



Pandemic Response

Hope and “Respons-ability”

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Responsibility remains a word shrouded in connotation with the dark imagery of guilt, blame, and shame that masks the beauty of the call-to action, in the present moment, of this loving, reflective practice. “Respons-ability” means participating, acting, in this moment, with creativity for whatever that moment calls for. This can apply to an individual, a country, a species. With America rudderless except for the 38% who follow white-supremacist policies, how do we proceed with lovingkindness?

Wear a mask, socially distance, and wash your hands thoroughly. Mutual respect for fellow humans comes from embodied lovingkindness, and portrays a person living their best selves, fearless and kind. Not following these simple measures means fear-based living as clearly the individual has no mutual respect, therefore no self-respect. For those of you who enjoy the medical references: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext) . The Lancet has published this article June 27th that review the efficacy of social distancing, masks, even eye protection and we have all methodologies showing profound protection on the order of 80-85% reduction in risk of Covid-19.

There is no “debate” about masks, only one country with manipulable sycophants proclaiming that a debate exists. See also: Climate Change. Masks don’t cause disease, never have. If you want economic recovery, wear a mask. If you have a modicum of human decency, wear a mask. You can wear the mask; the mask does not have to wear you. Respons-ability!

In more disturbing news, a Perspective was just published in the prestigious New England Journal of Medicine, https://www.nejm.org/doi/full/10.1056/NEJMp2020076?query=featured_home . Bone-chilling as it proposes “CHIMs”, Controlled Human Infection Models, which means that, just like Nazi Germany, doctors are proposing giving infections to “volunteers” so we can find a vaccine earlier! What possibly could go wrong? If you ever wondered how far the elite money interests will go to “protect you”, now you know.

And I must apologize to all that have followed my Vaccine Education Series. I did not realize that the very groups who question vaccines have become part of the far-right, anti-mask and anti-science crowd. Oh, I stand behind the science that brings in to question vaccinology, as science questions everything, and vaccines have given Big Pharma a consequence-free multi-billion-dollar industry that must be questioned. Turns out that Big Pharma doesn’t want anything but a vaccine to work versus SARS-CoV-2 and is part of the big money interests using these “anti-vaxers” to spread misinformation about the virus and masks, paradoxically, necessitating the very mandated vaccine they fear! Amazing to watch people who oppose vaccines also oppose the public health measures that could prove how little we need most vaccines. Mea culpa.

This does necessitate for everyone to eschew the “anti-vaccination” movement. Please take on the role of becoming Vaccine Educated, even if people will call you an “anti-vaxer” for proposing better science. Leonardo turned 2 years-old in June. He has never seen a pediatrician and never gotten a vaccination. He has had a few “colds”, but never had an ear infection and never taken an antibiotic. I don’t know if or when he will get a vaccine. We will deal with the fascist mandated vaccination laws meant to spread acute and chronic disease to the public as he grows up.

Leonardo represents the hope for all humanity. Growing up as a black child in an overtly racist country in the midst of the worst pandemic in 100 years, he is happy. He is two, he still cries when he doesn’t get what he wants. Yet each day I see signs of him thinking of others and not just himself, and yes, I see signs of a country waking up too!

Your Journey to Health and Healing,

Gary E Foresman MD