

Interview: Guide through the Corona Crisis

Ursula Hanke

Gary Bruno Schmid

U: Gary, you have written several books, and given countless lectures and workshops on the subject of "self-healing through imagination". What motivated you to write this detailed «Guide through the Corona Crisis»?

G: As the pandemic broke out the beginning of this year, we were informed in detail by the press and social media about the nature, spread and health consequences of an infection with the Corona or Covid-19 virus. Shortly afterwards, we received further information about the measures recommended to us by the health authorities to prevent infection as far as possible, especially about hand hygiene and reducing the transmission of the virus through social distancing. That is all well and good.

Science – the doctors, virologists, immunologists, epidemiologists, etc. - knows very little about the new virus. Therefore, we expect reasonable discourse and disagreement in a constructive dialogue between the respective experts, but we find an increasingly polarizing politicization of the pandemic, which has unfortunately led over time to an almost hysterical global mood of distrust, fear and despair.

However, every physician knows that every healing is always a self-healing process with our imagination as the ultimate cure. Each and every one of us has an individual, built-in mind-body pharmacy, namely the immune system, which is highly complex and works better than any artificially produced medicine or vaccine.

U: Nevertheless, it is only thanks to modern orthodox medicine that we have been able to achieve a high quality of life up to old age, which is unique in the history of mankind. Of course, no antibiotic in the world can cure a person of, for example, pneumonia, if their immune system cannot take over the healing process. But without antibiotics we would not survive many serious infections. Without effective vaccines, we are constantly being overwhelmed by pandemics at regular intervals.

What is true is that patients who have confidence in the people who care for them and in the medical methods they use, or those who enter treatment with confidence and courage, benefit from a faster and less complicated recovery.

G: 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.

U: Unfortunately, politicians have little choice but to ignore the inherent resilience in the population and accept the most grave predictions of epidemiologists: Whether or not these predictions come true, the politicians can always say: *“Thank God we introduced these strict restrictions, they were necessary to prevent the epidemic from getting even worse!”* Here in Switzerland, we are in the fortunate position that, in terms of crisis management, politicians have found a viable middle ground between introducing collective restrictions and retaining individual freedom.

G: I think that medical and scientific experts, the press, the social media and politicians should rather emphasize that interpersonal relationships are nourishment for body, mind and soul. Human proximity has a healing effect on the course of an illness or its recovery.

U: Every person on earth who has ever recovered from a corona infection, with or without accompanying measures during hospitalization, has healed themselves. 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 spectrum of each and every person should be optimally supported so that it can unfold as far as possible.

G: Even people who are critically ill with COVID-19 and are in a coma in the intensive care unit of a hospital can benefit from their continuing composure and positive attitude before the illness, similar to how we benefit from our savings in the bank during a financial crisis. Self-healing is innate in every person and its strengthening can be learned.

U: But Gary, of course you know as well as I do, that such thoughts about “immune savings“ etc. are hardly comforting for critically ill people and their relatives. On the contrary, they seem rather out of place! Potentially, any one of us - including you and me - can become critically ill which surely has a serious impact on one’s personal perspective on how to deal with the corona crisis, self-healing powers or not.

This crisis teaches us once again that we can indeed influence some things in life, but we cannot control everything. We should face this uncertainty with respect - but detached from fear - and with serenity, confidence, trust and above all courage.

Thank you, Gary, for the informative exchange!

G: And I also thank you, Ursula, for the stimulating and inspiring discussion.

U & G: In this spirit we wish you all

“Much courage!”