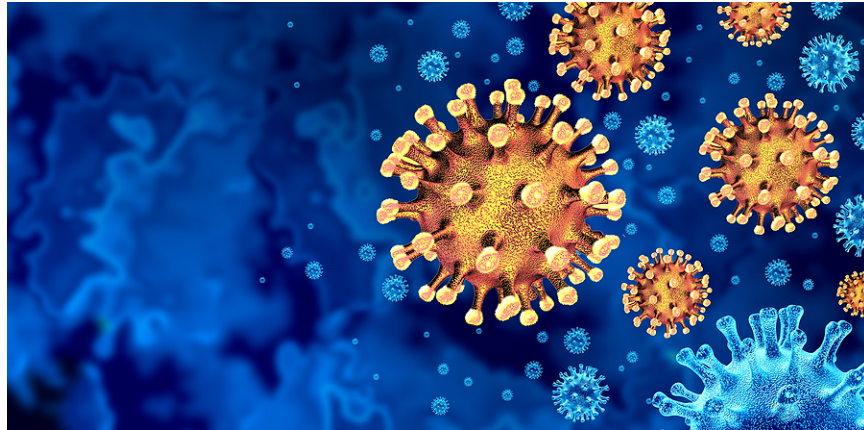


COVID-19, VACCINES, AND FEAR

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No problem can be solved from the same level of
consciousness that created it.
—Albert Einstein

A great deal has already been said about the pandemic, but I'm strongly compelled to write this. I feel that we are missing the forest for the trees and need to look at it from a larger perspective, one that examines the role of unseen fear, so that we can perceive things in proportion.

I wrote a book, *Unconditional Love in Politics*. I try to be respectful of people whose beliefs differ from mine and to understand where they're coming from. I am about as progressive as one can get, and believe that progress is a very good thing, but I also try to view each issue individually and look for the best solutions, including those that come from conservatives.

Still, there have been numerous studies that show that conservatives are more fear-based than progressives. That makes sense: by definition,

conservatives want to keep things as they are (and reactionaries want to go back to how they believe things were). Fear of change is often a motivation. Also by definition, new agers (a label I proudly adopt for myself) want to help usher in a new age of higher consciousness, the opposite of conservatism—something based in love rather than fear. Yet today, many new agers are aligning with the MAGA crowd on COVID-19 issues. I believe that they share some underlying fears that these issues trigger.

Fear and anger (the flip side of fear) are useful mechanisms for mobilizing our resources in the face of a real threat to our physical survival, but when the threat has passed, we need to “shake it off.” Instead, we tend to store them, often over many lifetimes, and come to associate them with intellectual and emotional things that don’t actually threaten our survival. For example, if being harshly judged by others led to our death in a past life, we may now associate all criticism as a threat to our survival when it is not. The slightest criticism may trigger us. We allow ourselves to be continually triggered because that stuck energy is uncomfortable and wants to be released, but until we take responsibility for it and defuse it, we keep being triggered.

We all have unresolved fear and anger in our subconscious. An important part of being on a conscious spiritual path and developing greater self-awareness is to increasingly “photograph” and dismantle our old fears. By definition, the contents of our subconscious mind are unseen—we are not conscious of them. When fear and anger are triggered, they momentarily rise to the surface in our conscious mind, giving us a rare opportunity to examine and release them. However, because we have so heavily defended them (they’re going to ensure our survival, after all), we tend to become defensive rather than reflecting on them.

The expression “frozen in fear” illustrates how fear can prevent us from moving forward. Fear can also muddle our thinking—it’s hard to think clearly when it sends us into high alert. Worse, we may not be conscious that this is happening and assume that our thinking is perfectly reasonable.

A friend sent me a link to a video to explain her reticence about taking the vaccine. I had hoped I’d learn something. However, it was riddled with incoherence and holes in its logic. With irrelevant, highly suspect ideas, the speaker vastly overcomplicated what is, in essence, a simple question: Am I safer with or without the vaccine?

What unseen fears are being triggered that make propaganda appealing to so many people? I’m not sure, but I suspect that one factor is unhealed wounds around authority figures misusing their power, a common occurrence throughout history. Not only have we been victims of such abuse, we have also been perpetrators of it, something most of us would rather not consider and may be touchy about. But it’s not possible that all of us have only been victims; if that were the case, where would all the perpetrators have come from? “Oh,” one might say, “I’m one of the good people.” Unfortunately, much evil has been done by people who identify as being good. There are endless examples of this, such as the Crusades and colonialism which inflicted great harm “for their own good.”

It’s wise to have a healthy distrust of authority figures. Governments, for example, have mostly been about making the rich richer and the powerful more powerful. But governments can be a force for good, and sometimes are, if imperfectly (like everything else in the universe). If governments (and science) did nothing about the COVID-19 pandemic, the death toll would be far higher.

The one argument against vaccines that seemed reasonable to explore is the serious side effects that some are experiencing. I don't doubt that these are occurring. But the key yet rarely asked question is: What is the percentage of those vaccinated who have had health complications that last more than a few days after the shots? It is clear that it is very low. For example, one study suggests that the risk of myocarditis following the Pfizer–BioNTech shot is about one in 50,000.

Even if it's a tiny percentage, those who experience bad side effects should be studied to try to figure out why it happened so that others who are not good candidates can avoid being vaccinated. I've long been saying that relative to autism: Even if very few children who are vaccinated develop autism within forty-eight hours after the shot, that should not be dismissed. Those lives have been severely affected. They matter, and should be studied to prevent it from happening in the future. Maybe vaccines need to be introduced to children more slowly, and without preservatives and unnecessary adjuvants.

Still, what has been sorely lacking in this debate is a sense of proportion, such as the millions of lives saved by vaccines vs. the few that suffer side effects. There can be side effects from any medical treatment, including those that are natural. We have to weigh the pros and cons to make good decisions in any area.

Science should not be worshiped. Scientists are human beings, too, with biases. Some science has more solid research and clear thinking behind it than others, and science periodically changes its mind. But the ideal of science, like that of journalism, is beautiful: a desire to put bias aside as much as humanly possible and observe objectively. The best scientists and journalists value truth above all, even if it means changing their mind and maybe confronting long-held assumptions. It is

an approach that we can all benefit from in all areas of life.

Here's the key information relative to the science behind COVID-19 vaccines: HALF OF ALL HUMAN BEINGS, four billion people, have had at least one dose of a COVID-19 vaccine—FOUR BILLION PEOPLE! Three billion are fully vaccinated. Severe allergic reactions have almost always occurred within thirty minutes after taking the vaccine, and happen fewer than five times per million vaccinated. Vaccinated people are eight times less likely to be infected and twenty-five times less likely to experience hospitalization or death than unvaccinated people. Do people really want to gamble with their health with these kinds of odds? Is making some kind of vague political statement worth possibly losing their life?

Like most large corporations, pharmaceutical companies are governed by greed and get away with a lot of bad things. But that is a separate issue from whether their products might be helpful at times. If they are making obscene profits from them, that's another discussion, a political one about the undue influence of corporations over public policy. If pharmaceuticals and other companies hide data about harm they're doing, that's a similar discussion. But all eyes have been on them during this pandemic; if they're never exactly transparent, at least it's harder for them to get away with murder in this instance. COVID-19 vaccines have undergone the most intensive safety monitoring in U.S. history.

The jury is still out on the cause of this pandemic, largely because the Chinese aren't cooperating. We do need to know it in order to prevent it from happening again, if possible. However, whether it was a natural leap from bats to humans, a lab accident, or a deliberate nefarious plot is irrelevant to the issue of vaccines. We have this disease now, and if we want to greatly reduce

our chances of dying from it, we should probably take one. To those who say that COVID-19 is no worse than the flu: According to the CDC, 12,000 – 52,000 people die a year from the flu. 375,000 people died of COVID-19 in the U.S. in 2020, and we surpassed that number for 2021 in November.

Scientists have been saying for a long time that with pandemics, it was not a question of *if* but *when*. The nature of our crowded modern world with a constant interchange of goods and people makes it inevitable, no matter what caused this one. There will be others; we need to learn from this one and be prepared for the next ones. What mass protection do we currently have beside vaccines? Would people really rather that they and/or their loved ones die or get severely ill rather than take advantage of the best solution we have so far? In an ideal world, natural methods or our own immunity would protect us, but unfortunately, this is not an ideal world.

It's wise to keep an open mind about alternative therapies for those who get COVID-19, but we don't have good data on how often they work, if they do at all. Isn't it better not to become infected in the first place?

In the Michael teachings, there is a trait called the *chief obstacle*, the focus of our fears and illusions. There are seven. The most common one is stubbornness, defined as a fear of change. The fingerprints of stubbornness are all over the cry of many who say, "No one is going to tell me what to do! I'd rather die of COVID-19 than wear a mask in public places to protect myself and others from a horrible virus that I may be carrying unbeknownst to me." Our obstacles convince us to work against our self-interest in the name of protecting us. When extreme fear governs us, it is hard to distinguish it from insanity—it makes us do crazy things that seem perfectly sane to us while we're under its thrall.

I have several smart friends whom I like/love/respect who are decrying government “tyranny” relative to mandates for masks/tests/vaccines in public places. Although the U.S. is not the paragon of freedom that it could and should be, it’s easy to observe what actual tyranny looks like under authoritarian regimes and the enormous suffering it causes. It’s an insult to those languishing in brutal gulags for speaking out against injustice to call having to wear a mask in public “tyranny,” especially since the intent is to save lives.

Freedom has never implied that people are not restricted from actions that could harm others. One could just as easily and irrationally argue that stop lights to avoid hitting other cars are an infringement on one’s freedom. The only difference is that we’re used to stoplights. Masks have been much more commonly used in Asia—for example, during flu season—so there are fewer objections to them.

Some of these friends have been against vaccines for a long time. Vaccines have been a polarizing issue for a while, especially with regards to some children who developed autism within a couple days of having routine vaccinations. (This happened to the son of a couple I know.) However, many have had vaccines and have taken other pharmaceuticals without blinking an eye for most of their lives, but are jumping on this particular bandwagon now. There’s so much fear in the air both around the disease and the vaccines that many people are being triggered. It’s a sort of mass hysteria. Those on a spiritual path strive to remain centered no matter what is happening around them, but many don’t realize how profoundly we can be affected by the collective unconscious. We can feel things that don’t originate in us or really belong to us, but seem to.

Some who refuse vaccines claim that they are choosing *not* to be governed by fear, but one can take

precautions out of good sense rather than fear. Those who later become deathly ill usually change their tune and want every possible medical intervention for a problem that could have been easily prevented. They were actually being motivated by fear all along, which illustrates how wily the obstacles are and how invisible our real motivations can be to us.

The same resistance to masks and limiting public gatherings occurred during the 1918 influenza epidemic, but not on today's scale, maybe due to the absence of social media, which spreads fear (as well as some good things) as fast as a virulent virus. Fifty million people died in the 1918 influenza epidemic, ten million more than from World War I. About five million have died so far from COVID-19. As limited as modern medicine still is, things would be far worse without it.

Those who today protest for their right to spread a potentially deadly disease are often the same ones who wanted HIV+ gay men in the 1980s to be arrested and even put to death for spreading HIV. When we're under the thrall of fear, logic and consistency go out the window, resulting in hypocrisy. Hypocritical people may be sincere but they have not yet examined their beliefs to notice their inconsistencies. A core insight of spiritual teachings is that we are not our thoughts and feelings, and should observe them with non-attachment. This is not happening nearly enough. Again, we cannot see what is in our subconscious mind until it rises to the surface. We may not be aware of how much fear is running our lives, but we *can* examine our thoughts, feelings, and actions and ask whether they reflect love or fear. Do they make sense? Are they congruent with fact? Are they serving the highest good? Do they feel good, positive, and freeing?

Speaking of HIV, scientists have been seeking a vaccine for that for forty years. It's now possible that with mRNA, they can finally create a safe, effective one,

as well as for other intractable diseases. That's extraordinary news.

I'm a big believer in holistic health and try to find natural ways to correct health issues whenever possible. Western allopathic medicine is more about reacting to and controlling symptoms after things have already gone wrong; it rarely concerns itself with creating health to begin with. That is more the domain of nutrition, herbs, supplements, exercise, proper breathing, rest, and in general, living a happy life without unnecessary stress.

Still, we live in a dangerous world that has a lot of virulent substances. There is an important place in it for Western allopathic medicine. Having a robust immune system is always a good thing, but it doesn't protect against every infectious disease. The 1918 epidemic killed millions of young, vigorous people. Counting on your immune system to protect you rather than a vaccine is a crap shoot.

There are certainly some holistic treatments that can improve our immunity. One gifted healer I know believes that homeopathics can protect us as well as vaccines. Homeopathy also has its place—I've had good luck with it at times—but homeopathics are not one size fits all. They are most effective when a person has a complete workup in which individual patterns are skillfully observed and addressed. So two people would not necessarily take the same remedy for the same condition. There are not nearly enough expert homeopaths to do this for eight billion people. Green Bay Packers quarterback Aaron Rodgers had homeopathic treatment that he had thought immunized him, but he still got COVID-19. Was he given the wrong remedies for his constitution, or are homeopathics simply too subtle to deal with virulent viruses? We know that vaccines work, for the most part. For those who cannot take vaccines due to allergies, etc., alternative

approaches are worth exploring, but unvaccinated people still need to be very careful to avoid exposure.

mRNA vaccines might be much safer than traditional ones because they don't actually contain the virus, which also makes shedding impossible. Some people, however, refer to the mRNA vaccine as the biggest experiment in human history. Here's an article that explores the possibility of problems arising down the road from mRNA vaccines:

<https://www.uab.edu/news/health/item/12143-three-things-to-know-about-the-long-term-side-effects-of-COVID-19-vaccines>

An excerpt from it:

Unlike many medications, which are taken daily, vaccines are generally one-and-done. Medicines you take every day can cause side effects that reveal themselves over time, including long-term problems as levels of the drug build up in the body over months and years.

“Vaccines are just designed to deliver a payload and then are quickly eliminated by the body,” Goepfert said. “This is particularly true of the mRNA vaccines. mRNA degrades incredibly rapidly. You wouldn't expect any of these vaccines to have any long-term side effects. And in fact, this has never occurred with any vaccine.”

Usually, any bad reactions to vaccines show up quickly. And research on mRNA vaccines began in 1987, so they're not as new as people think.

What we know for sure is that if people get COVID-19, there's a significant probability of getting a terrible disease that may ruin their health for the rest of

their life (long COVID-19) if not kill them outright, especially if they already have other health challenges and/or haven't been taking good care of themselves.

Some people are concerned that mRNA vaccines could alter one's DNA or RNA. Here is a relevant article:

<https://www.clickorlando.com/news/local/2021/09/13/trust-index-does-the-vaccine-alter-your-rna-dna/>

An excerpt:

"A lot of people are saying, 'I'm not getting the vaccine because it will alter my DNA and RNA.' No, the mRNA breaks down quickly after entering people's cells and is unable to alter your DNA," said Salemi.

"It doesn't change it at all. The interesting thing about the vaccine is that all it does is inject you with a recipe that teaches your body how to create an antibody. The moment your body creates the antibody, the first thing it does is it destroys the recipe. It doesn't enter the nucleus," said Ajayi.

I channel the Michael entity, and people have asked me what Michael has to say about the vaccines. I didn't ask Michael myself, because to me, it's common sense to take them unless people are allergic to something in them or are otherwise likely to have a serious bad reaction to them (which should be discussed with their primary care provider). But all the Michael channels I know have chosen to be vaccinated.

Those in doubt as to how their body might react to a vaccine should use their intuition in this regard if they're able to set aside fears and take a clear-eyed look at it. Techniques for consulting the body such as

kinesiology or dowsing can help. They might also consult a gifted and unbiased intuitive healer. Since the Johnson & Johnson vaccine doesn't use mRNA technology, it could be a good option for those who might not tolerate mRNA.

I have a very sensitive body but I also take good care of myself. I took several supplements said to be helpful before and after vaccinations, such as pine needle tea, vitamin D, zinc, and Thuja Occidentalis 30c, a homeopathic. I've had three Pfizer doses and have had no side effects other than the usual sore arm.

To be consistent, people who are anti-vaccine would have to be anti-all pharmaceuticals, and in fact most Western medical interventions, especially if their argument is to allow one's immune system to take care of threats. It's true that some Western medical treatments that are considered safe later turn out not to be, but if one course of action seems like our best option, we may choose to take a chance on it. I try to keep pharmaceuticals to a minimum—I haven't taken antibiotics for a couple decades, for example, although I would if they were really necessary.

Good choices come from using facts and reason along with intuition to try to determine the highest good in any situation. Adhering to dogma (with their keywords *always* and *never*) is not likely to lead to the best choices. In addition, believing anything just because someone else said so, without real facts and evidence to back it up, is likely to lead to choices that we later regret.

For example, I have friends who believe that the COVID-19 vaccines contain nanoparticles capable of mind control. They *do* contain nanoparticles, which are tiny lipid droplets that transport and protect the vaccine component. The term "nano," however, is simply a unit of size. There is no evidence that anyone's mind has ever been controlled by something in a vaccine, or that such

technology even exists. In fact, the current state of humanity suggests a distinct lack of mind control! We are all well-advised to explore why we're readily willing to believe things that don't hold up in the light of day. What fears do we carry that make such ideas appeal to us? Considering how much stuff people make up, both sincerely and cynically, ongoing skepticism is a good idea. Remember Pizzagate, the story about sex trafficking run out of a pizzeria's basement? The place that doesn't have a basement? Totally made up.

Conspiracy theories should not be automatically dismissed, because sometimes there *are* conspiracies (the Reichstag fire, the Gulf of Tonkin incident, etc.) Like individuals, governments, corporations, and other groups of individuals often lie. Still, there has to be a motivation for what people do, and I don't see a realistic nefarious one behind COVID-19 vaccines and mandates. One motivation is good enough to explain why people wanted to find a vaccine: "I don't want to get a horrible disease and die or be physically compromised for life. And I don't want that for my loved ones and humanity in general." It is no different for the COVID-19 vaccine than it was for all the others: polio, smallpox, hepatitis, diphtheria, etc. They are all devastating diseases. If medical science can come up with vaccines that prevent them, that's a good thing. They're not perfect—nothing is—and could no doubt be improved, but they clearly have enormously reduced suffering.

People often automatically jump to negative conclusions about other people's motivations. They usually project their own issues rather than accurately perceive objective reality. As with inkblot tests, what they project on others reveals more about themselves than about others. When others honestly and clearly explicate their motives behind a choice but it doesn't make the slightest dent in people's story, they are living in a closed system. Closed mental systems don't allow in

any new information; they are barricaded by fear which is often invisible to those holding them. Others waste their breath trying to get through when dealing with them.

We cannot know someone else's motivations for certain, at least not the whole of them. It's better to give the benefit of the doubt. If we know someone to be honest and ask them why they did something, we might want to trust what they tell us rather than insisting that we know better.

Similarly, many people have a knee-jerk need to disparage others, to promote "us vs. them" thinking. One can observe this on some news outlets: an unending stream of denigration. No matter what perceived opponents say or do, they find a way to twist it and make something ugly out of it, attributing diabolical motivations where none exist—disdain first and ask questions later. They appeal to and enlarge chips on their viewers' shoulders. Many people also operate this way in their personal lives. This is antithetical to unconditional love, which is the aim of every true spiritual teaching and religion.

The vitriol being heaped on people like Anthony Fauci that assumes he has nefarious motives is not only unfair but silly. No one is perfectly accurate about everything, but he is clearly earnest in his desire to be helpful. This vitriol is being heaped by many of the same people who don't recognize a con man when they see one. Fear blinds us.

I am grateful for the vaccines I've received, grateful that if I do somehow get COVID-19, it is likely to be a mild case, and that they will probably keep me from getting it altogether. Yes, some who were vaccinated did get it, and a few even died. Most of them had other health issues. One hundred percent effectiveness can never be promised with anything. But it's not a good idea to seize upon the exceptions to deny the rule.

So many people on their COVID-19 deathbeds wished that they'd been vaccinated. If vaccines aren't right for you, for whatever reason, I hope that you're being very careful. Once one is infected, it's too late. We don't get do-overs.