

# The Question(s) Covid urges us to ask

... but instead we only try to Pavlov our way out

## The endemic argument

There seems to emerge a new breeze of ignorance regarding the ongoing pandemic, that is based on the thought: "Covid is now endemic, so we can let go of all restrictions". England, Denmark and even Switzerland plan to completely abandon all restrictions shortly. And in the Netherlands we have just today re-opened the bars and restaurants until 10 pm. The WHO warns against this premature optimism, but many countries seem to do it anyway. The authorities fully trust on boosting and testing, even if boosters are only 70% effective against Omikron. And self tests are only 40% reliable if there are no signs of infection. 2G/3G is not very effective either (estimate 15% reduction in infection at most), because in many cases it is impossible to check and ask for a QR-certificate of vaccination (falsifications also go around).

The advice from the experts in the Netherlands was, to only open up until 5 pm or at most 8 pm. Even then the models predict an increase of infections to at least 100.000 per day, and in hospital occupation from 900 to 4500 beds. On a population of only 17 million that is. These are staggering infection rates. And opening to 10 pm will even be worse than this. And it is not a lack of knowledge that leads to policy like this, because the minister of public health, before becoming minister, was a very respected scientist and medical officer who was in charge of the entire national covid hospital care. He advised the government on what to do. And now, within two weeks of his appointment as minister, he defends the policy where the government is deviating from these kinds of advice for reasons that are not purely medical. This is how the system works.

## No compassion for hospital and healthcare staff

There seems to be not much compassion from policy makers for the poor hospital workers who are already exhausted and sick (10%) from the previous covid waves. Nor for the 130 thousand patients that are waiting for an operation that has been cancelled, including 100 urgent open-heart surgeries that have not been performed in November and December. Nor for the medically extra vulnerable who are getting isolated more and more every day and society becomes an ever more dangerous place for them, because they cannot tolerate vaccination, or their immune system is weakened, or even with all precautions getting covid will put them in grave danger.

And this only because there is a lot of protest against covid limitations in some parts of society, and government is ever more scared to do what is necessary to get infection rates down. They have themselves to blame for this, because of their erratic policies of the last 2 years, that made people question government even more than they already did.

## Do we really urgently need to pick up our old lives?

One of the leading arguments to end lockdown seems to be, that we cannot wait any longer to resume our normal old lifestyles again, because covid restrictions lead to mental harm, especially in the youth. So, now the young and healthy people can be happy to visit the bars again, eat in restaurants because otherwise they can not stand life anymore? Or so is the story that is told and repeated without questioning. And the young people need to party again,

because otherwise they will get depressed and suicidal? Really, this is the *rationale* policy makers present behind all of this. And well educated people repeat this and defend this and believe in it. It's incredible. And nobody asks why these young people are getting depressed at home. What is so good about visiting these bars and clubs, where they drink too much and get high on party drugs? What depression do they need to fight with this? How rich and fulfilling is this life that they want back really? And isn't it true that mental problems were already existent pre covid in this group, and were increasing dramatically anyway in the last decades? And in other age groups as well? This is because we all were youngsters and children once, and the problem I describe here existed then as much as it does now. It only shows more now. So, none of us is at fault, we are all running in the same labyrinth of lost hopes and desperation. It is not the youth of now that is in trouble, but the youth of ever, and we are it.

### Blaise Pascal was right

It is the lesson that is still not learned, of which *Blaise Pascal* said 500 years ago:

*"All of humanity's problems stem from man's inability to sit still in a room alone".*

Covid uncovered the sad reality that this is still the case. Many of these so called covid mental problems like depressions do not stem from the impossibility to visit bars and clubs, but because of the cold turkey detox the former visitors now had to undergo in lock down. And, as said, there were already a lot of clinical depressions and anxiety disorders in our young people before covid to start with. What covid added are withdrawal symptoms. Many young people are addicted to alcohol and drug (ab)use, and to a life of superficial "highs" and Facebook-friendships, to relieve them from the thoughts and sad feelings they experienced when they were forced to sit still in their house alone or with their family for a while.

And let's be very clear about this: it not their fault that they are so depressed and anxious, it is what the exposure to our system of modern society did to them in the years before covid. And to their parents and grandparents before that. They all were already a victim, and now covid, taking away temporarily the ways of coping they had found, exposed and increased their troubles as never before. And the reason that the younger group is affected most by this, is because they are exposed to it in the most intense way, because the system of stress, alienation, separation and competition has increased in intensity during their relatively short life span to a magnitude that is unprecedented in history. And to this it added an unprecedented lack of perspective, in the form of a housing shortage and now the covid situation. Young people face a world with almost unsurmountable problems, shortage of energy and raw materials, a deadly climate change, stressful jobs (if any are available), inhuman competition and the falling apart of interhuman relations.

But mankind as a whole is not feeling well either, mentally and physically, for a long time already. Medical science has covered this up partly, but the increase in medical assistance needed also shows an increase in unhealthiness overall, not only in the elderly, but along all age groups. Illnesses as depression, anxiety, diabetes, obesity, cancer, heart- and coronary diseases are soaring all over the world as never before.

### What is really wrong with mankind?

And the real reason behind these problems and complaints is a loss of Self. In these cases, to start with, often people have not profited from a warm and healthy relationship between parents and children and other family members. They have not learned to invest in ways to entertain mind and spirit in a healthy and wholesome way by reading books, making music or other forms of art, by studying themselves, by meditation and mindfulness, by contemplation and engaging with the love of nature. They have learned in stead that nature is a small stroke of green that connects two cities. And that it must be conquered and exploited to make money. They lost themselves in technical abstractions like social media, fake friendships, computer games, screens. They got disappointed in uninspired school programs where teaching killed all creativity in stead of nurturing it, where diploma's did not deliver a job anymore, where houses were priced out of their reach by greedy investors, tolerated by an evermore absent government that sold its power to the so called free market long ago. And they face an ever more polluted and impoverished world that is not very enticing to contribute to.

### Not even 2 generations ago

This situation has taken some time to develop, but not much. It happened so fast and yet so snakingly, that we didn't react before it was too late. Children used to love being home on a long school vacation of more than 6 weeks. I remember those holidays, they were fabulous. And this was only 50 years ago. I was never bored or unhappy for a second. I could read, play the piano, play outside, walk, ride my bicycle, enjoy the sun and the wind and the flowers - there was no end of possibilities to be happy with life as it presented. And I was sorry for the holiday to be over, and my parents enjoyed having their children around as well. I could have been just lucky, but I don't think I was an exception because there were a lot of other children that spent their summer holiday just exactly like this, and they were from various backgrounds. And now children can't wait to go to school again, because they are bored out of their pants and irritate their parents (and vice versa) if they have to stay home for longer than a week.

### We have to ask the right questions, even if they are painful

What happened? Why do parents feel their own born children as a burden when they have to care for them all day for more than a week, in stead of feeling delight in spending as much time together as possible, playing, teaching, laughing, learning? Where and when did the abilities to really bring up our children ourselves in a healthy and happy way, disappear? Where did we loose sight of these innate properties? Where and why did we allow government and public schooling to take away our natural task of raising our children ourselves as nature intended? Why and when did we start to believe the lies that authorities told us that they knew better, that we should work all day to be useful in the production lines in stead of being daddies and mommies to our offspring, and that they would take care of bringing up our children and learning them what was needed? When did children become dependent on afterschool and preschool childcare, because both of their parents needed to work full time in order to be able to provide for even a moderate home, taxes and insurances and food on the table? When did governments stop taxing businesses properly in order to pay for affordable housing and healthcare without taxing the working class people out of their pants and skirts? When did we start believing that we needed to travel the world in cheap

airplanes several times a year to admire the sun go down on some foreign beach, pretending that this sun was different than the sun where we live? When and why did we allow some corporation to pollute our earth orbit with tenthsousands of satellites to provide worldwide internet coverage, only to find ourselves ever more lost in finding the answers for the way to happiness where it really counts, in our own hearts?

And then the schooling system only taught the children (and us, when we were that age) to become a useful tool in the economy of greed and excess, of mechanization, technicalization, scientification and abstraction, repeating the same mistakes and getting more and more separated from nature and our source of being.

Why does no one ask these questions? I do not pretend to know all the answers, but if we don't see what is happening and start asking the right question, what are we to do? And I do know one answer, because I know one important question. I will come to that, no worry. It is an open secret.

### It goes way beyond covid

These are the things that we should ask, the lessons that can be learned from the clarity that covid provides for us. And even when covid will go away miraculously, these are still the things we should urgently discuss and take care of before a new pandemic hits us. But no, in stead of learning lessons, society at large, including the powers that be, so far can only think of one Pavlov-solution: back to "normal" again asap. We have lost the power of creative thinking for ourselves. We wait until the government advises, then we complain about and protest against this advise, and choose a new government that makes the same mistakes. And we are passive.

Almost no one seems to see that this "normal" that we want to go back to is not so great at all, it never was, and it caused many of the problems that mankind is facing today. Apparently, the world needs a new [wake up call](#) indeed. And this will happen, covid is busy doing its job, and with infections soaring it is only a matter of little time before yet another mutation will show up with which we will not know what to do.

When will we start to be aware of what is really happening to us, in stead of persisting to work out some way to avoid this confrontation with nature? We have not progressed an inch in the last few hundreds years, on the contrary, we are racing backwards and drag our planet along in our downfall in an ever increasing speed. It is time to awake and go back to nature. Either we do this voluntarily or nature, in the form of covid, global warming, pollution and overpopulation will come back to us to teach this lesson the hard way. It will dry us in the deserts, burn us in the heat, suffocate us in the dust, blow us away in hurricanes and flush us back into the oceans where we came from in the first place. And it will have us eaten by viruses and other plagues. It has started this already; let's listen to it and learn what it wants to tell us.

### The real message of hope behind this

Wow, this seems like we are in a hopeless mess and did everything wrong. But it isn't like that. We are not at fault for making these mistakes, only for persisting in them and failing to go beyond them. Mankind needs to grow up, to mature.

So, what is the real message? Well, I also know intuitively that all of this is just what happens, and it is Oneness as well. This means, that apparently this is the way that history goes at the moment, and it is what is supposed to happen to mankind and the earth, or to the illusions that they manifest as. It will be good in the long run, no matter what will turn out. So, even if on a level of society and the trouble of mankind this all seems to be an enormous mistake and needless suffering, in the large picture we can trust and be sure that this is exactly what is supposed to happen. Only this trust will give us the peace of mind that we deserve and the stillness that we all are.

### We can't solve this with our minds

And contrary to what the list of questions above seems to tell you: on this level there is no why, when, where and how, these are only the questions of the mind that wants answers on an intellectual level out of frustration with the outer world. But the problem is not intellectual but existential, it is an inner-world problem, so the answer can only be existentially and inner worldly too. If it were a question of thinking, science would have helped us progress, in stead of what it did. And we can start with finding the solution today, ourselves, by posing one, and only one, existential question:

## Who AM I?

It needs no time. Go inside, reconnect to the source of being, the aliveness that you felt as a baby. Find out who you really are. Be honest and earnest and wholehearted in this quest for truth and impersonal authenticity. Do not change anything else, all the changes that are needed for mankind to find a better way for the future will rise from this by themselves. Do not follow anyone or believe anyone, but find it out completely for yourself by investigation. Do not trust governments or institutions, don't give away your innate power to anyone, only trust you own intuition. Do not go out on the streets to protest, do not try to change the world from the outside in. It's futile. No one ever succeeded that way. The world can only be changed from the inside out. And not only for the future, but right now, immediately.

It can be done. I did it myself and change is happening to me every moment since. And so can you, and it will change your world for the better as well. And if all those little worlds change instantly, the whole world changes with it. Let's go beyond Mankind and become Kindman again. We can do it! And even if we are flushed back into the ocean, we will go back smiling in stead of crying.

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