

**CORONAVIRUS TO CONSCIOUSNESS**

**DON'T JUST SURVIVE BUT LEARN TO  
THRIVE IN A LOCKDOWN**

**PERSPECTIVES FROM THE INTUITIVE  
CARDIOLOGIST**

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## INTRODUCTION

What day is it today? No idea. Lost in the sea of days and months of a global quarantine we float our boat on the waves of confusion, apathy, sensationalist media, hopes of reprieve and avalanches of disappointment. The storms of mania come and go only to give way to dullness and depression. Each day has blended into one long nightmare of isolation, and bewilderment.

Sound familiar?

Well my life is a little different. How and why ? Because I choose to live inspired and control my own destiny. I will get into that shortly in another chapter.

As I write this book, I am brought to a state of contemplation of the last several weeks and perhaps the last 3 months of how the world has turned and slowed down and in some fashion stopped on its proverbial axis. Yet for someone us, it is business as usual, in fact thriving. For most it is barely surviving.

How does one shift out of that apathetic state? I pondered on this.

To this end I decided to compile my thoughts and put them down in an offering to others who may have shared my own dilemmas and may require a gentle nudge in the direction out of the quagmire of delusions and illusions towards living a more inspired, productive and fulfilling life.

Yet how do we begin? How do we navigate the chaos to even get present enough to coalesce our thoughts?

Do we start at “ Once upon a time on a blue green planet in a galaxy far far away, there came a virus....?”

Or perhaps... “ It came quick in the darkness of the night, the fear spread in the form of a virus....”

Or perhaps yet it does not matter, and we start at the very basic level to understand the face of our perceived enemy that came in the form of a virus....

Yes that’s it... Lets do that.

Lets understand the face, the features, the characteristics of that which has brought most of us so much of pain and suffering. Let us explore its wondrous tale and ask it the most primal of questions “ Why are you here?”

It is in only in understanding the face of our enemy that we are able to go past the perceived “evil” and the hate and discover the truth that lies beyond.

Let us explore what lessons does this little innocent virus offer us through filtering these perceptions through our body and birthing the reality of defining what our true purpose is, and what we can do while we wait or better yet, as we make our reality in the way we want to.

Come with me as I go on an adventure of exploration not just of the virus but the inner perceptions of our mind, heart and soul.

# CHAPTER 1 THE FACE OF OUR ENEMY

The corona virus is part of a much bigger family of different viruses which in the past have been attributed to causing the common cold. Some members infect animals including camels, bats, and cattle. It was originally identified in 1965. There are 7 different types that we know at the time of this writing.

Where does it come from ?

There are those who say that the coronavirus was a US engineered virus by the CDC, with one of the patent holders being Dr Paul Rota, a renowned virologist known for works and patents for the creation of the H1N1 virus, Swine flu, Bird flu and yes appropriately named, the rotavirus, which everyone is familiar with giving symptoms of diahorrea and seen mostly in kids.

Yet lets stick to more facts that are well published by the media instead. So as far we know and have been told to believe, it originated in Wuhan China, a formerly obscure province till this incident. But of course there is

something famous about this little town. It has a famous Chinese Virology lab, which some would claim as the source of many experiments of Chinese biological warfare.

This strain came into being after jumping from bats to humans. Must have been a delicacy as there was a open air wet-market very near the virology lab in Wuhan. Again so “they” say. We call it the SARS CoV2. Also this is how The MERS version of the virus also known as the Middle East Respiratory Syndrome found in Saudi Arabia in 2012 or the SARS also known as the Severe Acute Respiratory Syndrome noted in Southern China in 2002 got started. At this market, meat, fish, wild boar, raccoon, dogs, cobras, and illegal scaly anteaters are sold.

Why is it called CORONA?

It is named such for under the microscope each Virion is surrounded by a corona or a halo.

What does the COVID 19 stand for?

Well not everything in medicine is given a name synonymous with the big bad wolf. “CO” stands for CORONA, “VI” stands for VIRUS, “D” stands for Disease and 19 because it was discovered in 2019. Simple.



How does it travel?

It is mainly transmitted through droplets when an infected person coughs, sneezes, or speaks. ( This is a great way to stop the virus if everyone stopped coughing, breathing or for that matter speaking !!) But that's half the story. The particles are too heavy to stay airborne and so can quickly fall to the floor and surfaces and be there for a while.

When the innocent bystander touches the surface, and then touches their face, their eyes, their hair etc, as we humans who are by our very nature touchy feely creatures, do touch other things including ourselves and others, we transmit the infection or get infected ourselves.

What are the symptoms of the COVID 19?

Typical features are fever, tiredness, and a dry cough, yet many will manifest them as aches and pains, nasal congestion, a runny nose or sore throat or in some diahorrea. They begin as mild symptoms and may be easily dismissed as allergies or a light case of the cold.

We decrease transmission through avoiding the sickly or if any one is tested positive, then they are quarantined. Yet for how long? 14 days.

There are yet still so many other questions that come to mind, such as how long should someone be isolated beyond the 14 days if displaying symptoms or what if there are no symptoms manifested ( or the asymptomatic) ? At what point are they considered immune? Are they able

to reinfect someone at a later date? How long does the virus sit on the surfaces, glass or metal? I have seen reports that the virus survives from a few hours to several days depending on the other conditions of the surroundings.

The bottom line is that it is a fast spreading virus and quite contagious. Or is it infectious?

These terms are used incorrectly and interchangeable, yet should not be.

All contagious diseases are infectious, but not all infectious diseases are contagious. Contagious diseases are infectious that are easily spread through contact with other people. This virus is communicable versus other non communicable diseases such as cardiovascular disease and cancer. Infection is a communicable process. It spreads germs or in this case the virus is spreadable and is pathogenic which means disease producing.

So an infectious disease is contagious when it spreads through direct bodily contact with an infected person or an object or surface.

The word contagion was first reported in 1350-1400. It comes from the word “contagio” which means to touch or contact.

The word infectious was first recorded in 1535 to 1545 from the Latin infected which means to corrupt, poison or stain. It comes from the latin verb “inficere” or rather from “facere” which means to make or to join.

So the COVID 19 is caused by a disease that causes a pathological condition via an infection from a virus. It spreads easily through contact.

So yes the COVID 19 is a contagious entity. Why is the distinction important? Because of the healthcare ramifications. Infectious diseases donot require this level of global emergency services. Yet once the label is contagious, then efforts of bringing together finances and resources become paramount as now we have a global enemy to duel.

This is not the complete guide to all your burning unanswered questions about the virus itself. I would recommend that you spend a few hours and study the entire internet and not just the dogma of the CDC or the WHO.

## CHAPTER 2 FLATTENING THE CURVE

We have heard this “flattening the curve” idea till it has flattened our bellies, our heads, our pockets, our eyeballs from watching this being discussed by every “expert” on the planet.

I will address this further in the chapter on Perspectives.

Yet for now here is what it means based on my understanding of the literature.

The numbers were originally based on an exponential curve. If the numbers were to double every 3 days as they were in the beginning, they were to rise to over 100 million cases by next month. This rise was to be slowed by the great idea of social distancing.

If one person was infected, then the other healthy individual would be affected too and so this spreads to the village, the town, the city and so on. Yet the wrench in the works, is that people do recover from this and so the rate of infection and the steepness of the curve also vary. It may spread quickly as we discovered that it did across the country and the globe. The idea was to slow this down further. Why?

More in an effort not to completely swallow up the resources of the country and overwhelm the limited healthcare resources and also not to try to kill off the healthcare workers and front line emergency services who are the barriers of defense, as there still is a global shortage of personal protection equipment.

So the flattening of the curve continues with us now realizing that the complete lockdown scenario is impossible as some people ( like essential staff) do have to work and cross the containment fields and also go back home to their families. So other measures were employed of stopping public gatherings, keeping distant, decrease interactions, keep people at home etc. But clearly this did not work as humans in their very fundamental nature, despite following rules and regulations also tend to mishear instructions and create their own.

So stay at home meant “ lets take the day off work and enjoy going to the park !” But many still had to work and so had to venture out to their employments. Some had to go get groceries, yet most went on a shopping spree on a regular basis as if this was their outing. Yet moreover the “social distancing” idea did work to slow things down. Please note there were lots of other measures that were to be enforced to reduce contagivity such as washing hands but that still has not fully been utilized as innovative substitutes such as hand sanitizers and gloves, and masks became the new fashionable alternative.

The attempt at more severe extensive social distancing models employed by many countries and locations in the US with strict enforcement vs a moderate social distancing model seems to work better. In theory !

Reality proved to be much more difficult. Humans though displaying many of the herd-like mentalities and cattle like behavior still have an amazing quality under the surface that allows the species to survive and prosper. Its called defiance that leads to resilience.

Some would say that it is this curve was a mathematical hoax and its directives were there for fear mongering and control. I have a number of colleagues and friends who created YouTube videos and channels to promote this fear of staying at home so that they can try to advertise that social distancing is the answer to this pandemic. "Flatten the curve they said", "it will solve the problem they said". But did it?

What are the real statistics? Who is coming up with these statistics that influence this magical curve?

Every day I saw the numbers showing that the death rate had increased and then the infection rates rose cataclysmically. Yet the following day the numbers were actually artificially inflated by governments, countries and healthcare professionals and institutions.

But to what end?

The numbers were further disputed by the fact that the entire world population has not been tested and presumably if the entire populations of the world were tested and we had a real denominator we would know the “hard facts”.

But then we are left with the undeniable issue that most of the tests that are coming out to test the population whether in home or via drive in testing or even tests at airports are in fact insensitive and may not be accurate in the first place.

Alright at this point I throw my hands up in the air and would turn off the tv or media outlets. Where is the truth? Who is running the numbers and creating the narrative that we have been set up to believe?

The medical community loves evidence based medicine. Most are polarized to believe the facts, as long as it is printed and published. Yet what if those stats are manipulated. Then those on the front lines are being deceived and so the public is being duped as well.

No blame here. Simple fact that the numbers do not add up and neither does the way the resources have been distributed within healthcare. Entire mobile encampments that were in effect and created to help combat the terrifying numbers of cases, many have had to close up shop as they lay abandoned and having never seen the eyeballs of one patient. Well, we can say that is great, thanks to social distancing but what if we had this whole idea of social distancing upside down. And it had nothing to do with

social distancing to begin with and the numbers were the lying enemy and not the virus per se.

No one is saying that the virus has not caused damage and taken lives. It is tragic. But to be sure the media does not advertise all the other countless infectious diseases that have killed far more and infected the populous at large for years to come.

How many who have died were on a trajectory to mortality in the first place?

What did we gain by trying to save that infinitesimally smaller populous that were to die anyway and did we in fact save them, is the bigger question?

Were we better off not collapsing the economies of the world and not shutting down the globe but instead locking down those at risk?

Yet even more bizarre is the social distancing and subsequent lockdowns in many cities such as NYC and other countries that have not had any worse numbers than those places with no lockdown. In fact the no lockdown locations and no social distancing places have kept a much lower mortality and infection rate than those that have kept their people in their homes like inmates.

We actually do not have any data to date to suggest that social distancing at home or keeping 6 feet is actually the magic number to keep anyone



safe. It could be greater or less ( odds are greater) and in which case if we made a mistake from 2 months ago with incorrect distancing calculations then we have already infected everyone by now. So FYI the number of 6 feet was arbitrarily made up.

In 1930 the WHO came up with the idea of the 3 feet recommendation based on the works of William Wells in the study of Tuberculosis. In the SARS outbreak some patients were infected at the 6 foot mark and so this was upgraded to 6 feet as the “bigish” particle was about 0.06 to 0.14 microns since the original work looked at was for droplets at 5 micron in size. So the smaller the particle, longer the distance and so that was the logic. The New England Journal of Medicine published an article looking at 100 subjects and 6 feet came out of that. But the true origins are still a mystery. This was great, as in modern times this would not have been a robust study to even be published let alone become the doctrine for everyone to follow on a global scale. But there you have it, anything in a journal is the gospel truth !!

The flattening of the curve has led to more questions that real mathematical solutions.

My view on statistics and evidence based medicine that the medical world relies so heavily on is summed up with this simple analogy. “ Statistics are used a drunkard uses a lamppost. Not to shed light but for support”.

Who guides this narrative is the real question for people to research and investigate?

# CHAPTER 3 BOOSTING IMMUNITY

So if being socially distant is not the answer then can boosting what we have in our immunity be enough?

I have had lots of requests to explore the notion of immunity and how to boost it. So thought I would include it in this book of “learning how to thrive” Here goes.

What is immunity? It is a quality of a state of being that is able to resist a particular disease or foreign invader by counteracting the effects of the products of the pathogen or by preventing the development of the pathologic organism.

Without going into medical school 101 of immunology I think the question we have on our minds is how do we prevent from getting the coronavirus? But I would expand that to “ how do we prevent ourselves from getting any viral or bacterial infection ?

We have been told that we need to socially distance ourselves by at least 6 feet to start. Well thats more a fear response since in fact there is no data to suggest that it is 6 feet that will make the difference vs lets say 10 feet or 25 feet etc. This was an arbitrary number made up. So in that case

we do not have any proof that the 6 feet was not long enough and we were already infected.

Socially distancing actually has profound negative side effects as it brings down our moods, our patience levels drops, our irritability rises, depression increases and our very nature demands that we are social creatures. We need to meet others and interact. And so also being indoors makes it worse as we are dependent on light for energy at the very cellular level and so socially distancing makes it harder for our immune system to develop.

We are breeding weaker immunities. But wait a minute if we undo social distancing, then we actually stand to increase the infection levels right? Perhaps, pursuing the model from the 1918 global pandemic that worsened by 1920 to epic proportions. Yet we have conflicting data that NYC was badly effected despite lockdown yet other states in the USA not on lockdown have not had those same drastic numbers.

The key here is not to be so worried about if we are going to be infected as if we focus on immune system building then we can do 2 things....1 prevent the viral load to effect us, and 2 assuming we are already infected then not get the products of the virus to overwhelm us.

How do we do this magic trick? Here are a few ideas.

## WATER

Stay hydrated. We are at least 70% water. We need a water supply that is going to be adequate to flush out toxins, bathe our skin to be strong to be protective, nourish our cells to function and keep our joints lubricated.

## FOOD

We may be surprised how much nutrition and adequate and appropriate nutrients play a vital role in homeostatic functionality. So I would AVOID processed foods, canned goods, anything that is not freshly grown or at least has a short shelf life ( ergo free of preservatives ). AVOID sugars and sweets, high fructose corn syrup. It is easy to jump into something to take care of the sweet teeth ( yes we have more than 1 ) to feed not our hunger but our fears, moods, depression, anxiety and emotional states. AVOID foods that exhaust us such as carbohydrate heavy or heavy fatty foods. Anything that is excess will drag us down and take away vital energy dedicated to our immune system sent away to digest the foods. AVOID fast foods, and foods that are classified as junk. INCREASE VIT A rich foods such as vegetables Spinach, sweet potatoes, carrots, black eyed peas, broccoli, red peppers, mangos, apricots etc. INCREASE foods that have VIT D in them. If you know you are gluten or dairy intolerant do not add more stress to your immune system by trying out those foods. INCREASE foods that promote gut health like probiotics, and sauerkraut. Our gut is like another immune system that allows for protection via the gut lining, as. First line defense. Kind of like our skin and nasal pathogens.

INCREASE foods such as Ginger, lemon, turmeric in the diet, all powerful antioxidants. Do moderate eating and if you are not super active and exercising then watch the portions and caloric intake. Reduce the amount of daily salt intake as that will increase vascular disease and elevate blood pressure.

## FASTING

Practice Fasting is a very powerful way to not only boost ones immune system but also discover the very depths of self discipline and detox.

## ALCOHOL

Good time to avoid it. Alcohol messes up neurons and cardiac cells. It weakens the immune system despite its misnomer of giving you “liquid courage”

## SMOKING

STOP it. Best time to quit. Save ourselves money, lung cells and also helps restore immunity that is usually already weakened to a degree through the carcinogenic materials found in smoking.

## SUNLIGHT

Get plenty of it. It increases VIT D that is necessary part of our immunity but more over our DNA needs light to expand, grow, evolve at the cellular level. Light helps build immunity.

## WASH HANDS.

Lets face it. As a species we are being graded on this. And we are failing badly. Prior to covid 19 we still did not wash hands for 20 seconds, in fact the average is about 9 seconds. Get working people,lather, wash rinse, and maybe even air dry. BUt wash those hands. Yes BOTH of them. We are now becoming lazy with hand sanitizers and gloves ( which mind you gloves spread more infection than prevent)

## EXERCISE.

If we did not do this before, NOW is the time to start. Indoors or outdoors, just get off the couch and exercise. Get that heart rate up, lose the weight, modify those calories and tone those muscles. Simpler the exercise the better we will do them correctly. So sit-ups, pushups, planks, burpees, stretching ( yoga style), use bands if you have them, run, bike, use weights if you have them, start light and then build it up. PLENTY of YouTube yoga and stretching and exercise routines on line now so you wont miss the gym. Call up any of the orca gyms and talk to the coaches. As a crossfit coach I am happy to help field your questions too. Just keep that blood

pumping. As I tell my patients “ Bodies in motion stay in motion, bodies at rest will be laid to rest”.

## SLEEP

Again the best time to do it is now. WE have the time. Adequate rest is key and one of the foundations to building a healthy immune system.

## MEDITATION

Fundamental practice of this helps enormously. Like any muscle it requires practice and work. Few minutes a day is a great way to start. JUST START.

## GROUNDING

Spending time in the garden or being in nature barefoot and connecting with the earth is vital in sustaining our spiritual and physical health. If that is not possible then a bath with salt crystals ( i use Himalayan salt),or connecting to your potted plant.

## LEARNING.

The more we read the more we expand our thoughts and ideas and broaden our neuro pathways, which maintains our immune system. Personally I try to aim for 4 books a week. Pick any topic of interest and read.

## BE INSPIRED

Do things that inspire and not despire. Whether it is listening to classical music or ones favorite song, or cooking a meal or staying fit, or writing or helping someone, mentoring someone ( even in zoom) , whatever it is as long as it fills your heart with joy. This increases the balance of hormones that boost immunity through opening up ones heart to love.

## LOVE

Be wondrously amazed at all things unfolding in life. Like the innocence of a child exploring for the first time. That true genuine curiosity about life increases the immune system by giving the forebrain the ideas to Palma future that broadens longevity.

## JOURNALING

Writing our ones thoughts is a great way to get things out of the unconsciousness and putting them on paper. Less in the mind the better. Declutter the mind. Open up the heart.



## GRATITUDE

When we stay in a state of gratitude there is nothing more powerful than getting the immune system to go into overdrive and build build build. Gratitude enhances and promotes the hormones that are used to increase immunity such as oxytocin, estrogen, thyroid, growth hormone, melatonin, prolactin, histamine, dopamine, serotonin to name a few. Make a list of things that we are grateful for and not just dwelling on what's wrong with ones life. Every day make the list of things that happened to you or you see that will happen to you that you are grateful for or will be in the future.

## VITAMIN C and ZINC

So there has been lots of talk on high dose vitamin C helping with immunity. Speculation is that it causes hydrogen peroxide to form in the body and so act as a disinfectant. I have no proof of this except anecdotal evidence from patients who were treated with this in some hospitals making remarkable recoveries as well as people having milder symptoms being symptom free in shorter periods of time. I always thought that beyond 1000mg we just urinated it out, but it took covid 19 for us to test out those theories. Many swear by zinc. If it works for you then dont stop. Yet if the diet has enough zinc in it, then may be thats fine.

## SOUND HEALING.

There are the Solfeggio frequencies that have been known for centuries for their healing properties. Listen to these frequencies ( available on

YouTube ) regularly. They will help the mood and enhance immunity. Listening to relaxing no harsh music anyway has profound effects on the harmonics of the body. After all we are made of frequency and energy revealing ourselves as vibration in physicality.

## CRYSTAL HEALING.

There are plenty of practitioners I know who outperform this magnificent art that are a lot more skilled in this area than I am, yet I firmly believe that there is a role in healing with crystals. These rocks have been part of our ancient history books for eons and their healing gifts are well documented as they too are part of the living force binding us to this world.

## ENERGY HEALING.

One of the most powerful tools that we have not yet been fully able to tap into is the field of energy medicine. WE are all part of a quantum field of intention and so can all be assisted by energy healers. I have been blessed to have learned a lot in this field as I bridge the worlds of traditional medicine and cardiology with the understandings and gifts of this healing modality. I would recommend you reach out to a healer if you can find one. I would be happy to assist you as well.

## SOCIAL MEDIA AND TV

Yeah get off the media that brings negative energy and bad news in every direction. Probably should have been put up as number one on this list. After all if we avoid the insult that's causing the injury, that's half the battle. There is a lot of misinformation out there and posted in the name of an authority or a government title that is not true and creates more subjugation, conflict and fear. Listen to the heart. If it makes one uneasy, shut it off.

There are lots of other healing modalities that do not require medication or a vaccine shot in the arm or ass. Each person inherently knows what works for them as well as their family. There are plenty unique ways as there are people on the planet as well techniques of old that were handed down ancestrally.

## BREATHING

Apart from regular meditation the art of breathing is something that is commonly forgotten as an immune boosting mechanism. Breathe in deep and and exhale slowly. Feel the pause in the moments between both parts of the cycle.

## STRESS MANAGEMENT

This sounds obvious but watch out it is not. We may think that if we are not working then where is the stress. True, but at some point the constant stress in the mind of what's next and not staying present to the moment leads to stress. If we are constantly worried about the future or rather the fantasy of a savior or saving solution then we are forever living a delusion. More on this later in greater detail in the chapter of "living inspired".

Above all listening to one's body is key.

Pause, reflect, contemplate, listen to the heart.

## TRUST

Trust life that it knows what to do. The same life that gave us existence, continues to guide birds to fly in migration patterns, allows tens of thousands of fish to swim to original breeding grounds around the world, and guides animals to protect their young and find food.

Trust the process. Trust yourself.

## LOVE YOURSELF

We tend to minimize ourselves as the primary source of our love. This is easily forgotten as we externalize our love and try to have others fulfill that role that can never be fulfilled. Focussing on ourselves is key.

There can be no greater boosting to immunity than staying in the field of unconditional love for oneself.

## CHAPTER 4 HOW TO STAY INSPIRED

Our immunity is inextricably linked to staying inspired. We are living in some very extraordinary times of opportunity. We may feel that being forced to stay at home or not going outside is a curse. Yet what if wasn't.

What if this is a majestic moment in our timeline to rethink our lives and find what truly inspires us and do them. I have heard from countless people doing amazingly creative things, such creating online businesses, learning to cook new and delicious recipes, having the chance to learn a new instrument, catch up on reading books that they never seem to have the time read.

I have seen people learn new technology like Zoom. An example my 8 year old has mastered the art of Zoom doing his homeschool online classes with his group classmates. This is a kid who does not watch tv and reads and builds projects. He has learned so much that he taught me how to use Zoom and more over just today at the time of this writing, he learned how to create "imovies" and made his first slow motion animation movie of a cell dividing by using plasticine for his cell models.

There has been a tremendous amount of growth of learning opportunities for people as many online courses are significantly reduced in prices. We

have found that we may not need as many clothes that we maybe irrationally overspending on. We may discover that we may not need to eat out all the time and healthy eating at home is a definite alternative.

For many the rush pace of life and hectic schedules do not need to be entertained. Many are learning about self hygiene through hand washing. Many are learning about meditation for the first time.

For many yet it has been an amazing journey of understanding their bodies. I have heard from numerous friends that by not going to the gym and focussing on stretching and the building of small muscle groups they are recovering from old injuries that they never gave the time to heal.

Humanity is at the brink of a great experience of learning and evolution.

So how does one stay in this state of inspiration?

By filling the day with high priority actions that generate the most amount of service to the most number of people. When we keep focussed on doing things that inspire us and by continually letting that build momentum, we are able to maintain this higher level of inspiration.

By remaining objective to the situations that are unfolding and not reacting to every news story cycle, social media post and gossip uttered on the airwaves. When we remain more rational we are less emotional to the irrational.

By seeing the blessings in the downsides of life's experiences. It is wise to remember that in every challenge there lies both pain and pleasure, that are to be balanced out in every quantum moment. In every challenge lies the hidden opportunity to step up and succeed.

By seeing how we can respond to a situation and not simply react to a situation that makes the difference in our lives.

By seeing our PERCEPTIONS objectively and contemplating them and seeing how they can create effective and balanced DECISIONS that will lead to appropriate and productive ACTIONS.

By uncovering our vision to control our destiny.

By creating financial opportunities of savings and strategies to expand our resources for the future.

There are those who will stay in the hollow of lack and proclaim that financially they are unable to survive. But it is time to become innovative and take action steps to thrive not survive. So for example Calling the bank and asking to defer home loans, which is a deferment not a forgiveness, therefore buying time to redistribute finances, or call the credit card companies and find out a better payment plan, or calling up the utility companies ( such as the electric company, phone company, car loans, business loans and renegotiate the amounts ).



Find out the amount of liability and the assets and restructure, cut back spending on alcohol, cigarettes or any other consumables that are draining the bank account. Look carefully at any expenditure that is unnecessary and is a luxury that sucks out money, time and effort eg subscriptions for magazines and TV. Relook at potential investment opportunities as the markets are collapsing and expanding in some sectors.

Other ideas may include buying groceries and milk from the local farm, which is not only cheaper, probably healthier, and most certainly help to keep the local economies growing and thriving that eventually will benefit us in the long run through health and growth.

Other strategies that will help maintaining a stable financial transition is to balance out the mind, and not do emotional or impulsive buying or make decisions in an unstable market with emotional volatility. This is also a great way to maintain stress reduction.

There are plenty of markets that are booming due to the right circumstances of COVID 19. Look at Netflix, they are monopolizing on the fact that disempowered people are going to fill their time with uninspiring actions of tv watching. Amazon is making a fortune by increasing their sales as people are limiting outside travel. Every exercise company I can find online has sold out their products like weights, bands, treadmills, stationary bikes, rowers, and a whole host of merchandise to exercise enthusiasts and fanatics and made a killing in the process and now getting ready for when things open to do it again.

Look at UberEats, they are making it great in conforming a new business strategy of food delivery and increasing revenue. Restaurants in many areas cannot keep up with the food delivery orders and are making more money now than waiting for people to come into their establishments in the past. COSTCO, SAMS club, BJ's, are all making record profits per month. ZOOM has done tremendously well, as are companies that are monopolizing on teleconferencing.

This is a great time to look at one's own business model and see if they even need to go back full time to having all the employees and perhaps doing a mix of online and in person business as they continue to streamline their business costs.

These examples are of businesses that are STRATEGICALLY planning ahead, so that is another thing that can be done to stay ahead of the game and remain inspired.

It is when the voices on the inside become louder than the seemingly crazy voices on the outside, is when we begin to wake up to our genius and inspiration. The voice of reason is what keeps us focussed on our vision and help us do great things.

It is when we are at the darkest part of our lives, at the lull and at the bottom is when the time arrives to make a choice. Step up or be stepped on. It is here where we are afforded the moment to discover our gifts and allow them to flourish.

We can complain and ask why me? Why did all this happen to me? But that is not a very practical way of looking at this lockdown situation. Perhaps a better question is to ask “why is this happening to us?”

Humanity generally needs dramatic examples to shake them out of apathy. This happens cyclically in our evolutionary timeline. There are times when there are revolutionary time points but others require more of a push to become inspired to lead, love and evolve. We are reminded of our apathy when our mind and body are out of balance and we live uninspired.

I find that I stay inspired by my practice of gratitude and constantly seeing how I can serve others through my writing and teachings as an intuitive healer and metaphysician and my daily vocation as a practicing cardiologist.

By being mindful each day and each moment ( it is hard I know) I bring forth my awareness to my gifts so that I may be able to anchor them and become most adaptable and resilient.

For me I have remained inspired to read 4 books a week, do tonnes of writing, learn new meditation techniques, journal, contemplate deeply about my life, been interviewed on several podcasts, and working on lots of new and exciting projects of teaching. Yet more over I have remained equally inspired to connect to all my patients daily and provide a service that helps.

How do we find what inspires us?

Ask yourself what would you love to do if you were given the opportunity to do it.

Write down a list of these and put them in order.

Make sure these are your love to do-s and not based on a drama that you watched on TV.

Create these into daily actions and habits.

Be grateful for seeing them come to pass.

Each day as you keep doing them, keep a tally if you were successful in doing them or fell short. If you fell short perhaps you over did the “things to do” or did not delegate lower priority steps. If you had time left over, perhaps the actions can be kicked up a notch.

Build your momentum each day.

Journal daily how you feel as a barometer of your emotional states when doing these things that you love to do

Journal daily your blessings and gratitudes.

This is a time to allow our inspiration to shine.

# CHAPTER 5 UNDERSTANDING OUR FEARS

We are well versed in reacting to external stimuli on a constant basis even before the COVID 19 situation. Sometimes we react in joy and at other times in fear. Where does this fear come from?

Our fears are based on an imagined emotion that is created when we react to content in the mind of a future scenario. When we can see more drawbacks to that situation we react with fear and it results in anxiety as a physiologic response in the body. When we stack up our anxieties we can create a panic attack.

Now from a health perspective, I see this all the time as manifestations of cardiovascular disease and their sequelae. Hypertension, High cholesterol, diabetes, irregular heart beats, heart disease, strokes, muscular pains just to name a few are all reactionary responses to fears of not having lived an inspired life.

Illness is a physiologic feedback mechanism to inform us of our psychological imbalances of our perceptions of our mind. So it behooves us to learn our illnesses and find the source of our imbalances and bring them back into alignment with who we are and what we intend to do with our purpose. These illnesses are generally rooted in fears.

I have had the opportunity for the last decade to have a profound awareness of not just understanding diseases in their basis of traditional medicine yet moreover as a metaphysician to explore the origins of disease in the mind and within the condition of the human heart with advanced learning of consciousness. I have been blessed to help people with finding balance in their lives and awakening to their gifts and potential to lead more empowered lives.

So I can tell you without a shadow of a doubt that fears plays a vital role in not only impairing our life especially in an external lockdown situation but also in destroying the immunity of the human body and spirit.

Our reaction to the hype is just as important in perpetuating the fears. When we inject the values of others, we are able to learn that these are not our values and in fact those of others when we see our reaction. If it is a bad reaction, namely fear, then it is a guide to let us know that we may not be in alignment with ourselves.

But why do we do follow the values of others namely the very few who are in more control of governments and nations and political, social, religious and financial arenas. It is perhaps that we choose not to be a statistic and in doing so simply obey out of fear or out of lack of objectivity and not with reason and rationality. Unfortunately, the reverse happens when we are subjugated to a slave state of subordination to others and not authentic to who we truly are.

For example we are so afraid of germs and getting contaminated that we will wear fancy masks, gloves, bathe ourselves in hand sanitizer, be distant and totally shut down our normal behaviors and become more animalistic and instinctive as we try to survive in a hoarding mentality. Yet, if we can objectively see that the simplest practice is to wash hands for the recommended 20 seconds with proper technique the risk of spreading is reduced far more than wearing gloves. Yes, do not touch hands, face, mouth, nose after touching a surface, but is that not good hygiene practice that we are being reminded of anyway?

If we can see the benefits of proper hand washing technique we can balance out this simple fear of the contamination part, as this is just one aspect of that fear mountain that has been firmly planted in our minds.

-It gives us the opportunity to help us to ward off other potential contagions in the future.

-It gives us an extra 20 seconds of mindfulness each hand wash to be fully present with ourselves.

-It may allow us to converse with somebody who is washing their hands next to us. We keep a healthy practice of hygiene.

In this way balancing out some of these fears gradually but consistently will help us boost our immune system and reduce the stress that is in our lives.

The world on the outside is trying to help us balance the world on our inside through our experiences and this is seen as we attempt to not just control our fears but to overcome them. When we create strategies with foresight we are in fact mitigating our risks and reducing our fears. There are those who live in hindsight and remain in the reactionary phase and not in the forward action phase of progress and therefore adaptable to change.

So how do we look at our fears?

It is imperative that we see what is our fear and define it. What is this “thing” that is creating a powerful narrative that is running our lives like a bad program in the software of our minds.

Next see how does this fear serve us?

We run a story in our minds as we are allowing the narrative to play itself out as in some way it is helping us keep safe and not move out of our comfort zone.

How to break the fear?

When we look at the upside when we are down and then look at the downside when we are up, this helps with self governance of our emotional charges and imbalanced perceptions.



When we begin to feel we can control and overcome our fears, we have the greatest advantage over disadvantage of our surroundings and that is when we begin to have certainty in our minds to be able to become more adaptable and malleable to the stimulus of our fear. Till then we are paralyzed.

The resiliency enhances our physiology and our immune system making us less susceptible to aging and promotes longevity.

Remember when we are overly supported we become juvenile dependent and when we are overly challenged we become precociously independent. Yet it is only at the border of support and challenge that we grow.

When we are terrified there is the terrific waiting to come out, so it may be time to conquer our fears and for most of us, this is the best time to do it before we get back into normalcy ( whatever that means.. to be addressed in another chapter).

### 3 steps of consciousness

1) We usually start to blame things on the outside.

2) We then start to blame things on the inside.

3) We then notice that there is nothing to blame for all is but an illusion.

Here is where we begin to shift from surviving to thriving.

So lets dive deeper into fears.

A fear is a perception of the loss of that which we are infatuated with or the gain of that which we resent. When we can see that nothing is loss or gain then we live in the world of transformation and not in the world of illusion.

A big common fear I have been helping clients with is fears around the loss of relationships, money, business, friends. The feeling of loss is due to the infatuation of that person or object or the gain of the “what will happen as a result of that”, or rather the consequences.

When we are attached to outcomes we have a chance of its loss and so fear is born.

As the Buddha said “ The cause of suffering is avoiding that which is unavoidable and the pursuit of attaining that which is unattainable”.

Fear is transcended by seeing both sides of a delicate equation and finding the balance.

Another example of fear. “People are dying” OK that’s unfortunate, but people will always die and be born, it is actually the “self dying” that people are afraid of. Yet, if we break the phrase down and see that while “the death rate is rising” according to news headlines, the death rate is in fact not rising, as abortion rates are down ( the clinics are closed) and

crime is down and less murder on the streets, gangs, violence, robberies etc. so death rate is not up but it may be just equal. In fact the birth rate may outweigh the death rate in 9 months from now, but the balance in the universe has to be maintained at all levels.

So when we broaden our vision we look beyond the fears and are able to learn new skills, new technologies, and use our time more wisely. We are able to better handle the “fear of what next” with the phrase “ I have new tools to use now by creating something new and available to use them beyond the lockdown.”

When we look for one sided outcomes we chase fantasies and create nightmares that the universe uses to balance out our lives. The more we chase one sided outcomes, the less resilient we are and the more we lose our immunity and succumb to the disease.

Remember this little acronym that I made up a long time ago

F.E.A.R

Falsely Elevated Actions and Reactions

When we transcend these emotional charges we transcend the narrative that we have created in our lives and also that of the narratives of others who we choose to allow to rule and regulate our lives.

# CHAPTER 6 TRANSFORMING PERSPECTIVES

I thought a lot of about how I transform my perceptions especially during this coronavirus situation and how I evolve them into advancing my consciousness.

Here is a collection of various thoughts and essays that will hopefully help you ponder, contemplate and create your own level of awareness as you explore the depths of your own consciousness and ideas.

There may be questions in there that you can think about or concepts that you can journal and explore.

This is your time to be able to broaden your own mind.

I would invite to not rush through each essay and feel what it evokes within you, and write these thoughts down in a journal.

Later it will benefit you to be able to integrate these thoughts back into a meaningful overview or picture of life's great challenges and see how you are life's greatest gift.

## Essay 1

Few early morning thoughts regarding paranoia of this COVID 19

When does the paranoia stop?

What will takes its place in a few months?

I had a patient in the office who was in a group of travelers of which several tested positive for the virus, am I a carrier?

I flew on a plane across the world, am I a carrier?

I went to a country that at the time had no cases, am I a carrier?

I live in a state in the US that has 2 cases, am I already exposed?

I went to the grocery store and saw a lady coughing and looked ill, I dont know if she had the common cold or the corona, am I now a carrier?

I went to the hospital to see patients, I dont know if they had been exposed to someone else, am I a carrier?

If a robber comes at me to try to hurt me, can I shout out " I have corona " will that stop the robber more than the use of a gun?

When does my paranoia end?

I am driving down the street and I get pulled over for speeding, can I use the excuse of " corona " get out of the ticket?

Can I walk into a bank and demand money, but instead of a gun, can I yell "I have corona" will they be fearful and give me the money?

Do I get out of a meeting with a friend by saying I may have corona?

Can I extend this idea out to the flu ? Meaning that so far the flu has killed more people every year then the corona, do I now be afraid or unafraid of the flu?

What about the 100, 000 + people exposed to flu, am I a carrier?

Do I dare NOT say anything about the corona, otherwise not be loved or worse yet be judged?

Where does my paranoia end?

The world fears that which it does not understand.

It is wise to understand the facts for what they truly are, and not what we perceive them to be.

Fear is a potent motivator for change.

( more on the corona saga as is impacts our consciousness in the next post)

Stay curious, stay inspired, stay in love, that is how we build immunity.

.....

I love you

## Essay 2

There is so much fear and negative publicity with the events around the world, it leads to us seeing only one side of the entire situation.

It is wise to counterbalance the consequences of the coronavirus pandemic with looking at some of the benefits.

I did just that. I was not uncaring or unfeeling for the situation, nor flippant about the spread.

I simply looked at all the benefits of what was going on and how it effected me.

My perceptions changed, and my fears reduced. And became more balanced to see things for as they are not how I am choosing them to be.

Here is a short list out of my 254 benefits that I created to help me out of my fear.

- Reduced fuel pollution, not as many cars driving around
- less traffic, so get to my destination faster
- less noise pollution with cars and planes
- help clients with their fears
- politicians not on the campaign trail, so less lies and hypocrisy I have to deal with
- more home time.



- more opportunity to meditate and get self centered
- more time to clean the house
- more time to spend with kids
- no running around to kids after school activities, leading to late nights, and less driving to kids activities.
- more opportunities to invest
- appreciate the store owners I saw who now spend the time cleaning their store and their doors outside vs hurrying after customers
- more connection with close friends as one is forced to rely within to communities
- more time to read
- more time to connect with my family
- less time to hear about protests all over the world
- more understanding that ALL lives matter not one racial group alone
- more time to process the data out there, and realize what is real statistics and what is artificial
- more chances to connect to friends, even if not physical meeting, at least via social media apps
- more versatility of how to survive in this apparent chaos with patients through technology such as TELE Medicine.
- appreciation for the slowing down of life
- realization that the world is being forced to reset, and it starts with me.
- time to sort my thoughts
- get clarity of my being and purpose
- plan out my directions
- spend more time teaching my students
- love my self more as I slow the pace of my day

- breathe and pause
- discover my fears
- resolve my fears
- uncover new challenges and create plans of execution
- see the how the madness of fear can effect me
- see how the madness of fear no longer effects me
- plan my finances better

There were so many more, but after I made my list, I found myself less perturbed.

I keep adding to my list literally every few hours.

What are you learning or seeing as the benefits to this COVID 19 experience.?

( only thing I do not yet fully see as a benefit, is the lack of fixing of the potholes due to the quarantine. These potholes do not seem to be getting any better !!)

.....

I love you

## Essay 3

Emotions running higher with each news sound bite.

Its time to start taking some practical steps to come out of these tumultuous times.

We are all plugged in to the TV, social media, digital devices etc. The negativeness flows like a niagra falls faucet onto our screens in every moment.

Perhaps it is time to take a step back and limit our usage.

The media is in a constant state of sensationalism. I wonder whether the virus is at times not the media itself.

Our emotions are our responsibility and how we respond to them is also a choice.

I have talked about how we can choose to see the benefits of our current situation and learn how to serve others. This impacts our minds yet also begins to rewire the brain.

If we try to find meaning in our lives we find start to control our emotional states that in fact if left unchecked will rule our bodies.

And then quickly drops our immune system.

When we do things that inspire us, and live in a space of eustress rather than distress without distractions and judgments, our immune system comes back online.

When we do things that inspire us we become stronger, resilient and can face more challenges.

When we do things that truly resonate with our purpose, our bodies exponentially become immune to the negativity and we build momentum towards living a more authentic life.

When we slow down the pace of our activities and become more certain and present when we communicate, talk, listen, feel, we begin to boost our immune system by allowing it to heal and then heal others as we grow.

The biggest contagion is not the virus, it is the fear that we spread each day.

Hope this helps as a launching board for your healing.

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I love you

## Essay 4

Practicing medicine has evolved over the last 2000 years and especially accelerated in the last 50years exponentially.

With this COVID 19 social distancing to reduce exposure our practice adopted the technology of TELEMEDICINE.

The healthcare professional calls in via phone and talks to the patient remotely. In some cases there is a camera on both sides so both parties can see one another.

Most of the doctors around have begun to expediently adopt this new model. It is a valuable asset to be able to still help patients and provide health care, yet still reduce the exposure and the spread of this viral burden.

The patients and I had lovely conversations, relaxed and even more meaningful exchange of ideas. WHY? I think because I was bringing health care directly to their home and not having them to come to the sometimes "feared " and scary environment of the ominous " doctors office ".

I was essentially in their living room, or in their bedroom providing them the gentleness of modern health care in THEIR environment, as they sat at their breakfast table, lounging in the sofa or in some cases still snuggled in bed.

The conversations were at a more mellow tone as it flowed with ease and grace. It brought back a few old memories of "house calls" with the modern twist of a phone.

We connected at a deeper level as we shared the perceptions of being trapped in this social isolation situation together. The common bonds were forged and connection was established as it must before any healing can take place.

Yet there was still something missing.

As I was feverishly ( mind the pun) wrote out my notes and completed documentations on the computer, there was a part I had to force myself to avoid inputting. Can you guess what that was?

Yes the physical exam !

It was the first time in decades that I had not heard the patient's heart beat as part of my healing encounter.

It was most unnerving as the healing process is not just to the patient but also to me as the simple human touch is the feedback loop that connects both patient and healer in that moment.

I was not hearing their heartbeat as a feedback of their presence as part of the universe in human form !!

I understand the reasons why we are social distancing in these apparent troubled times, and I completely endorse this idea from a healthcare perspective. Yet I am looking forward to the days again when listening to the heart beat with my stethoscope will fill my heart with joy of connection as well

Till then it stays in my doctors bag, getting ready to spring back into action.

.....

I love you

## Essay 5

With this lock down on a global scale we have humanity finding itself indoors for the most part and not outdoors.

There is a profound and deep shift that is occurring outdoors.

Without cars continuously streaming the roads, there is an eery silence. This has awakened the songs of the birds that can be heard in the stillness.

Looking carefully more animals are returning to explore outside

Without the pollution of the cars or planes scouring the skies, the air is more breathable and in fact in most cities clearer to see the blue sky

Without the pollution of humans the rivers and the seas are retuning their beautiful blue lustre as noted by many on the shore lines

With more people indoors the public trashcans are not overflowing leading to less waste.

With less travel the waste generated by transport on land, air and sea is reduced.

Visibility has tremendously increased with reports of this all over the world, especially in cities that were heavily polluted.



I am sure this is being transformed with more electricity bills as more stay indoors and use their devices and home electricity and eventually more energy usage or perhaps its about the same if they were at work.

Somehow I am inspired to see that humanity is pushed back into its primeval cave as nature is coming alive and being given a chance to reset and repair itself.

It goes to show how much of a devastating influence we humans have on our planet that nature to self preserve spawns a virus to have us stop and pause, just so that she can reset her balance.

I am reminded in this moment to rethink my own carbon footprint and behaviors and habits so as not to slip back into my destructive routine when all this settles out and we return to normality.

I hope that this experience is a wake up call for us all to alter our mindless normality and become more mindful and create a less hurried, more appreciated view on how we have the gift of reality and can make a change in the world by shifting our own consciousness.

.....

I love you

## Essay 6

Pain and Pleasure occur simultaneously in every quantum moment.

They are the complementary opposites that naturally manifest.

So with this pandemic are we not seeing pleasure and pain occur simultaneously in all that we are experiencing ?

In which case here is a pondering thought.

Let us take the most primitive of pleasure and pain... sex and survival.

Being home bound with your partner- married or otherwise.

Do you have sex with them ? ( pleasure) And if so what about the social distancing ?

Do you undertake sex with the "pain" of potentially contracting the virus in close contact?

I have jokingly heard that in 9months the Obstetrics Departments round the world will be busy with new births perhaps a new boom in population.

Yet I wondered about this. What if that partner was infected by simply going to work? Or by going to the grocery store or anywhere really where

there is a risk of contracting it? How do we know that when they left the house they were negative and returned positive?

Does one partake in pleasure with sex with the risk of pain of infection?

Or partake in pain of not having sex vs the pleasure of survival?

Pain and pleasure occur at all levels in our behaviors and manifests in our cellular physiology and psychology.

.....

I love you

## Essay 7

I am compelled to ask the question why are we faced with the corona virus?

I can easily fall into all the conspiracy theories and begin to blame nefarious groups for the release of this virus for the purpose of world domination and power.

I can just as easily blame an outside deity who releases his vengeful wrath onto societies sins and evils.

I can even say this is the end of days and we are galloping into the apocalypse

however I would be denying myself the opportunity to explore my own consciousness.

the truth of the matter is that this virus was created through our mass consciousness by us for a very distinct reason .... to face our fears.

Each of us carry fears through our judgments, memories, experiences and collectively continue to keep looking outside of ourselves for a savior.

We look outside of ourselves for help by government, or attach to outside entertainment, or external stimulus yet do not dare to look within for answers.

so we collectively create an external virus to push us back to seek the answers within,

We are forced to stay indoors and connect to ourselves.

We are pushed from outside to face our judgments, prejudices, old wounds

We are sent internally by an external force to look for answers for ourselves and within our community and not wait for big government or big economics to save us.

We are at the precipice of a massive change as a collective not just as individuals.

The fear withIN has manifested the fear withOUT to force us to see the challenge from the outside to discover the magic and the beauty of the human heart from within.

This is a time not to remain in fear, but to instead to embrace it, grow from it, learn from it.

this is a time to ask " What do we want for ourselves? " and " How do we create a better future for ALL of humanity ?"

It is a time to work through those fears that we have long since carried as heavy burdens from lifetime to lifetime, eon to eon.

The corona is not our enemy.

We are our own enemy and have manifested this little virus to teach us about what is important in our lives.

It is a time to disconnect from our madness of technology, social hype of comparison, the insanity of the " me me me" and connect back to the WE.

The opportunity to open our hearts to each other begins with being vulnerable enough to open our hearts to our own truths of WHO we are and WHY we are here.

It is a time of beautiful transformation that will push us to change the paradigms and the securities of our mind, economics and social constructs.

It is a time to discover our inner balance and not remain subordinate to outside influences.

It is this new threat that will bring us all not only together, but will set each of us free to seek the light within.

As a whole, we will defeat this external vector

For as a whole we have brought it here into existence, in this time and in this space.

I have been on this journey to explore the depths of the nature of fear for over a decade, perhaps even an entire lifetime.

When I listen to my open heart, I hear the silence.

It is in this silence I find my replies to the questions of my mind.

So will you.

.....

I love you

## Essay 8

The corona virus is a specific virus that effects many organ systems once fully infiltrated yet specifically attacks the lungs and throat.

The throat burning sensations, the choking, and the eventual destruction of the lungs are all unfortunate key factors in this micro invasion.

Yet what does this attack represent?

What does this illness tell us about our body?

When our psychology is out of balance, our physiology takes over to show us where we are imbalanced.

So disease or illness is a powerful feedback mechanism to allow us to understand our perceptions.

In the field of energetic medicine and in many other non traditional medicinal arts dating back 1000s of years, the lungs represent the container of life breath.

When our lungs are damaged with various pulmonary disease it represents frustration at not living up to our authentic selves.

Our throats being afflicted represents not being able to speak up and out our truths.



So in my opinion this virus, as deadly as it is, is also showing us where we are frustrated in our lives and unable to speak up and live our authentic inspired selves.

When we subordinate to big government we surrender our voice to speak up against injustice

When we subordinate to the pharmaceutical world, we are then told what drugs to take by the medical community without ever first tuning in to ask our body what it really wants or needs.

When we subordinate to the religious community, we do not allow ourselves to directly access our divinity and need "middle men" and their interpretation of the divine spark within each of us.

It is our collective frustrations that we feel and our inability to speak up to who we really are, that is being reflected back to us through this pandemic.

If we cannot self govern our emotions and live empowered lives, then we will be governed by external paradigms and live disempowered lives.

This does not mean that we start to take to the streets in protests, nor do we abandon the medical community as it desperately provides care, nor does it mean that we forgo our sense of community through religious connections.

It means that in each moment of our lives, we live authentically to our higher Selves.

We choose to live and love our hearts desires with integrity, honesty, self accountability, and inspiration.

If we do not take responsibility for our own lives who is going to do that for us?

Government, pharmacia, or our religion?

Who will regulate us if we do not self regulate ?

Our lack of self empowerment is corded directly with our evolving consciousness as we now stand frustrated and without voice, isolated in our homes.

the virus shows us this with great reverence.

Perhaps while we are "trapped" at home we spend the time to understand our choices. Yes that's it.....OUR choices.

Each of us has that unique gift of free will.

What do you plan to do with your free will when you come out into the light of day with the second chance of breathing air back into your lungs.

What will you speak when you are given the opportunity to do so?

YOUR TRUTH and AUTHENTICITY or subordinate to someone else's free will.....

.....

I love you

## Essay 9

### NEWS FROM THE TRENCHES 1

It is all very surreal to watch this on television and keep track of the infections and the death toll from the sidelines of my social media app, and google.

Yet when this hits close to home, the tangible reality becomes a nightmare.

Recently had a patient who called me up due to various symptoms of dizziness, weakness and arm numbness.

My suspicion was that he was having a neurological event. I spent alot of time explaining to him the tight rope of his cardiovascular status and his impending diagnosis if he did not either come to the office or goto the ER. ( This was 2 weeks ago before the corona really hit the US)

He was deathly afraid of stepping out of the house due to the fear of the virus.

I suggested some treatments yet he still needed higher level of care.

I pleaded with him repeatedly to seek out further work up.

Didnt happen.

Calls me yesterday.

My worst fears were realized as he spoke to me informing me of worsening symptoms.

He stroked.

I begged further for him to get a cat scan of his head, get other tests and be treated.

He apologetically refused.

His fear of this virus was greater than his fear of having a continued stroke and being paralyzed.

His fears have paralyzed his reasoning.

Much is the case with most people who are scared for their lives from stepping out of their house.

Yes dont go vacationing during a pandemic, stay at home.

But dont be so scared that when your life is threatened you fall back into fears of an imagined outcome that may not happen and harm yourself further.

I am still waiting for him to see reason and step out of his psychological paralysis as he continues to loom under the threat of physical paralysis.

Call your health care professionals for help.

That's what we are there for, to help.

We don't want to be out there in the world under this same threat and fear for our lives, and that of our families, but we choose to do it.

.....

I love you

## Essay 10

There is tremendous kindness in the world.

When I see patients in the office, I get the customary "hello and how are you " by the patient, and it is not until we have discussed their concerns that I get from them the sigh of relief and as we exit the odd question of " So you keeping ok doc?"

Lately I have been calling patients with Telehealth while they are all confined at home. I now get the first question " How are you doc?" And that is how we break the ice about our common foe the CORONA and not the pleasantries about the weather.

The difference?

When a patient comes into the office they enter with apprehension and fear as they walk the hallways of a sterile environment. They are not their usual relaxed selves.

They expect danger and so are more matter of fact and focus on the business at hand, namely their health.

Yet in the second scenario, they are already relaxed in the comfort of their home. I am their guest and they are not mine with the roles reversed.

They have the home court advantage.

I am on the receiving end of more compassion, sympathy and understanding !

So thank you covid 19 for showing me the other side of gratitude and human behavior.

We are all frightened in some fashion even before this corona nightmare.

What sparks our humanity is our environment and our mindsets.

Dont be a victim of it either.

Be you always

.....

I love you



## Essay 11

At the office there were some hard conversations taking place. The decisions were being made and the options of temporary unemployment or cutting back hours were being presented. The faces were heavy with the uninvited choices that were being faced as a result of the global financial crisis.

At the EXACT same moment I got a page from another hospital that the sickly patient who I had seen in the morning had gone into cardiac arrest and had died. Immediately my attention was towards that patient, as I recalled that his prognosis was grim and he may not do well long term given his other conditions and this virus.

Simply by the shift in thought my "sadness" over the financial situation dissipated. Isn't this unlike the fickle mind to alter course at the drop of a hat when a more pressing concern surfaces?

At the exact moment we were discussing loss of salary and finances there came the moment of loss of life. I thought this ironic and synchronous.

Where we had life he did not. Where life was taken from him and in some measure given to us in that synchronous moment.

When he died he died alone, no visitors were allowed, and same thing as we felt that parts of us died with financial loss, there was no one to help us, and so that part of us died alone with fear.

Our troubles are usually based on an outward stimulus and so is our reaction. Yet when we get fully present and dissect out the situations that are presented before us we can see the finer threads of experiences that are woven together in any quantum moment of time and space.

It is wise to stay present to the moment and not react yet see the unfolding of the moment and the wisdom that it brings.

.....

I love you

## Essay 12

I am the coronavirus !!!!

Yes you read that right.

Amongst all the youtube videos of fear mongering and the constant media reminder of the deaths and infections and the lack of this or the lack of that, especially the lack of personal protection equipment that started after the concern for lack of food, money, and toilet paper, there is something else to offer.

I decided to own all the traits of this virus.

Why? Because when I do not understand something or someone, I tend to fear them.

I owned 112 traits or characteristics of this virus to the point I did not fear or hate this invisible life form.

I simply identified every possible quality I could think of.

Few examples. And for each trait I found over 25-50 times I had done the same

The virus is invasive. When have I been invasive in a conversation or mannerism with a temper tantrum.

The virus spreads quickly. When have I had my ideas of inspiration or conspiracy spread quickly amongst groups that I conversed with.

The virus adapts. When have I adapted to new environmental changes or work schedules or family dynamics.

The virus is small. When have I also played small in my life and not chosen to be seen.

The virus is unique, I owned my own uniqueness in all areas of life

The virus takes from others. When have I taken from others

The virus remains hidden. When have I remained hidden with my thoughts , and ideas.

The virus multiplies rapidly. When have I multiplied with my thoughts and writings

When I was done, I had tears of gratitude for this virus.

Spare me the righteous indignation about the killing spree this virus has been on, for humans have done far worse since we came down from the trees.

This was the truest gratitude for this organism in that it taught me more about myself than I had chosen to realize at a deeper fundamental level.

There is no fear for me regarding this virus.

When you too are on the level playing field of that which you once admired or despised, there is no fear.

It is only that which we do not fully understand or appreciate is what we resent and fear.

I am the virus.

.....

I love you

## Essay 13

There may be times that we feel frustrated, depressed, stressed especially these days with the covid19 fears.

Yet what this brings forth is the shadow frequency of CONFUSION.

Confusion is nothing more than our logical brain trying to make sense of the chaos of the world.

When we feel the resistance and tightness in our bodies we feel the bewilderment of life circumstances

Confusion is the desire to escape the feelings of being overwhelmed by the world and figure it all out

Yet we will either repress the pain and prevent neuro-pathway burnout from over thinking, or collapse the situation into self doubt.

When we suppress the pain it leads to simply following what paradigms families and societies have in place, and does not allow any growth

When we react to the pain it leads to anger, and an external projection and once again does not allow much room for growth

Yet when we hold space for the emotions and feel into them, we contain the pain and the softness at the same time, which promotes expansion, growth and evolution.

Confusion is the shadow that begs to be embraced in order for it to transform organically into the next level of awakening known as imagination

It is the imagination that allows for the beauty within to shine, to create, to truly expand into potential

So do not fear confusion, welcome it, as it is the gateway to your deepest understanding.

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I love you

## Essay 14

This whole covid19 situation has been a reality mixed in with the film scenes of a dream. A nightmare more likely.

I have not been triggered as much by the situation, why? Because I focus on seeing the balance and seeing things AS THEY ARE and not what I am wishing them to be. Yet I cannot help to have glimpses of insecurities pop up in my consciousness from time to time.

So I meditated upon each fear very carefully and held space from them to be fully present into my awareness. What were these fears?

The feelings of helplessness, not knowing what is going to happen next, ? whats going to happen about money, ?is the economy full collapsed with the Fed being disintegrated ? will there be any food ?how can we escape? The feeling of isolation and desolation are all too evident.

Yet I had thought I had already cleared up these questions earlier on in this invisible attack. Thats when it hit me. ATTACK. This was bringing me back to my never completed processed emotions as a 15 year old boy in Kuwait having to deal with my first every VISIBLE ATTACK when the Iraqis invaded Kuwait ( Gulf war I).

Then too, we had scarcity of food, the feeling of helplessness of when are we going to escape, when are the VISIBLE invaders going to ATTACK us. By then the economy was in shambles and money was as good as toilet



paper. . The scare of having to leave the safety of the home in case things worsened were all too real in the Gulf war.

The same emotions came up except at that time I was dependent on my parents to help me, and here and now I am the one in the role to protect my family. It is was not so much having to neutralize those prior feelings and emotions as I could clearly see the benefits of how my life turned out.

No regrets.

Yet it was holding these shadows of my past with the softness of my heart and keeping myself accountable to my experience, that helped make the difference. Fears are imagined emotions and guilt is based on memories of the past, yet I felt no guilt of the past only a fear based on my past experiences.

A lot is being triggered and whisked up in our psyche that bears witness to the past. It requires us to FEEL into these emotions and not dismiss them as yesterdays trash. It requires courage to be able to sit with these emotions and experiences and create space for healing.

Where else will these emotions of the past land if ignored.

What if they simply are to be felt and loved with the gentleness of heart born through awareness?

It is not a time to ignore what is coming up, but FEEL into it, hold it and let it go with love.

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I love you

## Essay 15

With this "fearful" time many believe that it is a time of darkness and despair

Yet darkness is not the absence of light as we have been led to believe

Darkness is the conviction that the light will never return.

this stems from mindsets of pain, suffering, old wounds that have yet to be healed.

But the light always returns, to show us something familiar

To show us the way to embrace our shadows of the past.

The light brings us the way home, with new possibilities, and new hope in ways that we may have overlooked.

The light allows us to challenge new ideas

The light permits us to see the puzzle with a different angle to help us solve it

Darkness divides, the light shows that there is and was no separation.

The light shows us that we are never alone.

All we have to do is look

.....

I love you

## Essay 16

There is one major item that this virus has taught me.

There are no boundaries

In our minds and beliefs we impose limitations on ourselves and see each other as different.

We want to see each person as unique and different and so we create boundaries of race, color, gender, place of origin, religion, social status, economic worth, sexual orientation and so on.

The list of what divides us is as large as our egos to keep us separate. We will literally exclude someone based on their hair color or the way they speak, or where they are from even if it from the next town over.

Yet this virus has shown us that there are no boundaries.

No place on earth is devoid of this experience.

No being on earth is not being effected by this situation at the moment.

We have crossed every political and geographic boundary.

We have crossed every socioeconomic boundary

We have crossed all genders, races, religions.

So powerful was this virus that the world in my opinion no longer has any lines drawn, yet is a complete sphere

This virus no longer divides us

So imagine for a moment that if this virus can cross all boundaries

Can LOVE also not do the same thing?

.....

I love you

## Essay 17

We are all cells as part of a much larger organism. Each fulfilling a particular role

When cells are weak or unhealthy, they are attacked by other cells and taken over.

Sometimes the cell clusters are taken over by viruses and the internal machinery of the cells are hijacked and the virus reproduces and spreads through out he organism.

We call war a disease.

There is a deadly virus that is far worse than the corona COVID 19 that has gripped the organism.

This is the virus of thought bringing in its wake fear that is spreading far and wide.

The Antidote or treatment is another more powerful agent of thought.

Changing the frequency of thought alters our perceptions and decisions and actions.

Our thoughts effect every part of our body right down the very core of our DNA

By changing the frequency of thoughts we are able to transform the body, heal it, make it stronger.

This is a mental quarantine not just a physical quarantine, allowing us the opportunity to go in deeper and change our very vibrational frequencies of thoughts and create ourselves anew.

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I love you



## Essay 18

Are you afraid of what COVID 19 is doing to you and your family?

Are you afraid of how you will infect others?

Are you afraid of how this will effect your job and career?

Are you afraid of how this will effect your income?

To each of these very valid and visceral questions I pleaded YES

The difference between collapsing with fear and rising above it lies in something as simple as choice.

When you make a choice of how to respond the dynamics of what comes next shifts with it.

In other words you have control over the outcome.

But it all begins with choice.

So how does one make the "right choice"?

Well thats the beauty there is no right or wrong choice, there simply is choice

So to get out of fear, I made a choice.

I chose to dive into each of these questions and uncover the fears and core wounds that lay there hidden underneath.

I chose to change the way I look at the things and the things I looked at change.

I have been using my skills of over 10 years in helping people to discover their greatest potential by breaking their fears and guess what ?

It works !!

Fears are broken, mindsets realigned, and potential unleashed.

Do you choose to realize the untapped magic within yourself?

Do you chose to thrive and not survive?

I chose.

You can too.

Leading a masterful life is in each of our hands.

The only thing stopping us from extending out that reach is the choice

Make a choice about your life, its future and that for your family.

.....

I love you

## Essay 19

Gratitude.

It is humbling to see that during a global pandemic many of us have the privilege of staying at home.

For some still going to a job.

For most at home being able to have television, internet, warm home or AC in their rooms.

For many yet to be able to learn, and read and create from home.

For many still being able to communicate to loved ones

For many this global crisis though a massive inconvenience allows them to still live.

For many however, they are losing their lives

For many they are losing their homes, their livelihood

For many they are losing family members.

For many they had no home, no family, no connection with anyone.

For many those who nothing, also lost what they held most dear, their life.

So before we complain, blame, accuse, take a pause and appreciate what you have instead of focussing what you have not.

Gratitude

.....

I love you

## Essay 20

We are very good at using masks these days

We are very good at using gloves that do little to prevent the spread of infection as we touch our gloved hands to our face, purse, trolley, keys, door handles, Inside of the cars etc.

We are very good at freaking each other out and trying to practice social distancing through fear

We are very good at staying indoors yet constantly being outside walking around

Yet despite attempting to be very good at trying to dodge the little virus and give ourselves this false sense of security by obsessive behavior how do we know we ARE REALLY DODGING the virus.

I mean it can be on any glass, metal, or plastic surface for days.

How do we evade the elevator button, the door handles, the faucet knobs in the bathrooms, the light switch, the contamination on our shoes etc?

What if we had the ability to have Superman's microscopic vision? What would we see?

Where is the Covid 19 NOT is my question?

How does one escape the rain drops or the snow flakes falling ?

Are we not to open our windows?

How do we even begin to navigate this storm when the virus can float into our homes as our neighbor who stands outside sneezes?

Some questions to think about.

In the meantime stay at home if you can, yet also realize that this virus is quite possibly everywhere.

Our greatest fear is already realized, it has spread everywhere. Just because we dont see it, doesn't mean it may not be there.

So knowing that truth why are you afraid?

When you see things AS THEY ARE, rather than what we wish them to be, we reduce the uncertainty and reduce the fear, the stress.

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I love you

## Essay 21

### NEWS FROM THE TRENCHES 2

An elderly patient comes in to see me a week ago. I had been caring for him for the last 10 years.

We discussed his cardiac status and adjust his meds, the usual doctoring stuff.

I asked him if there were any other non cardiac ailments he wanted to discuss with me too.

He sheepishly looked down and pulled up his right trouser leg.

The skin was clearly infected and he was suffering from scratching it vigorously and there were beginning signs of ulcerations and bleeding.

I asked him if he had the leg looked at prior.

He nodded. "They gave me antibiotics last week " he replied

" Is it getting better ?" I asked

" It was, but then I stopped the antibiotics a few days into the course" he answered



" Why?" I inquired.

" I was getting diarrhea from the medication, and I was scared I would run out of toilet paper so I stopped the medication" he noted.

My eyes swelled up.

I was momentarily confused with anger and with empathy.

I was angry at the fact that here was another victim not of the coronavirus but the fear of it, and yet had empathy for him as this fear of the " lack of ....." anything and everything has led to the vast imbalance of the world

i looked at him straight in the eyes and comforted him that he was not going to run out of toilet paper, and the treatment was necessary part of his healing else he have worse consequences of infection and limb loss.

I offered to buy him more toilet paper.

He smiled and declined.

We both in that moment understood the tragedy of the situation of how fear grips us all.

Sometimes the unrealistic and imagined emotions grip us and force us to do things that we would not otherwise do if we were in our balanced state, and working from our logical mind.

I hope that he heals from his infection, I unfortunately feel that he will not heal from his fears.

.....

I love you

## Essay 21

2020 was the "supposed" to be the year of great transformation. Everyone proclaimed it to be so.

Yet it begins with the covid 19 that has shut everything down.

Cant celebrate birthdays by going out to restaurants

Cant travel anywhere

Cant visit any fun places.

Cant goto the movies ( and so will miss all the amazing movies lined up for early spring and summer start dates)

The list goes on endlessly. For every human desire, there is now a reason why we cant and we blame it on the virus.

2020 was supposed to herald a new age, a new beginning.

Yet it still does.

If we dare to look carefully, this is a profound and deep reset of our very being, our planet and our values.

We are learning more about ourselves and that of our fears than ever before

we are pushed to slow down to discover the very pulse beat of our heart through kindness, connection offline, patience.

We are unraveling the most important values that we hold dear by filtering out all the daily noise that we simply take in as normal

We face challenges that have been unprecedented and find that we are stronger than we thought despite our fears.

We are forced to ask questions that will reveal truth

We are simply asked to look into our past wounds and heal them in order to move forward.

2020 is the year of profound transformation. A unique opportunity in our DNA evolution to jump to the next quantum shift.

It may be time to instead of trying to hide from our shadow and this virus, attempt to create something NEW with our lives, and explore the texture of the challenge by simply observing what the new normalcy holds for us going forward.

2020 is our year, our revelatory decade, a new beginning

2020 is our greatest gift hidden inside a potent challenge

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I love you

## Essay 22

With stress comes polarity and extremes

The stress that is going on is creating opposites of each person's personalities and manifesting the opposite.

Why? So that we may learn to love those parts of ourselves that we have yet to recognize and embrace with a whole heart.

So for example.

There are those who dont get a chance to spend time with their families and have the fantasy of spending time with them are given the opportunity to spend more time with their families.

This will level off as they find that SO MUCH time in enclosed space will get on their nerves.

Yet those who spend alot of time with their families and want to escape are being forced to spend more time as they are creating that nightmare.

This will level off as they try to find time apart yet later will want to spend the time again instead.

We are all oscillating our emotions like a pendulum from one extreme to the other.

They are those who are obsessed with washing hands and those that are choosing not to be so obsessive.

They are those who are scared to come to work and stay at home and those who are not as worried and cant stay at home and want to come to work.

There is a wide spectrum of polarities that are being created.

We are being bombarded from all 360 degrees with stimulus and being forced to respond.

It is ok not to have to respond immediately and instead pause and reflect.

It's wise to look for the blessings in what you are resenting and looking for the downsides for that which we are infatuating with.

It is wise to then strategize plans on a daily basis to create the best outcomes.

For perhaps the first time in a long time we are being asked to collectively hold space, patience and try to understand each other but more over comprehend ourselves with love and gratitude.

We cannot know what is going in another person life at the moment as they cannot understand what is going on in yours.

Seek wisdom not with compassion but with empathy.

We can either allow the stress to tear us apart or bring us together.

Rest assured now is not the time that the human species will become extinct, not unless we let it through our choices of how we act and react.

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I love you



## Essay 23

Panic from the latin panicus from greek panikos from the name of the God Pan, who was known for the woodland noises that would create terror.

When we are in a state of fear and panic our intelligence (IQ) drops rather sharply.

We lose our resiliency, and our ability to strategize also drops.

We lose the ability to create new thought patterns and our ability to integrate new ideas with coherency also is reduced.

Our natural tendency of being able to coherently come together as a collective also drops.

( no surprise that this is exactly what is going on right now, we are not being able to come together)

United we stand, divided we fall.

One of the first steps in breaking this cycle of panic is to stop listening to the media and the TV and social media that is 25/7 burning out our eyeballs and deafening our ears with their constant panic and fear based broadcasts.

They even have an app that you can download to get up to date numbers of deaths and infection rates and locations.

I suddenly realized while walking out of the hospital and to the street, that I was looking at every body with suspicion. As if each person was a victim and a carrier of the virus.

Just imagine if we looked at each person as carrier of " Diabetes or high blood pressure, or cancer risk or high cholesterol " and put forward the already distributed vast resources towards these such illnesses, what a healthier world we could have created.

Now unfortunately there will be even less resources available for all the chronic illnesses that actually have found to be worse long term killers than the COVID 19

Suggestion:

Spend some time to be in silence.

Pause in our day and breathe.

Put down our digital distraction.

Hydrate, eat wholesome foods, rest and gratitude journal

Spend some time in nature grounding with the earth ( obviously away from other people !!)

Trust the process.

find things that inspire

It is a time to shine not shrink

It is a time to lead not follow.

Just like our phone needs a reboot from time to time, we too need a mind reboot.

We are able to do this together, but once we stop with the outward distractions of fear, panic and anxiety, can we see each other, hear each other and be with one another for who we really are and create a world that is sustaining.

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I love you

## Essay 24

There has been a deep longing of expression in each of us that is being revealed at this pivotal moment in human history

This is the expression of fear.

It is when I owned the traits of this virus much was illuminated as I traced back deep into my roots and uncovered the shadows of the fears.

We have been loving with fear for so long that it is become part of who we are.

We have become fearful of everything, and everyone, suspicious to the core.

We too are the virus, we too are fearful, we too spread fear.

Yet it is time to transcend our fears as a collective

Our fear of belonging, our fear of loving, our fear of being loved, our fear of being judged, fear of living authentically.

Our fear of opening up our heart to others, our fear of connection, our very real fear of living.

Our fear of reaching out to others, our fear of reaching out the stars, our fear of reaching deep within.

It is a time to harness our strength and discover the joys of living, the joy of loving and the joys of being present and embodied into this moment.

It is a time to unite us all in a global conspiracy of goodness.

It is a time to create responsibly

It is a time to connect with love

It is a time to love with an open heart.

It is a time to recognize that part of us that we have disowned.

We have become the very virus that we fear, yet we have the antidote within our open heart.

It is in BEing that we discover our BEcoming.

It is in stepping into our own divine humanity that we overcome that which we have created globally out of fear , and transform it into love.

It is about navigating our way home.

.....

I love you

## Essay 25

There is something much more at stake in our lives at the moment than our social distancing and tremendously long pause in our lives as we wait for things to transform.

It is the understanding of our vulnerabilities.

It is true that our healthcare system is being shown the greatest vulnerability in terms of resources ( healthcare professionals and equipment and costs) as our sickest citizens are being infected and succumbing to the disease.

Yet this pandemic also has shown us how our economy is vulnerable to an outside attack. More over our very daily routine has been effected including the use of toilet paper and buying food !

We are being shown our greatest weaknesses as we depend on so many “taken for granted” amenities that we are forced to ration and prioritize. Our ultimate vulnerability lies in our inability to adapt to change.

If we are forced to evolve and are unable to do so, then we perish. Our very extinction is dependent upon waking up to the real scenarios that are occurring behind the scenes and not falling into the fear.

There is nothing challenging when we simply face the obstacle and strategically plan ahead. It is when we ignore the weakness or vulnerability

that is shown to each of us in its unique way, then we face greater hindrances.

Vulnerabilities are to be embraced, to be transformed into valuable strengths, not obstacles to be avoided.

Whatever parts of ourselves that we do not love completely, we face them as weaknesses.

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I love you

## Essay 26

Flatten the curve, flatten the curve.

This is great. We need to social distance to flatten the curve. Yet last I checked we are not flattening the curve fast enough as infection rates are increasing at an alarming rates.

We are being graded as an entire civilization to stay indoors and wash our hands. We are failing miserably.

Do you know what else is not flattening? Health care costs.

Look at the sharp rise curve of the infection and costs to the treatment and prevention of this one virus. Now look at the flattened curve that is in all the news cycles, social media and online.

This represents the ever decreasing amount of money left over to fight ALL the other diseases that have not gone away, such as Diabetes, Hypertension, coronary artery disease, hypercholesterolemia, ailments that may require surgery like orthopedics, obesity, chronic heart failure etc. and so many more that are the backbones to CHRONIC ILLNESSES that require a huge investment from government and healthcare management in terms of cost of money, time and effort.

The governments round the world have spent trillions on taking care of the steep end of the curve that coincides with the infection rate, yet the idea



was not to overwhelm the healthcare systems, yet this was a short term endeavor. What about the long term game?

Have we sacrificed our position of winning the war against chronic illness for a short term chess move that still shows we are not going to win?

The acuity of the patients has dramatically shifted too. The chronic illnesses folks are staying home for the sake of safety from the coronavirus yet those who have been exposed are now part of the higher acuity patient population that now frequents the Emergency rooms, and occupy the hospitals.

My concern is that we will not have enough funds to help the long term health issues round the world and since so many are becoming unemployed that burdens the government health care systems for payment of services in the inpatient and outpatient settings, especially since the private health insurances are not able to provide adequate policies to customers who no longer have insurance through their employers due to being laid off.

Its a vicious cycle.

The only long term solution is for everyone to boost their own immunity to ail themselves or prevent the insidious acute and chronic illnesses. We do this by looking within and exploring the nature of wellness and illness.

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I love you

## Essay 27

### NEWS FROM THE TRENCHES #3

Not all news is bad news.

The other day I called my patient up with Telehealth. His cardiac issues are not as extensive as he likes to make them out to be. In fact his cardiac issues have all pretty much resolved.

Yet he continues to keep looping in his story about his chest pain ( mind you that he no longer has). We had a long discussion about this and we distilled it down to his anxiety which was really driving his chest pain.

He realized this and that his anxiety was driving him. The more he watched the news the more anxious he got. He asked what he can do about it.

Excellent question ! He asked how he can change. Taking control of his own perceptions is the first step. I gave him lots of various lifestyle tools to be able to shift out of his awareness and blocks.

I asked him also one question: How is this virus serving him?

His reply was beautiful. " It is teaching me to become more patient with myself and learning to be more tolerant of others and myself"

I cannot give this level of awareness to any one with a procedure or a pill. It has to come from within.

Here is a man who is riddled with anxiety, stressful reactions that manifest in his body as various symptoms and his erratic blood pressure shows how he is not in alignment with who he is.

Yet he begins the process to his OWN self healing through understanding the value of patience and tolerance.

judgments are the misalignments of the mind that effect the heart and the body bringing about illness and disease.

It is wise to see how the illnesses are teaching us to become more aware and discover self governance.

I dont know if his level of awareness will sustain, yet I did inform him to explore what was coming up for him, and if he wishes further guidance in this matter then I would be able to help him.

This is my area of expertise in self mastery. I own it.

.....

I love you

## Essay 28

The Fear that we have is not of the coronavirus. The virus is the fear that we face.

It spreads quickly from small groups to large populations across the world. It is able to metamorph into different forms that we cannot always track and we cannot slay.

It is not easily contained, it is not easy to see.

It is insidious, it effects people quickly.

It is costly to health, livelihoods, and communities.

It is scary because we perceive we cannot control it.

What is IT ?

IT is the fear.

This fear is the virus that effects us all.

Break down the fear..

The fear represents thoughts of inadequacy, the thoughts of feeling unworthy to receive, it is the thoughts of not having lived our dreams.

When we have fear, it is the negative thoughts that run us to create stories where we live in.

We create these dungeons of our fears or castles of our fantasies and live in them, nay lock ourselves in to avoid feeling, to avoid dealing with the emotions.

It is this fear that others have exploited against us that make it even worse.

This corona is here to bust us out of our fears by making us see what really drives us whether to rise or to fall as an individual or as a collective. Some would say the covid 19 is the cure to humanity's behaviors as we are the virus that plagues the planet through not just our actions, behaviors, or words but our innate ungoverned thoughts.

The virus is not the fear, yet our fear is the virus.

Step up and live.

Step out of our shells and love

.....

I love you

## Essay 29

So an interesting story from my 4.6 year old.

Wifey and I were busy with some chores in the house and helping clients. The children were left to explore their free time in whatever way they felt like it as long as it did not involve devices or technology.

One built a fort with cushions, cardboard boxes cut outs, and chairs.

The other found her mothers collection of art supplies.....

SO there was a little spill of art tinsel. ( which we found out much later)

In the meantime her Royal Highness tried washing her hands and then went about her day in the house like as if nothing happened.

Apparently tinsel is not easy to hide. We have found it everywhere.

On socks, clothes, hands and feet. ( and mind you NOT JUST HERS)

On the surfaces in the kitchen, bedroom, study, in the garage, in the car seats.

On her dolls, in her bed, on the carpet.

On the potty seat, in the sink, outside the sink, on the floor of the bathroom

On our eyelashes, on my beard, in my nose.

On my clothes that were not yet worn in the cupboard, on all our jackets

In the fridge and on the plates and cups, in the floor boards

On the books, on the plants, inside the shower !!

The tinsel was literally everywhere. It was more than the path she took as she traveled the house, but it was everyone who she came in contact with, and then everything they came in contact with.

Yes the house now shines in the right amount of sunlight or halogen overheads.

But I got to think. Tinsel is behaving like we were in contact with the coronavirus.

Quick to spread, difficult to evaluate, and harder yet to clean off.

Just because it is tiny, does not mean it is any less spreadable, diversely propagating and ever more a nuisance.

Yes I am referring to tinsel, but just think if the coronavirus has entered your home through contact or at the bottom of your shoe, and now is also an evermore nuisance to get rid of.

Benefit. My house looks like a sparkling doll house full of magic and sparkles, just the way she likes it.

.....

I love you



## Essay 30

Masks.

6 weeks ago if we walked around the grocery store with a mask on we would be taking a picture and posting it online and writing up a caption “ what a freako”

If I had worn a mask at work, I would have been asked do I have a serious illness.

We have now normalized these behaviors of self protection adorning surgical masks or makeshift bandanas and blue gloves and roam around in public.

How long are we going to do this for? Is this here for the long run?

I was in the patient’s room the other day and we both were wearing masks and gloves ! Here is the crazy part after the visit I sat at my desk writing up my notes on this patient when it dawned on me.

I HAVE NO IDEA WHAT MY PATIENT LOOKED LIKE.

One of the most fundamental parts of the healers journey when being in the room with the patient is to OBSERVE the patient.

I had missed out on the most important step. The very core tenant of healing is connection.

THERE WAS NO CONNECTION. Just too masked individuals exchanging conversation.

This was the most sterile encounter I had experienced. At least in the operating room I see the patient before and after the procedure without a mask on.

That patient will never know who Dr Bhatnagar was, even if I was standing in line next to them.

I can recognize them by their eyes, but seriously are we reduced to trying to recognizing people by staring into their eyes?

How long is this going to go on for ? Will I always walk into a patients room suspicious if they have a “deadly” disease that can hurt me or my family.

If so then why have I not been afraid of all the other times I saw patients and they “could” have had a disease that would have harmed me?

I dont have an answer to these questions. It was a moments reflection that had haunted me for days and probably weeks, and months to come as I Contemplate my relationships with my patients.

How would I value a friend on a zoom call or skype versus that in person ?  
Do I mistrust them too after all I do not have their coronavirus screening  
blood work to check if they are positive or negative?

When I see strangers in the street or the grocery store they will forever  
remain strangers as I will never have registered subconsciously what they  
looked like. Imagine entire catwalks of supermodels with masks on and  
never having seen their faces.

I think we are at the crossroads of an amazing opportunity to uncover our  
path as we go from suspicious mistrust, to embracing whole hearted  
connection and love towards another fellow human, friend, foe, stranger  
alike.

So now I will plan to show my face to the patient at 6 feet away before  
they leave the office, so they may at the very least know who this person  
was who gave them advice about their health.

So they know who they can trust in a mistrustful world.

.....

I love you

## Essay 31

I sought far and wide to uncover the truth for me regarding my fears of this virus.

It was my REACTION to the virus that was worse than the fear of the virus itself. I am not talking about the physiologic response of the virus. The reaction would lead to the unhinging of my emotions, my paranoia, my insecurities that eventually would paralyze me.

For most of us it is not really the virus that we fear, as most have a severe lacking of understanding of the virus and its very nature. We are consumed with the “unknown” of it all. The unknown of the economy, the unknown of what if we got infected, the unknown of the supply of food and resources, the unknown of the “returning back to normal”.

It is our own emotional reactions that we are too afraid to face that drives us to the madness of our own fears. We drop out of our heart space as we attempt more than social distancing but cutting social connections.

And so we finally react out of the same fear that we have been trying to distance ourselves from. Governments react also out of fear from what the people will do and react through anger, resentment and revolt. And so the snowball effect continues of fear and reaction leading to panic.

Yet even in the panic and apparent chaos, there are those who see past the reactions, and past the challenges and are able to strategically plan

ahead. There are those who will be able to survive the viruses terrible legacy and there are those who stand to gain from the hysteria of the mass consciousness.

It is the injected values of the few that stand to gain from this experience which is what we are taking on except in the form of subordination that now creates even more fear.

The medical community is plagued by its own devices of evidence based medicine and statistics never really questioning the validity of gathering data that leads to fear. “Fire first and ask questions later if anyone is left standing” is the modus operandi of those that wish to control.

It is wise to understand the emotions and the wounds that lie behind the fears of the unknown ( which are based on the speculation of others rather than true experience ) instead of creating a mindless reaction and frenzy that hurts rather than heals.

One cannot fear that which we do not know, so creating fears on imagined emotions is not a clear way to lead ones life.

.....

I love you

## Essay 32

Another exciting day. Goto the grocery store and go home. It seems I have fallen right into the Groundhog Day, week, month.

So off I goto the grocery store. As I am walking in, to get the shopping cart other customers are donning their masks and gloves. They take the chlorine bottle spray and tissue wipes left next to the shopping carts and start cleaning away the handles.

I wondered if they spend this much of time cleaning their own homes. I also wonder should we continue this practice and institute this as mandatory everywhere forever ! It will certainly reduce the risk of common cold, the flu and a host of other viral and bacterial diseases that spread from contamination even prior to the corona saga.

I walk around the store and appreciate everyone else wearing their masks and gloves as I notice them touch all the vegetables I want with their cross contaminated gloves and then touch their face, their phones, their lists. Guess I am going to skip buying any vegetables today.

I go up instead to the deli, and the store attendant puts up her hand for me to stop where I am. I am little bewildered but I look to see that she is in fact communicating with me. Even though she is using primitive non verbal methods I understand somehow. I stop at the line 6 feet beyond the glass counter. She signals with me a nod to tell her what I want. I ask the lady ( who is not wearing a mask) some deli meat. She starts to process my

request. Turns her head and coughs and sneezes. Great ! Guess going to add it to the list of things not to get.

She wraps it and then gives me the permission to come forth and get my consumable. I ask her cheekily to throw it from 6 feet away from behind the counter into my waiting shopping cart. She obviously refuses.

I carry on my journey amongst the sea of corona infested products in the store. I finally come up to the check out counter. I immediately get a hands up from the cashier to stay back and dont go over the big giant X on the floor that is 6 feet away from the cash desk. As I stood on the X I wondered if I was going to get hit by a targetting missile from space or will the store suddenly recognize me as a prize winner as I stand on the X. Or was I a life size piece on an elaborate chess kit making one half step moves on the floor.

The cashier gave me several fertile glances as I stood there day dreaming waiting for the customer ahead of me dressed up in a mask, bright blue gloves and other protective gear that looked like she was out hunting and not shopping, to finish her meandering and move forward. She pretended she cared about the contact of her products as they were bagged in by the unmasked attendant, yet went about completely oblivious of sterile procedures.

Penultimately the cashier gives me the hand gesture to hither. I smiled, deliberately waited for another 30 seconds and when our eyes locked I said “ Are you sure it is safe to come forward?”

She did not look amused. I started tossing the items from the shopping cart onto the carousel from at least 5 feet away. She said “ YOU CAN COME CLOSER” I complied as I had flash backs at being called to the principals office as a kid.

I completed the checkout experience in an effort not to be invasive with my sarcastic humor. I definitely saw numerous benefits of this new ritualistic socialism of social distancing. Fellow Customers appeared to be more polite or rather kept to themselves in fear, either way less talking. The shopping carts were being cleaned. Yet some things dont change.

Peoples carts were still full of processed foods, unhealthy sweet foods, high fat, high carbohydrate products. Right outside was a guy who took down his mask and lit up a cigarette. Yes why not weaken the immunity by destroying the lungs further so that the corona virus that attacks the lungs anyway is further supported.

Who needs Netflix ? It doesn't get much better than this. Life is an experience. Its like observing life on a TV. Not sure sometimes which is the illusion? The TV show or the life itself. Time to change the channel.

Till the next episode of the drama series “ Doing the groceries”

.....

I love you



## Essay 33

So yesterday at work started off in a very unique way.

My front desk staff comes running over to inform me that there was a patient on the line that had to speak to me urgently.

I was in the middle of “seeing” patients or doing “TELEMEDICINE” on the phone either way was busy helping others.

I inquired as to the nature of the emergency. Apparently he was having some arm pain. He then proceeded to ask ALEXA what his symptoms could be. “She” said it was a heart attack and so he called me as his cardiologist.

I was dumbfounded. I actually for a few moments could not think.

I turned to my staff member in disbelief.... “ So you are telling me that he asked a device for advice instead of calling me first?”

Well long story short, I did speak to him and went through his symptoms in great detail and I was able to reassure him that his arm pain was not the resultant of an impending heart attack but in fact a muscle pull of his arm.

I have no problem in patients being empowered and investigating their symptoms to get a greater understanding and awareness of their body and health. In fact I promote it. But to use “ Dr Google” or bring me the entire

20 + pages printed out from Web MD about symptoms that have no bearing on their actual issues and argue that there is a correlation, is frankly disconcerting.

I realized that my being fully protected from head to toe for an office visit is superfluous when faced with my new medical competitor, the ALEXA. I am quite sure that Alexa will be able to prescribe whatever the heck she wants for diagnosis that carry no weight. The days of the medical professional are dubious at best at the rate the general public places faith in online programs and devices to diagnose their illnesses.

He was pleased and reassured that my 20+ years of experience was able to figure out the problem and bring him peace versus his 10 second encounter with a round hockey puck device sitting on his dining table smugly offering advice under the guise of a sexy name.

ALEXA 0

Dr Bhatnagar 1

Folks if you have any symptoms and you are not sure about, pick up the phone and call your health care professional. Most of us do not bite and are still for now in the business of helping and healing. Your health is far too valuable to be trusted into the hands of Amazon, even though it does send you toilet paper.

Hiding in the house due to social distancing is one thing, but hiding from yourself when your life could be at stake due to a fear, is just plain dumb. More on this later.

I should have told him that “ he will charged extra for internet or device based diagnoses” but I guess that’s the difference between a health care professional and a customer relations interface device.

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I love you

## Essay 34

### WHAT HAPPENS WHEN THE LOCKDOWN RESTRICTIONS ARE LIFTED?

I have thought about this above question a lot lately. And I have to admit it does give me a pause and cause for concern.

I have not been worried about getting infected all these weeks and been very focussed on my immunity building but when they lift the restrictions and we all know what's going to happen.

Most people are going to try to return back to their old habits and create a normalcy pattern which means no more social distancing. This is not a discussion about if social distancing was even helping the virus spread in the first place, nor is it a point of interest about the conspiracy theories if the corona virus was in fact as deadly as advertised.

Yet we do not know if the asymptomatic people that go back into general population were positive or negative and so I suspect that the numbers of positive will rise, as moreover those that were negative in the healthcare community or those working at public places now become positive.

If the actual numbers are fundamentally actually lower than shown by the perpetually misleading media, then it is certainly reasonable to assume that the numbers will rise as more are exposed.

This is simple Brownian motion of molecules experiment at work as one set of molecules ( those with corona ) mix with the other set ( those without corona) and then eventually mix completely and achieve a new state of equilibrium.

it is impossible to truly know what the numbers are despite the miracles of modern science and medical tests kits that may not hold complete accuracy either.

Only time will tell what the true impact of this virus is. But in the mean time I wonder if we need to be concerned about other contagious diseases such as the flu which we have heard precious little about in the last 2 months, that in fact had worse death outcomes and infection rates globally than the coronavirus ever had.

How will the flu now progress forth as more people intermix? Moreover would we have reduced the number of flu cases had we been also in socially distance mode?

Should we do this for diseases that are at higher risk for patients who have a decreased immunity?

I dont know what will happen to us all with the increased contact with other humans. Perhaps it will be just fine. I would like to think so.

First order of business.... stop letting imagined and fabricated fears fall into my mind and seeing what I can do to build my immunity to be stronger and become more resilient.

Second order.. learn to understand where my fears are coming from and deal with them

Third order.... see things as they are, not as I am worrying them to become.

.....

I love you

## Essay 35

### NEWS from the TRENCHES 4

Had another victim of the coronavirus the other day who was a long standing patient of mine.

I had seen him just last month in the office. We both were finally pleased with his cardiac status after months of treatments, procedures and visits

Then last week got called while heading to the hospital one morning.

He had gone into heart failure and now intubated in the ICU.

By the time he was intubated and I heard about it was less than an hour.

I tried getting to him within that time window.

By then he was continuing to deteriorate and was transferred to the other tertiary care hospital.

Not even 12 hours later he was pronounced dead.

Death certificate read Cause of death Corona

It is hard to lose any patient who you have known for a great number of years.

Each patient is more than just a patient.

They become friends.

Fellow human beings on the road of life

He died alone, no visitors allowed.

I am grateful for having had the opportunity to have been a part of his life and been in some small measure an aide to his living if not his dying, over the years.

In this era of social distancing we may be physically apart, yet here at the bed side, we are closer than ever as we sometimes resign to the fact that we dont have all the answers.

These encounters have not only changed me completely, but in some fashion the way I choose to practice. With honored humility I comprehend the fragility of life. I embrace it and welcome it. Now with ever greater presence, love and gratitude towards my patients, for who knows if our paths every will cross again

.....

I love you



# CHAPTER 7 LIVING LIFE WITH A PAUSE

We have been traveling so fast for so long as a species that the only way for us to process our journey, is to have slowed down, and in some cases to a screeching halt.

This is a powerful experience to be able to slow the pace of our lives and begin to match it to the beat of our open heart. Yet it takes time and effort to open a heart that has been closed for so long for so many.

The awakening process is here, or at least it begins for many to even hear the alarm clock go off. It has been ringing for years or perhaps decades or even lifetimes for some.

Living life with a pause is poignant as we are given this opportunity to reflect and learn before the pace of life increases again. We are taught to appreciate home cooked foods, the company of the family unit, understand that not everything that we have been rushing to do is actually necessary. The madness of our traffic is reduced to a dull roar for us to appreciate the life around us.

In fact in this pause we see and can appreciate the clearer sky, as we inhale the non polluted air, we may be able to drink cleaner water, and see the oceans liven up again with fish that now have the chance to thrive in less polluted waters.

The pollution of the noise has reduced so that we can think, contemplate and feel our lives. We can see that our pursuit of materialism is not of primary importance as we value the lives of our fellow humans. We appreciate these lives and those of our family even more. We see that money does not make the world go round, as life is sustainable in a different paradigm.

We all begin our journey to a new setting of our personal thermostats and realize that nothing will be the same. We give the planet a chance to heal as we go inward to dwell for a short time to explore the depths of our wounds and the limitations of our minds, and the boundaries of our resources.

We are given the opportunity to explore gratitude, and for some perhaps for the first time. We are given the time to let the awareness percolate to the surface of how illness is created from living inauthentically within others expectations.

We are shown how to celebrate life and love and how to create both. It gives us the time to plan and launch our dreams into the next phase of becoming epic. It is time to pause and allow ourselves to be heard and seen once again, perhaps for the first time. It allows us the time to clarify the lyrics of our own personal unsung song of our heart and soul.

This pause shows us that our fears do not stop death but only stop life. It affords us the magic to wash away our worries that do not take away tomorrow's troubles but today's peace.

In this pause we are transported to another world where when we wake we discover that the magic of Disney is gone, but it is inside us. The romance of other cities is gone, but it is found in the arms of those we love. The pause gives us the oxygen to breathe anew again.

Life in the pause gives us the beautiful appreciation of what life has in store and our place in it. It allows us to realize that we have imprisoned every thing that we hold dear and the love of our fellow humans in cages. In this pause we must realize that life is not only precious but it will continue without us and it will take measures to protect itself at all costs.

The pause is to shift those that are still in apathy and shake us to see that there are other stories that have been holding us all hostage and not everything that we see with our eyes, and hear with our ears is real, there is the notion of belief through the heart and not the mind.

The pause gives us connection, with ourselves first. This is the inner beauty that we all radiate from within. The pause teaches us to not shrink but to expand. That we are not dying but growing. The pauses teaches these things and yet so much more.

The pause is our greatest teacher.

# CHAPTER 8 GOING BACK TO NORMALCY

Normalcy. One of the most exciting terms being thrown out there at the moment as most people are bored, tired, frustrated and some even simply angry at the virus for having disrupted their “normal lives”.

Yet prior to this pandemic, if one would ask another about how they are doing or how their life is panning out, the most obvious answer would be “meh, same old same old” or “nothing new.”

To this end why would someone want to go back to that shade of “blah” if they so desperately want to return to “normalcy”?

In fact what is normalcy? It is the state of being usual, typical or expected.

In my opinion, if life was boring to begin with and unexciting, predictable and slow flowing to the point of stagnancy, why would one want to return to that state? Why would anyone want to return back to a time of fast paced, disconnected and disengaged chaos in many cases?

The answer is simple. Safety.

Humans like predictability and routine. We build pathways in our brain of routine and habit. We feel safe within boundaries. Yet, what if everything

that we ever desired, truly desired, in our hearts and burning within our soul lay in fact outside these boundaries.

Having the whole world upside down and the routines disrupted has been one of the greatest boons to humanity to be able to relook at their lives in the snow globe and make a decision of either smashing the globe and living from their hearts or returning back into their cocoon of safety.

The ambition to succeed, to grow, to evolve, to learn, to adapt to become resilient is what lies within these few weeks to months of dormancy of the world. There has been no better time to pause and reset than during this lockdown. The world we once came from no longer exists. Let that sink in.

The opportunity to become more than we have ever dreamed of becoming is at hand, while we discover our natural state of being. So, if we are to transform ourselves and learn to thrive and not simply survive, what is this level of normalcy that many are trying to return to.

It is about creating anew that which we have taken for granted and expected, into something that is amorphous, and then alchemizing it from dross to gold. In this case, the dross is our older selves and the gold is our untapped potential.

Each person has been effected in a unique way throughout this experience, and in so doing is no longer their older version. The awareness catalyses the transformation process to a new level of shifting. When this

happens, it is in fact impossible to go backwards and be the expired version that we once were or as some would call it, being normal.

Each of us cling to the fantasy of normal, when in fact that “normal” used to be for many, their most uninspired times of their lives which was their nightmare.

It may be time to explore a new level of safety as many step into a new adventure, a new paradigm shift. Nothing will be normal again. So it may be wise to look at what the state of affairs actually is, as it is and create life around that, through that, and with that, bringing forth creativity, beauty, empathy and fortitude.

Many people have lost family members or friends or in my case patients to this virus. It is a time to honor their memories and make the most out of the next level of awareness and assist in metamorphosing this world with love and wisdom.

These chain of events of the lockdown are pivotal points in our human evolution and in fact within these events lay the keys to unlock our greatest potential and allow the “reality” that we once clung onto so deeply, to fall apart and unwrap our unique gifts.

We are being asked yet again in these moments to act upon the privilege to carry our fellow human, our community, our world into the next phases of our advancement as a species.

It is in letting go of the expectation of what life will be like in the future, and the clinging to the futility of trying to turn back the clock to make it what it once was, that we begin to birth our truth.

It is in the making of the choice of moving forward in our daily lives with a fresh breath and a spring in the step that we come alive. We may not understand the choice. It may be difficult, or perhaps confusing at times, or may further be that there are choices to be made that we have not even considered, and pathways that have never yet been travelled.

But travel we must, and make a choice we are obligated to do. We are all inter connected on this journey as whether we see it or not. Each person's choice is but a tiny ripple in the energy field of life and that of this planet, which eventually makes a big splash in earth's own ascendancy. The middle road of neutrality is being excavated and the transition to the 2 roads is being made.

One road is that of love and understanding and greater level of awareness and consciousness. The other will be the opposite. We are all being invited to perform at a higher level of service towards others, and are asked to leave the world of self service behind. But this begins with having uncovered love for self.

The future is pregnant with the offering of this great love as we imagine and create a new reality not of normal but of transcendent unity. This what the new normal is going to be for those who see it and choose to cherish it.

Imagine a conspiracy of good being assembled to rebuild and recreate a consciousness of generosity of the heart. Envision a network of light around the planet, rooted in the wisdom of the soul and free from the entrapments of the mind. This is what this covid 19 experience brings forth, the humble offering not of death, but of rebirth into the highest version of ourselves.

So why would one want to go back to normal when the assembly of love and wisdom is just beginning?



# CHAPTER 9 MEDITATION WITH LOVE

When we go into a state of meditation, our psychology and physiology change. Our outlook on life and perspectives change. As the old adage goes “ When we change the way we look at things, the things we look at change too”. This is acutely true throughout our lives, as we look at our relationships, our finances, our physical health, our mental health, our workplace environments, our spirituality.

Our blood pressure, our heart rate are all easily regulated with our breath. And then ergo the breath is controlled by the mind that is in a meditative state. Harmony of the mind, the softness of the breath are both keys to unlocking the heart, by maintaining the coherence of the energies of the heart.

It is through changing our perceptions that we can change our decisions and then our actions. These are the only things we have control over. So it behooves us to maintain a powerful meditative practice, to be able to keep grounded enough to regulate our perceptions.

I personally practice meditation every day and been doing so for years and in fact I do it throughout the day. Whether at the traffic light or while walking or at my desk. It all begins with the breath. By simply taking a greater awareness and NOT COMMAND of our breath, we broaden our senses and minds attention to bring it back into balance.

There are lots of different ways to meditate. The key is to start.

A simple practice I will share with you that I teach in my courses is as follows.

Sit comfortably and close your eyes.

Hands in the lap

Take 3 breaths each with a deep inhale and relaxed exhale

Bring your awareness to the breath.

Do not judge the breath but simply follow the breath regardless of its nature.

I would start with 30 seconds a day

Then advance it to 30 seconds twice a day

Then 1 minute once a day

Then 1 minute twice a day.

Each time increasing by 30 seconds as long as one is able to maintain the equanimity of the mind. If it feels like a certain length of time is too long

and the mind cannot maintain balance and thoughts creep in then simply back off by 30 seconds.

Here is a little meditative mantra that can be said along side this meditative practice.

" I breathe in deep and allow the light around me to enter

I allow myself to step into my higher purpose

I am not the sum of my fears, yet the wisdom of my soul

I bring into alignment my goals, dreams and gifts

I walk on my path with gentleness

I add to the wholeness of my life with each breath

I welcome the greatest of awareness for my self and my home

I am complete in my health, understandings and prosperity

I breathe in deep this light around me

I exhale gratitude and love for my life"

# CHAPTER 10 AFFIRMATIONS

Affirmations are a very potent form of transformation. Not only for the mind but also for the heart. Affirmations means “to be able to make firm in ones mind”. So if the affirmation is said correctly it can help to transform the realities, especially during this lockdown.

The key is to have an affirmation that is not simply positive, as that is not balanced. We all have seen affirmations that are motivational or inspirational. Yet not all are balanced to bring out that truest sense of gratitude and awareness that opens the heart and with it the energies around us to bring about the alchemical change that we are attempting to create with intention.

Whatever affirmation we relate to or works for us is great. Keep doing that. Repeating these affirmations regularly, increases the potency of the mantra and the effects that they have.

When we create something from the purest of thought, and then utter them from the deepest inner knowing we create a spell through the words that we speak out, that have profound effects on our lives as we then embody these words into actions. Essentially harnessing spirit into matter.

Here are some examples that I use.

I love my body

I love my skeleton

I love my appendages from the tips of my fingers to the toes

I love my muscles

I love my tissues

I love my organs

I love my blood

I love my nervous system

I love my lymphatic system

I love my cells

I love my DNA

I love working with people who are ready to do the inner work.

I love working with people who choose to clean up their shadows.

I love working with people to up level their lives.

I love working with people to uncover their vision.

I love working with people to transform their careers.

I love working with people to discover their mission in life

I love working with people to alchemize their finances

I love working with people to open their hearts

I love working with people to create teams at work

I love working with people to release their inner radiance

I love working with people who show up unapologetically to create

I love working with people who choose to shine their radiance.

I welcome support and challenge with love, gratitude and wisdom

I love what I do, I do what I love

I live an inspired life, I see with inspired vision, I choose my inspired mission.

# CONCLUSION

I sincerely hope that you enjoyed this book as much as I did writing each page and sharing the depths of my wisdom with each of you.

It is wise to recognize that in this lockdown, there is a profound opportunity to shine and radiate with greater awareness, understanding and a magnificent chance to raise the consciousness of not only the self but of the planet as well. The antidote to this virus lies in the freedom in living inspired, engaged and pursuing conscious behaviors that make us thrive.

No matter how the day to day chaos unravels, there is much softness and pain to be experienced that opens up the heart to a higher level of radiance.

On this journey, none of us are alone, nor do we have to believe that we are. When we discover the secrets to thriving and not surviving, we change the frequency of our thoughts, words and actions and begin to step out of the reality that others may try to choose for us and walk the path of our own destiny.

We are truly in this “crisis” together, just as much as we are in this “blessing” that has arrived to our doorstep. Whether invited or not, this guest comes knocking, bringing with it the humble offering of evolution and not just the perceived fears, judgments, and disruptions.

There is a beautiful unfolding of our consciousness at this pivotal point in human history. It brings the heaviness of letting go of the old paradigms and the courage to step into something new.

Before us, lies a new era for each of us to explore. I look forward to accompanying you on your journey, as you do on mine.

With Blessings of Love, Light and Wisdom.

Your powerful ally,

Dr Nitin Bhatnagar