

The Corona Pandemic Mania - Who am I in a traumatised society?

Dr. Franz Ruppert

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What is going on here?

It is unbelievable to me that in a time when we all have the internet, when in principle everyone can access a wealth of information on any particular subject, a handful of virologists with their one-sided conventional medical viewpoint still dominate the thinking of most people and also now the actions of our politicians. They say that a new kind of virus has emerged that spreads rapidly through interpersonal contact and that it will, as statistics predict, wipe out a swathe of the population in the not too distant future. However, at the moment only one of the many viruses has been given a name that laypeople can even pronounce and that's 'Corona'. Corona viruses, which must constantly mutate in order to gain access to human cells, have long been known to virologists. There is no evidence, and certainly no proof, that the newly mutated virus is more dangerous to human health than other influenza or rhinoviruses. Even Hendrik Streeck, an acknowledged corona virus specialist¹ from Germany, sees no evidence that this current virus type (SA-Covid-19) is particularly dangerous. So what is going on here? Why are politicians all over the world, and not just in Germany, sending their whole society to the wall?

The virus as a serial killer

If it were really true that there was a serial killer who could transform every other person they met into a serial killer simply by shaking their hand or breathing in their face then that would truly be an emergency and the killer would have to be stopped as quickly as possible. But in reality what we are currently dealing with are micro-organisms, so called viruses, that are not capable of surviving on their own, but are reliant on a macro-organism in which to find somewhere to shelter. It is not the purpose of viruses to kill these large creatures, but to keep themselves alive in them. As a rule, these large creatures do not like this, which is why they try with their immune police to throw these uninvited guests back out of their house. Sometimes the viruses manage to hide in some corner of the house and come out of hiding when the immune police are overloaded with other tasks. Something like this happens with the herpes viruses, which have carved out a little corner for their existence in many people.

Since it is very costly to make the presence of such miniature creatures visible, no tests are normally developed for them, especially since these viruses constantly mutate in order to camouflage themselves from the immune police.

A single test has made the pandemic seem real

In the current virus crisis, a non-validated test produced at the Berlin Charite² has now transformed a particular strain of virus into a psychologically apparent tangible reality. By giving this special virus a simple and melodious name – ‘Corona’ - it has been given a reality status that many people feel they can now understand. But ‘Corona’ is nothing more than an idea in the human psyche and depends on how someone continues to deal with it in his imagination and in his thinking. You can say, OK this is one of many viruses that exist and with which, as usual, the immune system will learn to deal with it. Or you can get into the horror scenario that everyone who carries the virus within them is now a serial killer and it is only a matter of time before they will kill other people.

The Logic of Trauma

As we look for explanations, on top of conventional psychology, psychotraumatology now also comes into play: There were experiences from my own life story, especially those from my early childhood, which were traumatic for me. These experiences were associated with a fear of death and a loss of control, and they are locked away as enduring memories unconsciously somewhere in my body. These experiences can now be connected with something apparently tangible in my external reality. I can attach my fears to the outside world instead of in my psyche. I now have the hope to finally make my mortal fears and inner distress disappear or at least bring them under control by fighting a tangible enemy in my environment. This kind of psychodynamic does not only happen with the ‘Corona’ virus. Instead of ‘Corona’ you could substitute ‘terrorists’, ‘Jews’, ‘Islamists’, ‘foreigners’, ‘Russians’, ‘the left’, ‘the right’, ‘eco-alternative lifestyle crusties’ and so on as a template for your imagination, in order in the here and now to go into an active fight against the enemy.

Where's the evidence?

Despite all the warning signs painted on the wall by a handful of opinion-shaping virologists, there is currently no evidence that this virus is a serial killer that would cause any more suffering than any other known corona and influenza viruses. Even in Italy, which is frequently cited as an example of how murderous this virus is, the current case numbers³ do not provide any proof. Approximately 90% of the virus carriers tested have absolutely no symptoms, a few have the usual fever, cough and headache symptoms and a small number die of pneumonia, but this is because their bodies are already weak from chronic diseases and bacterial infections and they cannot handle the additional strain. This is normal in every so-called flu epidemic and is also visible now in those who die. These are predominantly very elderly people who are severely compromised by other diseases. Even in China, the rate of deaths attributed to the new corona virus as a result of the tests has not risen dramatically. In any case, a hospital for pneumonia is a very dangerous place. There, 20-30% of patients die from hospital germs that are resistant to antibiotics. And if a test proves that the

corona virus is present in a dead person that does not mean that 'corona' was now the cause of death. To determine the actual cause of death would require autopsies in each individual case.

Question after question

The idea that the rate of infections must be delayed because otherwise the health care system would be overwhelmed by the sheer numbers of sick people raises the question why are hospitals not already prepared for it, when, as expected, there has been a wave of flu for years with up to 25,000 seriously ill people dying? And should mortality rates now be lowered or should the number of deaths simply be stretched over two years? What about those who are not infected with the 'new form' SARS2-Covid19 at this time and therefore don't develop an immunity to it, will they then be infected with another new strain of the virus next year? Will the hospitals then have to deal with two different viruses at the same time?

Or is it the case that the healthcare system is currently overburdened because so many people are now rushing into hospitals and GP's surgeries because of corona anxiety, even if they are suffering relatively mild symptoms?

In Germany, approximately 954,874 people died in 2018. That is 2,616 people per day. If one assumes that about 50 people have died of 'corona' in the last 10 days, although no one can conclusively prove this, then this is 0.0019% of the current death rate per day in Germany. This statistic could easily be calculated for other countries as well.⁴

Is it the point of the comprehensive 'corona' infection prevention measures that the overall mortality rate is now reduced in every country?

The WHO's redefinition of the pandemic

The virologists, who are now majorly influencing political events, are using a new definition of 'pandemic' by the World Health Organization (WHO) for their form of panic-mongering. Whereas beforehand a pandemic was only declared when a virus caused significant disease rates worldwide, since 2017 the mere spread of viruses has been a reason to initiate a phased plan of monitoring and virus control. However, since all forms of viruses spread rapidly throughout the world because of globalisation, the state of a pandemic is basically always given. And every year there are new viruses that spread rapidly through the world population. So it becomes a question of arbitrariness or special interests to declare a pandemic for any particular virus.

At the same time, there would be, in global terms, quite different and actually relevant pandemic issues on which it would be worth mobilising and concentrating social forces, for example on the issue of sexual trauma.

The division of the globe into risk and non-risk areas is ridiculous anyway. Viruses do not care about nationalities or state borders. They travel with people wherever they go. We have now become a global human family. A high-risk area is always created in a country when enough virus tests for corona are carried out.

Where no tests are done, there are no 'corona' cases and therefore no increased risk – regardless of what the actual infection rates are. However, since politicians are responsible for their own national territory, they do not miss the opportunity to close the border in order to demonstrate their special responsibility and leadership for their respective countries by 'head down, charge forward, whatever it takes' action.

My personal experiences

A year ago I had a bad flu infection. For four weeks I had this dry chesty cough, fever, aching limbs and I was itchy all over. When I was on the point of putting zinc ointment on my skin, I suddenly had a moment of realisation: What am I actually doing? I am battling with the symptoms but I'm not looking at the cause - my lack of immune defence. The next day I went to my practice to have an opportunity to do my own IoPT self-encounter process. In my psyche, I discovered a child, about one year old, who was desperate and close to dying of thirst, due to neglect and loneliness. As I sat opposite the resonator for this part of myself, a great pain and grief slowly came over me. I took this child part in my arms and cried bitterly. Two days later my flu symptoms had disappeared. Since then I have not had any more serious infections in my throat and or chest.

It is clear to me now that part of the reason my immune system had not been very robust during my life was because my mother only breastfed me for a few weeks. I then almost died from the substitute food she subsequently gave me.

I now know from accompanying thousands of self-encounters for other people in my therapeutic work that physical symptoms of illness are very often the result of early trauma and the traumatising mother-child and father-child relationships. This leads to the child psychologically identifying with people who are perpetrators. As a result, he can no longer distinguish between I and you, mine and yours, friend and foe. He is unable to sufficiently protect himself from danger and harm. Early psychotrauma is associated with unbearable feelings of loneliness, being abandoned and panicky fears. It is also linked to feelings of shame and guilt and anger, which must be suppressed and repressed.

The confrontation with the corona virus or the ideas about it in people's minds can now evoke these old feelings of trauma. While looking into it I discovered that the subject of quarantine is connected for me with the experience of my father once grounding me for two weeks during the school holidays because I had accidentally injured a neighbour's boy whilst we were playing. I found this extremely shameful and humiliating. I had to suppress my feelings of rage because I could not cope with my father's violence at that time.

In a one-to-one therapy session with a woman on the 17th March this year, I saw that she was completely in a panic in view of the current situation. Prior to the session she was even wishing to be quarantined, because at that moment people were far too much for her. During her piece of work, it came out that already when she was in her mother's womb (her mother had become pregnant with her unintentionally at the age of 17) she was completely stressed by her

mother's voice and the other voices that were probably arguing about why her mother had not been more careful not to get pregnant. She left my practice after the therapy session with much more joy and hope.

A serious misalliance

It's my opinion that politics and orthodox medicine are currently entering into a momentous misalliance: in the case of the corona virus they see only the chain of infection, which must be interrupted or reduced by any means necessary. They are afraid that they have not wielded their political and opinion-forming power sufficiently well and so will be held responsible for deaths. Here, too, psychotraumatology comes into play alongside ordinary psychology. Death often has a traumatic component. When people die, they experience themselves as impotent and helpless. But this is also true for their relatives and friends. The pain and mortal fears of the dying remain after a person has died, including with their blood relatives or friends. As well as this, those who are still-living feel shame and guilt, and, on top of the grief, they may also feel anger towards the possible causes of death. Unbearable feelings can particularly arise when we experience another person dying in agony, for example by suffocation, burning or drowning. It is then these concrete images that burn themselves into people's minds, as is happening in the current Corona reporting in the official media. We are told how people are dying in agony, lonely and abandoned in crowded hospitals.

Death as a trauma and a survival strategy

Traumatic feelings are feelings that are unbearable and which a person's psyche cannot process. When these occur, there are different forms of trauma survival strategies:

- We ignore death as if it did not exist (e.g. as is usually the case with the annual flu epidemic)
- We look away (e.g. when refugees drown in the Mediterranean)
- We are in denial (e.g. the cancer victims as a result of nuclear weapons used in the wars in Iraq and Yugoslavia),
- We repress all of it from our consciousness (e.g. women murdered by their partners),
- We cloud our own consciousness (e.g. by smoking and drinking beer)
- We distract ourselves through work and leisure activities
- We intellectualise and debate (e.g. denying that global warming is dangerous because there are so many other factors that determine the world climate),
- We don't want to worry at all ('We all die some day')
- We indulge in illusions of eternal life (e.g. ideas of paradise or rebirth)
- We control ourselves and others.

The control-mania strategy

Controlling everything to the max is currently the main strategy of politics and orthodox medicine when it comes to the corona virus, even though it is particularly difficult to control viruses, especially when it hasn't been possible to locate and narrow down their point of origin right at the beginning. To help achieve this control, a monocausal way of thinking is employed – namely virus equals deadly danger – this simplicity of thinking would never be tolerated in other debates.

In reality, the only means of keeping viruses at bay is a healthy immune system and having a great variation between the different bodies that the viruses choose as hosts. Incidentally, this seems to be one of the main reasons for sexual reproduction, so that viruses and other microorganisms with the ability to adapt do not have it easy when they try to infect a whole population of larger organisms who are all similar.

If we apply this to our consciousness, we can also say that a monoculture of thought, a synchronisation of opinions and the resulting stubborn behaviour is highly risky for a population. Everyone is then in danger of making the same mistakes and all rushing into the abyss together. The Germans in particular should know this from their painful history. A diversity of thought, a co-consciousness to which everyone contributes with his or her own insights and life experiences, protects a population far better against all possible dangers.

According to the opinion of the officially spread monocausal control delusion, anyone who now coughs or has a fever is already a suspected case. Anyone who has been with someone who coughs or has a fever is actually already a risk factor. I have noticed myself suppressing a sneeze or trying not to cough in public over the last few days in order not to arouse suspicion of being a corona virus carrier.

Of course there are sensible precautionary measures to protect yourself from being overloaded by viruses or other germs: no close contact with someone who is obviously ill, hygiene behaviour appropriate to the circumstances, clean drinking water, healthy food etc. Experience has shown that epidemics only occur in situations of war and famine, when people have to live together in a very confined space without clean water and healthy food. For example as is currently the case in the refugee camps worldwide.

What is now being implemented as control strategies in many countries goes, in my opinion, far beyond a reasonable level: with the obsessional idea of stopping all social contacts in the near future, the entire public, professional, private and now even economic coexistence is paralysed and even hindered and made impossible in the long term. Basically, breathing is now already considered a risk factor and is made considerably more difficult by breathing masks. Only those who hardly move at all are, at the moment, the ideal for the panic-makers caught up in their control mania.

Banning all social contact with people and an entire society is like telling a fish to temporarily go ashore for the foreseeable future because the water is polluted.

People with obsessive-compulsive disorders

This behaviour and way of thinking is very similar to what we observe in people with obsessive-compulsive disorders: Someone with a washing obsession is fixated that viruses and bacteria are always lurking everywhere. Therefore, after washing and showering, they've got to straight away wash and shower all over again because they may have come into contact with viruses and bacteria when they were drying off or getting out of the shower. In the end, because of his delusions and his washing obsession survival strategy, the person ends up ruining his own life. They also actively destroy their skin's protective system that guards against bacteria, fungi and viruses. They live in constant stress and in the end are totally occupied with what is playing out in their head. They no longer have any confidence in themselves, their body and their defences. In my experience, this is always due to early childhood trauma experiences that have been split off into the unconscious.

At the moment, compulsive thinking in the public media is similarly trapped; its actions determined by the films playing in people's heads, with projections of the numbers of possibly infected persons, of which it is statistically predictable that an enormous number will die. The public will then also be infected by this thinking. In the rampant corona virus hysteria, the importance of the immune system as the actual remedy against the viruses is completely ignored. This is why people tend to buy toilet roll rather than vitamin tablets, which would actually be understandable in such a case of being allegedly surrounded by viruses.

As if we were at war

We imagine ourselves to be in a state of war and in a heroic fight against the enemy 'corona'. In fact, President Macron of France said as much publicly a few days ago. Ordinary nurses and doctors are now appointed as the fighters on the front line. And once this war has been officially declared, no one should question the reasons for the war, but only about what they personally can do to win it. In a state of war no one is allowed to question the personal benefit or harm and the cost to the general public - you are nothing, your people are everything!

The higher then that the costs rise, which are now produced without needing to be, the less obvious the truth becomes: That this is a self-created, man-made catastrophe! Because it seems unbelievable to many that their governments and their medical experts can steer them into such a disaster with their eyes open, facts and opinions that prove this are simply not taken note of or are fended off.

It is like the fairy tale of the emperor's new clothes: only a small child dares to proclaim that the emperor is naked.

The worse the crisis scenario becomes and is exacerbated from above, the happier we are to be treated more as objects, even though we are adults and often also academically well educated. In France, only those who can present the police with a certificate of entitlement are allowed to go out on the street. For many people it is now like in their childhood: My parents punish me but say, 'this is me showing you that I care, because it makes you tough enough for a life that is no bed of roses'. Instead of protecting us, the state decree puts us in protective custody in our own home. Outside the door the police and now even even the military are waiting for you if you don't follow the instructions.

What would actually be useful?

So what would it be sensible to do instead, if there is the threat of virus infection? Strengthen your own self-healing powers, build on them and trust them, maintain good relationships with other people, exercise in fresh air, get enough sunlight, eat raw vegetables, reduce stress, work through your own traumas, have overheating baths and sweat it out and much more.

Anyone who still has to go to a hospital should be seen there as a whole person and not just treated as a symptom carrier and as an object. Actually, hospitals should be called health houses anyway in order not to cause nocebo effects. Nocebo (= I shall harm!) is the opposite of placebo (= I shall please!) and the scientifically well-documented knowledge that drugs have healing effects even without any active ingredient, because a doctor promises it. Conversely, a doctor's diagnosis such as "You have cancer and will probably only live for six months" can actually cause a person to die out of hopelessness in the predicted period.

Measures that are prescribed from above that are actually health hazards

The political measures in place are now shaped by monocausal orthodox medical thinking and clearly have nocebo effects:

- The fears about a scary virus are being increasingly stoked.
- Images of deaths in total agony in overcrowded hospitals with absolutely overwhelmed doctors and nurses are spread through all media channels.
- People who make a living from their work get into massive financial and professional existential fears overnight.
- The going out into the fresh air and the sun is prevented.
- People locked up in their apartments soon only eat canned food.
- They are increasingly cut off from all their relationships and fall into total social isolation.
- Physical contact of any kind is completely prohibited.
- Millions of people fall into a state of powerlessness and helplessness as a result of the increasingly radical state regulations, and therefore

into a traumatic situation from which the only way out for them is to dissociate.

All this considerably weakens people's confidence in themselves and their immune system. The risk therefore increases that their already existing infections, of whatever kind they are, can grow into a serious illness. As a result all these society-destroying measures do have a foreseeable effect in terms of a self-fulfilling prophecy.

Many still take it with calmness, they hold out in a dissociated mode of survival for a while and think that they show special social responsibility if they follow the increasingly totalitarian restrictions on their way of life. A population placed under such stress will probably soon be so frustrated in their basic needs and this will be discharged into aggression and violence - against their own children, against their partner, against neighbours and all those who do not follow the rules. The need for images of the new enemy will increase. The images of imprisoned Italians singing on their balconies, so popular in the social media, remind me of the prisoners' choir from Verdi's opera Nabucco. In Germany it will probably sound more like Beethoven's Fidelio.

Does it all end in horror or is it a horror without end?

If, in spite of all these delusional measures, the great death cataclysm does not happen and the number of flu deaths remains within the range of what a normal flu epidemic brings with it every year, the orthodox doctors and the politicians will then pat themselves on the back and say: we got it under control. China, as a repressive surveillance state, has just demonstrated this. And there is even the view that China, in cooperation with the WHO, has deliberately started this pandemic.⁵

I'm reminded of this joke: There is a man sitting on a park bench, clapping his hands at regular intervals. When someone asks him what he is doing, he says, "I'm scaring elephants away". The person who has just asked why's he's clapping says, "But there aren't any elephants here." And the man says: "Well, of course not - that's because I'm clapping."

So who's the crazy one here?

The 'corona' phenomenon can at the moment provide us with one of many good opportunities to use our own minds and trust our own intuition instead of letting ourselves be drawn into a mass psychosis and the ruin of the whole of society by traumatised people who are completely cut off from themselves and their own feelings.

And next year there could already be another pandemic with another 'new strain' of pathogen. Should everything be shut down again then? If there is anything left that can be brought into lock-down.

Hence my urgent appeal to the politicians of this world: Show courage and determination to end this control-mania immediately, before it is too late.

¹ <https://m.faz.net/aktuell/gesellschaft/gesundheit/coronavirus/virologe-hendrik-streeck-ueber-corona-neue-symptome-entdeckt-16681450.html#click=https://t.co/yJo6MH2Tgm>

² One of Europe's largest university hospitals and one of Germany's most research-intensive medical institutions (SL)

³ <https://franz-ruppert.de/de/downloads/send/2-uebergreifende-informationen/503-covid-in-italien-2020>

⁴ In the UK in 2018 541,589 people died. That would be 1484 a day. As of today (21.03.20) there have been 177 deaths in the UK, attributed to 'Corona', spread over 15 days since the first death in the UK. That would mean 0.0079 of the daily UK deaths have had the corona virus. (SL)

⁵ <https://www.youtube.com/watch?v=t-NA4Tb-V3w&feature=youtu.be>