actively influence their immune system and to strengthen the above-mentioned brake (resilience) on growth. People need to be well informed - which inevitably entails negative information - but they can and should also be informed about their proactive possibilities in order to prevent them from becoming anxious.

In the current Covid-19 crisis, the average self-healing powers of the population (herd immunity) are weakened by negative prognoses and the probability of overreactions and negative disease progressions up to the point of psychogenic death (Nocebo effect) is strengthened in this way<sup>2</sup>. Here I am also thinking, for example, of the phenomenon of «Mass Psychogenic Illness (MPI)» - see, for example, the events in Mülligen in 2012 (evacuation of the mail distribution center in Mülligen, Switzerland on 04.09.2012). This is a kind of mass hysteria in which people are so

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afraid of illness and at the same time are convinced that they are suffering from it that they actually develop real symptoms corresponding to the illness in question. The phenomenon also weakens the immune system so that people become more susceptible to illness and the course of the disease is more severe - a kind of self-fulfilling prophecy.

However, every doctor knows

*Every healing is always a self-healing process with our imagination as the ultimate cure!*

Each and every one of us has a self-healing potential that is greater in some (rather young, healthy) people than in others (rather old, sick).

The question arises how this self-healing potential inherent in each of us can be optimally exploited or optimized.

In fact, the second most important non-pharmaceutical intervention (NPI) - «non-pharmaceutical intervention (NPI)»<sup>3</sup> - besides reducing the frequency of interpersonal contacts in the population and keeping distance - lies in strengthening one's own immune defences and immune system in the service of self-healing. By means of imagination, the immune system, which is naive towards the virus, can be strengthened both individually and specifically.

This measure - the strengthening of the body's own immune defences - can be taken in conjunction with six evidence-based psychological factors:<sup>4</sup>

1. Stress reduction/relaxation (*"I imagine with all my senses that I am at my place of well-being."* - Relaxation response<sup>5</sup>)
2. A hopeful, credible and self-convincing picture of one's own health (*"I am worthy of getting well and staying healthy, I imagine health as ... and am grateful for the health I have!"* - strengthening the Sanabo effect<sup>6</sup>).
3. A realistic, demystifying attitude towards the disease and its pathogens/causes (*"I imagine the pathogens to be vulnerable and that the disease can be overcome!"* - reduction of the nocebo effect).
4. A compliant, positive attitude towards all medical measures, e.g. *"Conventional medicine is my ally!"* (placebo potentiation of the usual medical treatment).
5. A believable, positive attitude towards one's own self-healing powers, e.g. *"I imagine my own self-healing powers in a trusting way as ... and treat myself to my self-healing with gratitude!"*
6. A self-experienced imagination of my immune system, health and the healing process in the sense of a *"Feeling of Healing"*.

These factors are an important part of medical hypnosis ([www.smsch.ch](http://www.smsch.ch)) and should be included in our educational system as soon as possible. They should be taught at

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the latest from the second year of school and every year thereafter according to age. People should generally become more aware of the importance of self-healing and how to strengthen it. One could see this crisis as an opportunity to recognize and implement the importance of medical hypnosis in orthodox medicine and self-healing lessons at school.

Thanks to the FOPH's actions, many of us are staying at home and have more time than sand on the beach to think up their own self-healing concepts at home, practice, share and chat about them on Facebook and Instagram, etc. It is like with any illness! Self-healing helps, but is never a guarantee for healing! People die from other diseases like cancer and people die from this virus. Difference: the virus is contagious. It is better not to get it (first measure) and with a strengthened immune system (second measure) you are prepared in the best possible way.

The third most important measure is modern conventional medicine. For those of us who are really ill, orthodox medicine helps with all its modern possibilities to support our self-healing powers in the best possible way. Without modern medicine, we here in the industrialized countries would hardly ever have been able to achieve such an average high and healthy life expectancy. Each individual can ideally support the effectiveness of the possibilities used by orthodox medicine by having confidence in the treating team and the methods used, because confidence and optimism promote our self-healing powers.

All patients who have to be hospitalized and ventilated in intensive care units because of the virus need capacities that others also urgently need, e.g. people who have suffered a heart attack or stroke or need emergency surgery. It seems that we in the western world must finally acknowledge and communicate that our existing treatment capacities (beds, health personnel, material) are not always sufficient for all patients and that a choice must be made again and again as to who will be ventilated: the 20-year-old woman after a uterine rupture or the 90-year-old man with Covid-19 pneumonia?

A pandemic is a challenge for the health care system: since the most important asset of the health care system is people, they can also fall ill and be absent, making the resources for treatment even smaller. In addition, there is of course also the risk that infected hospital staff can potentially infect patients who are hospitalized and weakened because of another disease. It would therefore be advisable to focus the activities of hospital staff on 2 major goals: 1. maintain their own health (see above 2. measure - promote self-healing) and thus also their ability to work and 2. enable the survival of patients.

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But without the psychogenic measures mentioned above, even the very best medical measures are of no use, since, as mentioned above:

*Every healing is always a self-healing process with our imagination as the ultimate cure!*

**Conclusion:** Avoid illness, strengthen our immune system, use conventional medical measures!

### Literature on the Addendum

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