

**Chronic Pandemic Stress Disorder, CPSD, A Unique Challenge for Avoiding
Massive Anxiety and Depression in Our New World**

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Abstract

The world has undergone an unprecedented shift, unlike any before in its history. This year will be remembered as the time our 20/20 vision became severely nearsighted. The optics of every human being now require a new lens to fit to their I if they are to safely function in the world. It is vital that we become accustomed to our new vision prescription to focus on what will be a challenging recovery process from our neoteric pandemic trauma.

In working with hundreds of people worldwide since the start of this year, it is clear everyone's vision has been stigmatized by the pandemic, causing an inability to see the present and future of their lives clearly. Anxiety and depression have clouded their minds and is rewiring their brains. The big **E** at the top of the Snellen eye chart, which **E**veryone could once discern who was not blind, is now blurry. Even the **F P** on line two and **T O Z** on line three are obscured. Our country's leadership feels like it is the blind leading the blind, and our nation is running around in circles and bumping into walls! *"The only thing worse than being blind is having sight but no vision."* Helen Keller (Keller, n.d)

With this paper, it is my goal to shed light on what is happening; to bring new insights to address the anxiety and depression to provide a clear vision of the path make to inner peace and happiness. Perhaps, as you shift your emotional state through the protocols provided, you will be able to see through your "third" eye how this as an opportunity for us to learn, grow, and develop improved systems for health and wellness. As Ralph Waldo Emerson once penned, *"We are immersed in beauty, but our eyes have no clear vision."* (Emerson, Atkinson & McDowell, 1950). By sharing my vision, I hope you can see the beauty of possibilities that perceive these challenging times as an opportunity to unite the human race regardless of artificially imposed

boundaries or cultural differences. Why not consider coronavirus as an agent of evolution to help us embrace the universal desire for all humanity to be healthy, feel safe, and have an opportunity to prosper? Depression when properly understood and addressed can be transformed into an expression of personal growth and new strength built upon a new foundation of learning.

Diagnostic Procedure

The COVID-19 pandemic has been a once in a lifetime event, which has taken us beyond our existing language to diagnose it accurately. Undoubtedly, we are a planet suffering from traumatic stress. Every day this is embedded deeper into our conscious and unconscious minds, rewiring our brains and imprinting our genes with epigenetic tags. Nothing in the history of Earth has ever been experienced in the manner in which we have been enduring this viral outbreak.

The opportunity to examine the morbidity of COVID-19 and the governmental policies implemented to combat it allowed me to craft a phenomenological therapeutic approach. This method has proven to be consistently effective for reversing the presenting symptoms and giving new hope on a global scale.

Although many of the symptom's clients have encountered are similar to those of PTSD, the environment causing them is unlike any trauma previously experienced by our planet. Therefore, I have given these symptoms a new diagnostic label to help clinicians see the broader spectrum of their patient's condition to better share treatment plans that address each of the infectious agents. This new classification identifies the manifestations of a hypnotic obsessive-compulsive fixation combined with anxiety and depressive emotional states, Chronic Pandemic Stress Disorder, CPSD. CPSD is significantly different than posttraumatic stress disorder. PTSD

designates the mental and emotional impact on a person *after* a traumatic event has occurred. PTSD is experienced *after* having been in a war, *after* an earthquake, a tsunami, or any other natural disaster. PTSD occurs *after* a family member is harmed due to a criminal act or an accident. Of course, there will be ongoing consequences from the traumatic incident, but the incident itself is over.

CPSD represents being caught in a combat zone of an ongoing war or ongoing domestic abuse, except a tangible object causing the suffering is not present. The enemy is invisible, and you are uncertain when, where, and, by whom you might be infected. Yet, unlike any traumatic event of the past, CPSD has a reinforcement factor unique in our history that injects its infectious poisons hundreds or thousands of times daily.

Today's planetary population will be subject to the dark clouds of fear and uncertainty for years to come. The anxiety of social interaction will continue until either an effective vaccine is found and administered and/or there are no new cases being reported anywhere. This may not occur until sometime in 2022. Meanwhile, each year, there will be a new worldwide influenza season. This alone could increase the potency of COVID-19 through what French scientist C.J. Davaine termed as 'passages.' (Théodoridès, 1964). This possibility alone is terrorizing. In 1872, Davaine used anthrax infected blood to determine what a lethal dose was. At first, it took ten drops of blood to kill a rabbit in forty hours. He then withdrew this blood to infect a second rabbit and so on, giving this infected blood to a sequence of five rabbits (Théodoridès, 1964). He discovered that the bacteria increased in virulence each time. By the fifth rabbit, instead of ten drops needed, only 1/100 of a drop was needed to kill it. By the twenty-fifth passage, it only took 1/1,000,000th of a drop to kill (Théodoridès, 1964). This is what most scientists fear most with the possibility of a second or third wave of infection. Fortunately, 'passages' are species-specific, and there can

be a reverse passage as well. Already, the media has begun to share this possibility and reference the increased virulence of the second wave of Spanish Flu.

Everyone alive today has had their minds infected by the fears of losing their freedom or dying, combined with a growing hopelessness for their future. These mental “passages” will intensify the contagion of both emotional desperation and relationship dysfunction. When combined with the economic hardships, political chaos, and nationalistic reactions, our world will be a breeding ground for a Hitler-like madman to emerge. Extremist elements thrive on chaos, high levels of unemployment, and widespread suffering of the lower echelons of financial security. This is a frightening notion of committing to the written page. However, with the full picture of how the world’s populace is drowning in overwhelming levels of uncertainty while multiplying their susceptibility to illness and death, we cannot rule out how this could instigate a widespread corruption of the foundation of our society. The impact of CPSD and its diagnosis for an effective way to return health and save lives might have a far-reaching impact on the future of our planet.

The Difference Between Now and Then

The Spanish Flu outbreak of 1918, which killed over fifty million people, is not comparable to the coronavirus pandemic for many reasons (CDC, 2019). Why? Since in 1918, there was no opportunity for the minute-to-minute impressions to be imprinted upon the populace’s minds through smartphones, computers, and television connections. In fact, in the midst of the Spanish Flu’s widespread death and mayhem, governments worldwide intentionally made light of existing conditions to avoid hurting morale during World War I (Barry, 2005). Through most of the pandemic, each country’s newspaper presented a falsely hopeful image to its readers that it

was “only the flu, the grippe, and nothing to be concerned about” (Barry, 2005). Frequently they reported “a vaccine had been found and the worst had already passed, your worries of infection were over!” Only Spain newspapers published the truth, for they were not at war. This is why the pandemic was named the Spanish Flu. Truth be told, all evidence points to the origin of the virus as occurring in the Midwest of America!

As a pathologist needs to review the environment to determine the origin of a pathogen, a therapist must examine the surrounding conditions their client is subjected to. A psychotherapist establishes existing influences impacting the mental, emotional, physical, and relationship imbalances their patient is experiencing. Only by a thorough assessment of each of these factors can an effective protocol be designed to return homeostasis. Implementing their treatment plan, aims to bring wellness to their client’s body, confidence to their mind, increased happiness to their emotions with greater peace, and connectedness to their relationships. Accomplishing these goals restores faith and unity to whatever a patient’s spiritual beliefs are, regardless of whether or not they practice any spiritual or religious path. This is the definition of healing that I practice, and it is this perspective that I share with my clients. To be healed is to be whole, it is to experience the different levels of existence with empowerment mentally, emotionally, physically, spiritually, and in relationships. I call this the Science Quantum Embodiment, quantum being the underlying field of light and consciousness that we embody as a human being (Sheen, 2016).

“The natural healing force within each of us is the greatest force in getting well.” - Hippocrates

Presenting Symptoms

With the many individuals I have worked within 2020, the morbidity of CPSD has included anxiety of feeling imprisoned in quarantine, obsessive screen fixation, disassociation

from their body, others and their environment, germaphobia, helplessness about their future, insomnia, apprehension of coughing, sneezing, or touching, depression, substance abuse, anger, social anxiety, panic, and excessive uncertainty and distress.

Through these interactions, I gained intimate insights into the conditions of their children.

Without fail, there was either an apathy bordering on depression or hyperactive acting. Many children sat all day in front of their computer or television like zombies. Others, who were now attending school online, had more focus and presence, but lost their sense of playfulness and became overly introverted and lifeless. There was a clear correlation between the parents' mental and emotional states and their children's. It will only be a matter of time that we begin to see the long-term effects to be presented from the chronic undertone of anxiety and lack of interactive physical contact with their friends, neighbors, and family. I only hope that psychologists, psychiatrists, educators, and social workers alike understand that the symptoms of CPSD, which they will certainly be dealing with, can NOT be resolved with medication. Medications only serve to disassociate the user from their mind and body even further (Breggin, 2015). Those suffering from CPSD need to feel their bodies' aliveness and have sensory-rich experiences with nature and others. Artificially dulling one's internal feedback systems is precisely what CPSD works to reverse.

There is no question that the list of presenting symptoms is certain to grow as different elements of the economic traumas mount a major factor perpetuating this disorder. With each symptom, we will be confronted with, the CPSD protocols provide a wide variety of therapeutic tools that address the specific level of consciousness each disorder presents. Medications should only be considered as a last resort for a short-term crisis when all else has failed (Breggin, 2015). I will

share an overview of the elements of the CPSD protocol later in this paper. First, I want to establish the most significant aspect of CPSD and its unprecedented challenge.

The Entangled Web of Fear, Suffering, and Death

Unlike any era in Earth's history, there is a near instantaneous interconnectivity between every country and the overwhelming majority of people alive. The barriers to distance can be traversed in less than one second, the language barriers perhaps a second more. The economic, social, and political shifts that drive stock and commodity markets change landscapes faster than the winds upon a desert sand dune. As John Naisbitt predicted in *Megatrends* in 1982 (*Americans Check Their Phones*, 2019). information is the gold of the 21st Century. The goldrush stampede of the 19th century do not hold a candle to the viral blitz of the online migration of societies' attention seeking to stake their claim to the virtual riches of Facebook, Instagram, and YouTube friends, likes and followers. The Internet's world wide web has captured the minds of every individual in a fashion that has never existed before. Most Americans are connected to the web, 96% of them millennials¹. In Sweden, 96% are connected, in the UK, 95% and in Japan 90% (*Electromagnetic Fields and Public Health*, 2014). On average, Americans check their phones for messages, news updates, and social media interactions 96 times a day; that's every ten minutes. Millennials check their phones 150 times daily, or every 6.4 minutes! This has created what is now known as "slot machine" consciousness by the billions of active users of social media platforms (Gray, 2019). The brain has been trained by the feedback received from social media likes, views, friends, and followers, like a person playing a slot machine sees in flashing lights and ringing sounds (Gray,

2019). Users judge their self-worth by the feedback obtained. Studies have shown that anxiety is experienced by users when they fail to receive a signal from their phone within eleven minutes. I have personally observed an eight-year-old girl cry hysterically, screaming she is going to kill herself because her Tik Tok videos were accidentally erased, and life was “not worth living anymore!”

When you do the math of daily phone interactions, this means the average brain has received between 11,500 and 18,000 phone screen signals of the collective pandemic trauma being experienced throughout the world, between February 1st through May 31st on their cell phone alone! Add to this the tens of thousands of impressions from watching the news on television or computer screens of YouTube, Instagram videos, Facebook posts, or discussions with friends

The enormous impact being created by the avalanche of drama and trauma being mentally digested from giving one’s attention to a screen is staggering. Additionally, during quarantine, the average person has been watching 66 hours of television per week, with approximately one-third of that being news! When you consider that studies show, after only fourteen minutes of watching the news, there is a marked increase in both anxiousness and sad mood. This gives the term “news junkie” a new meaning.

There is no question that there is a cause for alarm from the excessive screen interactions that dominate our world, and which has escalated during the pandemic. The blue light waves emitted from electronic devices can cause retina damage and reduce melatonin levels, which exacerbate many mental disorders. This throws off the inner balance of the body’s circadian rhythm and causes widespread sleep deprivation (Fleming, 2018). This prevents the brain from recharging itself and doing needed cleansing of built-up toxins and leads to depression, attention disorders,

anxiety, and manic behaviors (Fleming, 2018). Meanwhile, the World Health Organization classifies phone radiation as a possible human carcinogen², and I expect to see significant increases in many diseases directly attributed to the confinement measures imposed (Cohen, Bavishi & Rozanski, 2016).

Forced lockdowns have aggravated other dangerous trends that need to be considered. The resultant reduction of our population's already limited time outside in the sun is a reason for great concern. Sunlight is a vital nutrient for our cells to function well. The wide spectrum of wavelengths from sunlight affects the hormones and neurotransmitters' ability to function. The engine in each cell, the mitochondria, are activated to increase cellular energy production by these light waves. Numerous diseases such as Alzheimer's, Multiple Sclerosis, dozens of cancers, and heart disease, have identified how low levels of exposure to the sun can contribute to these conditions. CPSD cannot ignore the sun's impact and argues that governments should acknowledge this and provide daily opportunities for outside activities in safe spaces.

Each screen impression is a signal whose qualia ignites the nervous system with its message. During our pandemic, the vast majority of these ideas have contained emotional tones of fear and suffering. This onslaught of life-threatening input causes a relentless startle reflex, keeping the individual spellbound (Sheen, 2016). Like a deer caught in the headlights, the brain becomes fixated on the data being received. This builds neural networks in the brain and habit patterns in the mind. These toxic injections create adrenaline and cortisol surges that become a drug addiction it must feed. This leads to high blood pressure, cardiac strain, and a myriad of vasoconstriction imbalances that predispose the body to many diseases. This also lowers one's

melatonin levels which lead to sleep deprivation, which brings a host of other functioning imbalances.

Through compulsive repetition, the mind and brain draw themselves into checking the trends of new cases, deaths, local, national, and global statistics. This multiplies the impressions being lodged into their mind and body. Next comes the social media scan to check their favored means of online communication. Once again, they are confronted with an incessant sharing of pandemic stories, alleged conspiracies, and ongoing tragedies happening to friends, businesses, and political or social structures. This, of course, is magnified as being in quarantine, one's choices of activity are greatly limited. Screen time, the combined attention given to the phone, computer, and television screens has more than doubled since the pandemic began!

Research has clearly demonstrated that the light emitted from a television, computer, or phone screen creates agitation in the brain's frontal lobe and atrophy in those regions in the brain processing them (Sheen, 2016). These emissions cause structural and functional changes in brain regions involving emotional processing, executive attention, decision making, and cognitive control (Sheen, 2016). Simultaneously, the pineal gland and pituitary gland reduce the production of melatonin, contributing to sleep deprivation and disruption of the circadian rhythm. This predisposes those effected to depression, attention disorders, and violence (Fleming, 2018).

Of course, the sedentary nature of being a couch potato or being fixated on any screen contributes to increases in obesity rates that are already at epidemic levels in our country. Yet hidden in these behaviors are two sleeping dogs that I cannot let lie.

Our mental and emotional states are directed by what I call key prescriptions. These are internal actions and external influences that drive the body's responses of which biochemical substances to produce (Sheen, 2016). The key prescriptions are a system of effective strategies for gaining control of one's emotional state. These include regulating respiration, mindfully nurturing internal dialogue, embodying empowering postures, balancing stillness, and activity while aligning one's purpose of being involved with something meaningful and fulfilling (Sheen, 2016). Each prescription is a signal to the brain and to the DNA that creates a biological response to direct the molecules of emotion to provide a sense of peace and well-being or stress and imbalance.

If not satisfying a neural addiction, the purpose of excessive screen time is often for distraction, avoidance, or an alternative to boredom. These unfulfilling purposes can be easily observed by their disempowered postures. Being slumped over a desk fixated to a computer or "vegged" out in front of a television for sixty-six hours per week is unhealthy. These actions contribute to poor spinal health, reduced circulation, and shallow breathing. They lower the testosterone levels to cause deficiencies in the ability to focus and pay attention while increasing cortisol levels to exacerbate feelings of stress (Cuddy, 2012).

My twenty-five years of research of working with individuals diagnosed with depression and ADHD found an irrefutable link between feeling purposeful or not. Biologically, Dr. Cohen's 2016 study showed improved mortality and cardiovascular health when feeling purposeful (Frederickson, Grewen, Coffey, Algoe, Firestine, Arevalo, Ma & Cole, 2013). My research clearly demonstrated that having a purpose that is clearly defined, vividly visualized, and actively pursued, naturally shifts people into empowered emotional states. They naturally have confident embodiments, empowering inner dialogue, deeper breathing, and participate in

meaningful action (Sheen, 2016). Following one's stated purpose in life gives reason to live and deflect the negativity of any atmosphere you are in. In one study led by psychologist Barbara Fredrickson of the University of North Carolina-Chapel Hill and Steven Cole, a professor of medicine at the University of California-Los Angeles, they measured the activity of certain key genes that regulate the immune system. (Frederickson, Grewen, Coffey, Algoe, Firestine, Arevalo, Ma & Cole, 2013). Those that felt they had a direction in their life that was satisfying and contributing to society were healthier and less subject to illness.

Excessive screen time usage needs to be one of the first targets for helping rehabilitate someone with CPSD. The underlying purposes for excessive screen engagement must be clarified, so replacement activities can be substituted. It is not enough to just create a daily three hour a day limit. Understanding the patient's intentions for their actions can help design an alternative plan of action. These most often include reading, journaling, meditating, using screen time for education to advance in their field, exploring forgotten interests, planting a garden even if only on a windowsill, walking in nature, making home improvements, or reorganizing closets or garages. Whenever possible, doing volunteer work for those in need can be invaluable. The key is to reconnect them back to life and existence by giving their attention to worthwhile endeavors that help them replace their inner pictures of the present challenges with new visions of hope and the resilience of life to adjust and thrive again.

Clearly, the effects of CPSD are pervasive and life-threatening in themselves. Governmental agencies and Health Departments would benefit greatly if, when executing quarantine, they keep the key prescriptions in mind to prevent making the existing situations even worse. There is no reason coordinated efforts could not be made to allow families living together to have time for outdoor activities together while maintaining healthy social distancing from others. Governments

should also be conducting training sessions to help their citizens to enhance their immune system. Why aren't local and national health departments providing online counseling to help others in their time of need? Their skills should be put towards meaningful ways to help their communities during their changing environments, to restore their sense of purposefulness. Where are the government's and community's helping hands to support all those who lost their businesses and whose livelihoods have been destroyed? Perhaps with greater preparation and more widespread testing, we can find a way to have a greater balance of safety with less drastic economic consequences that some countries have successfully followed.

A Personal Detour into the Pit of Internet Hell

Being in quarantine for four months, I, too, have had to find balance with electronic screen engagement. There has been an onslaught of "must-see" videos from friends, clients, and students I have worked with over the years who want to "share the truth." I am always willing to learn something new and will give a little time to review.

Recently, I received through Facebook messenger a recommendation of three "must-see" videos from a respected friend. I estimate having received one hundred suggestions, of which I watched six. The three I had chosen to watch were politically slanted, but they were educational and dealt with verifiable facts that were presented without bias. These three videos turned out to be exceedingly different.

Each recommended video was filled with manipulative attempts to take advantage of the viewer's fearful and confused emotional state to forward their anti-government agenda. Our

emotional state directs our thinking, which directs our decisions and then our actions. This quale is integrated into the outcome of our results. Fearfulness has severe biological consequences that minimalize the immune system to make one susceptible to infection, disease, and illness. Fear extends itself like a dog with rabies seeking to ravish all in its path with the terror that fills it. Just as one would not seek to reason with someone who is inebriated until they sobered up, fear expresses itself with intoxicated thinking, leading to impaired decisions that lead to destructive results.

The nature of the ego mind is stubborn. The ego operates by a motto, "I rather be right than happy." This is essential to understand in any therapeutic interaction. When in a comprised emotional state, the tendency for denial is similar to someone who is drunk, telling you they are not really loaded, are able to handle themselves, and can drive. Haven't we and someone we have been with, all been at this place one time or another?

To reverse CPSD, we must not become a party to the distribution of fear. Our growing dependency on internet news and cable TV news sources contributes to the morbidity of our nation. The need to feel like a special victim of government conspiracies and corporate collusions are merely efforts to deflect one's fear, to not face and embrace this feeling and find a way to peace. In a peaceful state of mind, there is peaceful thinking and decisions made on peace. The results that occur will have the best opportunity to extend that peace and continue the cycle. Your parasympathetic nervous system and DNA rejoice when the attitude of peace and safety is expressed. There is no better message to your mind and body than to keep your immune system online and really BE the light in this world, not get caught in the split minds pretensions. We must help those with CPSD manage their screen time and screen the flow of information they dwell on. What we dwell on, we become!

This can be especially difficult when fear-based behaviors become normalized. Already the “need” to wear a mask over one’s mouth and nose has become a new norm. This despite the fact that they are only useful if caring for an infected person or having a cough or sneeze. Eighty percent of those with coronavirus have either mild symptoms like a cold or are asymptomatic (World Health Organization, 2019). Masks are useless and are instead a symbol of the invisible enemy who may be waiting to attack in your next breath or human contact. Just being surrounded by people wearing masks sends a signal to your brain and DNA that you are surrounded by danger and therefore placed in a compromised state with a hyper-alertness and diminished immune system.

To minimize the pervasive gestures of danger, I encourage clients to use methods of help self-monitoring to provide inputs of safety to their immune system. This includes holding their breath to the count of at least twelve to test their lungs to ensure they are not infected. If you cannot get past nine, get tested. Another is to place vinegar under your nose, and if you cannot smell it, get tested! Adding vitamins C, D, and a B complex to your diet with 100mg of zinc is an excellent proactive practice (Health News Hub, 2020). Eating fruits and vegetables is a wonderful means for enhancing your microbiome, one of the first defenses against any disease to work closely with your immune system (Health News Hub, 2020). Whether or not these are based on hard science does not matter, for the placebo effect of doing something healthy for yourself is scientifically validated and one of the best medicines available.

Rewiring the Brain

In a period of six months, the brains of our planet have been rewired with an intensity and speed unknown in the history of man. This rewiring builds neural networks in the HPA axis, keeping

the amygdala on constant alert. Like a soldier in a warzone, our mind is always on the lookout if the enemy is approaching. Where attention goes, energy flows, and the manifestation of the qualia grow — another QE fundamental principle.

The prefrontal cortex and hippocampus are both being overloaded with potential danger causing unremitting pituitary hormonal activation causing the adrenals nonstop manufacturing of cortisol (Kulkarni, Ganz, Bayrer, Bogunovic & Rao, 2018). This makes a person susceptible to disempowered states of anxiety and unhappiness. Long-term stress reduces the production of cortisol and is a precursor of depression.

The “Other” Two Brains

Being continually plugged into the horrors of the surrounding viral nightmare, the body is flooded with ongoing signals of danger to the heart “brain.” The heart erects its defensive network to increase its pulse rate, adding chronic strain to the cardiovascular system (Kulkarni, Ganz, Bayrer, Bogunovic & Rao, 2018). The chest muscles constrict to cause ischemia and add discomfort to the heart region that can feed the mind additional reasons for concern. Meanwhile, the parasympathetic is minimalized to conserve energy to prepare for fight or flight. The enteric brain is also drafted to use its neural networks to prepare for the perceived danger. This causes the stomach to become more acidic, predisposing the body to cultivate different bacteria and viruses already in the system to have more fertile ground to spread, while supportive ones are destroyed (Kulkarni, Ganz, Bayrer, Bogunovic & Rao, 2018). Many of the helpful elements of the microbiome are attacked by the acidic environment, and their protective functions, needed most to withstand coronavirus invasion, are weakened.

The enteric brain in the gut and the digestive tracks is often ignored, despite the profound effect it has on brain function (Kulkarni, Ganz, Bayrer, Bogunovic & Rao, 2018). Like the heart brain, it can operate on its own as it has an electrical capacity similar to the central nervous system. Some researchers believe that the enteric brain developed before the Central Nervous System. Yet, regardless of which comes first, the fact remains that 95% of all serotonin is secreted in the gut, and serotonin is a molecule intimately tied to the feelings of happiness and inner peace (Carpenter, 2012). This is why pharmaceutical companies seek to enhance serotonin production, with the majority of antidepressants being SSRIs (selective serotonin reuptake inhibitors). Yet, strangely, these pills target the release of serotonin in the brain, while the effects of these medications damage the microbiome in the gut, reducing serotonin production there. Perhaps this reveals an even bigger problem, how antidepressants do not work for the vast majority of people. Statistically, they barely outperform placebos, which do not have these and many other undesirable effects. CPSD management does not encourage the use of psychotropic medications of any kind. These at best temporarily relieve symptoms, but all too often create a wide number of added symptoms while shutting down the important feedback loop between body and mind to discern what treatments are working and what is not.

Another aspect of CPSD is the unrelenting nature of the surrounding pandemic pressures. Cortisol is a part of the communication system the enteric brain uses to message the cerebral brain. Its needs and conditions are significantly reduced from long-term stressful events. Along with serotonin, cortisol has a significant influence on the development of the brain and its ongoing functions. Although the vagus nerve acts as an intranet system between the enteric heart and cerebral brains, low cortisol levels interfere with the enteric brains' ability to help coordinate homeostasis with the cerebral brain. The longer homeostasis is damaged, the more impact the

presence of viruses, bacteria, and fungal microorganisms can, like Darth Vader, embrace their dark side.

The brain stem's reticular activating system, RAS, is also under attack because of the perpetual attention given to the fear imbued screen images being focused upon. These incessant screen images are burned into the RAS, imprinting itself as an inner picture complete with emotional content. The RAS uses these images to fulfill its function to guide and direct a person's thoughts, decisions, and actions, like a GPS system that directs one's driving.

DNA and Gene Expression

The brain and nervous system are not the only biological elements under siege from electronic bombardment. Each screen interaction sends a signal of its qualia to the receptors of each cell to initiate an epi genetics process. This repetition conditions the DNA to develop new habits of producing proteins. The body is programmed to attain homeostasis and to counteract the relentless penetration of the planetary desperation surrounding it. Gene receptors, such as 5 HT, which modulate the production of serotonin, oxytocin, dopamine, GABA, and other key neurotransmitters, are either up or downregulated by the signals received. This is one of the reasons there has been a massive increase in both self-medicating alcohol abuse, household violence, and suicide. In addition to the distressing electronic signals, the sentencing to imprisonment in one's home and loss of one's business and/or job, the fundamental need for

survival for oneself and one's family, have reached overwhelming proportions for nearly every human being who is not in the top 1% of wealth.

The vast majority feel like a helpless pawn in a horror movie waiting to meet a ghastly end. This simultaneously structures the neural networks of both the prefrontal cortex and the amygdala by its repetition of hopelessness, death, and helplessness. I am certain that should brain scans be available of the before and after on those unable to find a way to cope and contain their anxiety, we would see severely deformed shapes of the cerebral brain. These deformities reflect the massive attacks of mental, emotional, physical, spiritual, and relationship trauma being endured.

Intergenerational Epigenetics

I imagine there will be a Nobel prize-winning opportunity available in the next generation, for a researcher to investigate the epigenetic tags stamped upon the human genes of our planet.

Hundreds of millions of people have been caught in the regional hot spots of high mortality and extensive shutdown. Certainly, areas of Spain, Italy, The United Kingdom, and New York would qualify. There is a pattern in these regions just waiting to be discovered. Rachel Yehuda, a professor of psychiatry and neuroscience at Mount Sinai School of Medicine in New York, examined the Holocaust survivors and their children in a groundbreaking study (Skinner, 2014). She and her team found that children of Holocaust survivors were born with low levels of cortisol, predisposing them to the symptoms of depression, anxiety, numbness, insomnia, and other PTSD symptoms similar to their parents. This happens when long-term stress is experienced, even when the experience was by the previous generation. Her work with war veterans and pregnant women who developed PTSD after the World Trade Center attacks showed them having similarly low levels of cortisol (Skinner, 2014). Children of parents with

PTSD are three times as likely to experience PTSD symptoms if parents suffered these major traumas. This is the emerging field of intergenerational epigenetics.

Epigenetic tags occur when one of a handful of processes occurs. The two most common occurrences are methylation and acetylation. This is when certain enzymes in the cells, created from the trauma being experienced, enter into a cell's nucleus to attach to one or more genes in the DNA, either leaving a mark of its biochemical properties or modifying the shape of the way the DNA is structured (Skinner, 2014). In architecture, as in molecular and cellular levels, function follows form.

Slight modifications in a protein's coiling, folding, texture, or presentation dramatically change the manner in which the genes function. To combat the morbidity of CPSD, we cannot ignore the ancestral predispositions waiting to be ignited. The influences are compelling. In Holland, during World War II, the countrywide starvation experienced extended for generations afterward. When, due to a blockade of transportation of food by the Germans, Hollanders were forced to live on a 500 calorie a day diet, barely enough to survive. This significant trauma clearly left its mark on the DNA of those involved. Investigations of generations twice and three times removed were impacted. Without any possible influence of the traumatized victims themselves, studies uncovered how the victim's grandchildren and great-grandchildren, suffered from eating disorders, depression, and anxiety about food, without any knowledge of what their ancestors had endured.

The work of Dr. Michael K. Skinner explored the intergenerational epigenetic tags even deeper. Through his pioneering work at the University of Wisconsin, he discovered why infectious hot spots occur. He called these regional disease frequencies. (Skinner, 2014). The frequencies of

each disease of certain environments induce the molecular factors surrounding the DNA to direct how genes are turned on and off. He demonstrated how, when DNA replicates, it regenerates any epigenetic tags modifying the DNA's gene sequence. Whatever your ancestors were exposed to can affect your disease or health. What we are exposed to will influence the expression of the genes of our children! This, replication process has been found to go back as far as three generations! It is an undeniable fact that every person who is alive today had at least one person in their family lineage, survive the Spanish Flu of 1918. This means we are all surrounded by third and fourth generation progeny of these survivors. We all likely have the epigenetic marks from not only the Spanish Flu but also from the massive destruction in World War I, the great depression, World War II, the Korean War, the Vietnam War, numerous personal and family traumas, and environmental poisons, community tragedies and natural disasters. Perhaps this explains why we keep repeating the past and never seem to learn from it, the suffering is coded into our genome! The good news is we have the availability of genetic testing to act as a preventive measure for understanding what tendencies are already tagged onto our genome. These diagnostics can guide us for preventive treatment and lifestyle changes if we make this testing widely available. When combined with the considerable advancements made with CRISPR, and its ability to edit the genome to remove the mutations before transferring them to the next generation, new hope can sprout.

The Invisible Challenge

It will be sometime before we fully understand the long-term impacts of CPSD. Even those who seem to have fared well and move forward in their lives, showing few signs of any disorder, the foundation of this trauma has been implanted at deep cellular, subconscious, and unconscious levels. I expect this will lead to many delayed reactions once the levels of distress heighten due

to any economic uncertainties or difficulties encountered over the next few years. This may be triggered by the annual influenza season, new outbreaks reported in foreign countries, or even from the allergy season when stuffy noses and coughing become common. Because of the trauma's chronic nature, it will be provided many opportunities to resurface while the subconscious mind maintains a vigilance to avoid any threat quickly.

Overcoming the current pandemic does not end the contagion of fear caused by it. The planetary economic impact has caused devastation for billions. This debacle will have lasting effects for years to come. There will be devastating consequences many times greater than what the virus caused to sicken and kill. Already, these telltale signs have emerged. Although we are at least a year away from the eradication of this viral invader, the effect of CPSD has taken its toll.

Suicide, domestic violence, panic, anxiety, and depression have soared. Substance abuse and obsessive screen fixation have created massive disassociation from our body, from each other, and from Nature. The levels of uncertainty about the future have reached such devastating proportions that millions have felt a veil of hopelessness and loss of faith. Many find it difficult to leave the confines of their homes. Others cringe at the notion of human contact like the plague!

Meanwhile, millions of ill and diseased individuals suffering from heart disease, cancer, and a wide spectrum of serious conditions, are refusing to go to their doctor's office and hospital. Multitudes of pregnant women or those wanting annual checkups are terrified of breathing or being touching by doctors, nurses, or orderlies who have been in any proximity to infected patients.

Pandemics are unique kinds of trauma, for you do not have a visible victimizer. Natural disasters often give warnings of earth tremors, heightened winds, or surges of ocean waves. A tornado gives little warning, but there is an awareness of changing atmospheric pressures, locations, and seasons that can prepare you for what is coming to permit you to find shelter for safety. And despite how destructive a tornado can be, its life cycle is minutes, not years.

With the pandemic, we are on constant alert in all our daily interactions. The perpetrator can be transmitted from someone's breath, touch, or casually waiting for you on a countertop, a delivered package, an item on a supermarket, shelf, a piece of fruit, the silverware you are using, or the food you are eating. Current directives from the health departments encourage the development of OCD habits for washing hands, clothes, and every object entering your home. The exponential rise of those with germaphobia will change the mores and customs of every group interaction. Buffets and self-serving soda stations will be a faded memory. Close quartered restaurants and seating arrangements in movie theatres, sports stadiums, and airplanes will undergo massive rearrangements. All of this is likely to cause major increases in costs as the economics of scale are reevaluated. Like the greetings of kisses on each cheek, to say hello, our cultural identities have been forever shattered.

Reversing the Stress Disorder by Creating Balance

To attain and sustain well-being and feelings of empowerment, it is essential for there to be a coherence between each of the three brains, cerebral, heart, and enteric. Excellent research by the HeartMath Institute and others has shown the creating of coherence between the heart rate and brain waves produces enhanced wellness and improved emotional states. This is a wonderful step forward. (HeartMath, n.d.) Yet, it is essential to ensure the enteric brain is likewise in coherence. Although there is no current device to easily measure the electromagnetic waves of the enteric

brain to measure the coherence levels with the heart and cerebral brains, I have used a simple technique to ascertain this (HeartMath, n.d.).

Using a therapeutic model, I developed in the Science of Quantum Embodiment, QE, the cerebral brain is designated as the instrument of reason, the heart as the medium of love, and the gut as the monitor of survival (Sheen, 2016). Clients are asked, (QE does not use the term patient for a variety of reasons) to visualize their near-term future and notice how their body reacts. We assess their breathing, sensations in the heart, and feeling in the gut. They are directed to embrace these combined responses by embodying a posture that represents them. This gives us a truly clear idea of what level of alignment currently exists between the three brains. It is important that this is an organic demonstration and not one “performed” to show how they want to feel, hope to feel, or believe they need to show another how strong they are, as many have trained themselves. The level of denial of how the body really feels is how the ego keeps one from looking within to heal the repressed emotions they have trained themselves to avoid (Sheen, 2016). Once a client’s authentic emotional state is exhibited, the final steps are implemented. First, to notice the depth of breathing, or lack of it, and next to have them state what word or phrase arises in their mind as they maintain this embodiment for thirty seconds to a minute. The tone of their remarks and the level of intensity in what they share are essential. Some only reveal past training of what many have learned to only share what they believe they are supposed to affirm (Sheen, 2016). If the tone of their voice does not match the expression of the words, feedback is shared to have them embody the tone’s quality, instead of the words themselves.

The quantum embodiment of this process provides the practitioner with the test results necessary to diagnose and identify the body-mind protocols that are best suited to the client to begin CPSD recovery.

The Challenge of Healing

In 1918, when the last worldwide pandemic brought our planet to its knees, it took years to recover the basic foundations of what it means to be human. Causal touching was forbidden. Joining together in a group setting, at school, work, or in a restaurant or at church, shopping, or at a sporting event was slow to return. Even having a picnic or a gathering of friends at the beach had many ill at ease. Already there are reports of shoppers violently expelling those who are not wearing a mask while shopping. There is certainly an extraordinary madness that crowds exhibit when real or imagined dangers are circulating amongst these groups that could escalate to tragic beatings and lynching's as it did during the Spanish Flu pandemic in America (Fleury, 2019).

Social intimacy and connectedness, are essential for the healing process to progress. These are the human experiences that give us a sense of love and happiness and meaning and fulfillment. They are the foundations of our cultural identity and vital elements for health and wellness. These are the “passages” of strengthening our humanity and healing the fractured images latent with fear buried inside our brains. The Quantum Embodiment processes addressing this recognize the vital importance of this and address it in its protocols in a large segment of its strategies (Sheen, 2016).

The signals from our environment and the interpretations from our mind, build the neural networks in our brains, and catalyze our cells and their DNA to reflect the coded messages received. This feedback system has been developed and fine-tuned over millions of years. It

functions to tune in to the quality of the vibrational energies received to determine if you are safe and comfortable or if you are threatened and stressed. In neuroscience, these are termed “qualia” and are the basis of every feeling, thought, and belief you have. You are the Experiencer that acts as an interface to the qualia you receive. Through your consciousness, you give the inflow of each energy signature, all the meaning they have. Your brain processes the entering signals to notify your DNA how to respond, interpreting them through the electromagnetic field of consciousness that surrounds you. It is this matrix of energetic systems; that connects you to the quantum field from where it emerges. These fields are held together by a continuing orientation to the surrounding fields of society, which develops and records them to create collective memory systems.

It is these realms of interdependent constellations; the most troubling aspect of our current situation creates turmoil. Dr. Aydin points out in an insightful paper about collective trauma that it is “the direct assault on the continuity of individual and collective identity...(how) the world will never be the same again.” (2017). This can shatter the inner sense of feeling safe and protected in our homes and community (Aydin, 2017). There is an innate human need to feel contained in something greater than our personal space. Like a mother holds her baby in her arms providing feelings of love and support, we all need to feel the foundation of our collective identity as a foundation that upholds in our community to feel safe and nourished like a nursing child. When there is a breakdown of It is addressing these shifts in consciousness that the CPSD Recovery Program uses a variety of mnenotechnologies to create improvements in consciousness and nature. This approach works to enhance the qualia experienced, to restore health to the brain, the cells, and DNA, which is itself a community that has been disassembled. This both prevents

relapse while modifying and eradicating the inevitable mental, emotional, and physical consequences which this pandemic has catalyzed.

This is why the Science of Quantum Embodiment, QE, addresses the wounds of consciousness at each of the different levels of mind, emotion, body, spirit, and relationship, to return a sense of containment (Sheen, 2016). First, you search within yourself to face, embrace, and replace any remnants of suffering that was instilled in their mind and body to reground them to their surroundings in nature and restore their feelings of aliveness in their body (Sheen, 2016). Next, attention is placed on their family to reconnect and remove embedded obstructions, to restore the connections of the family unit. Afterward, disruptions in your local and global community are reunited. Finally, with whatever the client's belief system entails, they are helped with reconnecting to their Creator (Sheen, 2016).

QE tracks the clients' innermost needs to satisfy their innermost yearnings, to implement a multidimensional approach. This aligns with Dr. Aydin's model for healing by recognition, processing, and sublimation to "forget the unforgettable" (Aydin, 2017). These steps are in tune with the QE approach, which includes the use of Nietzsche's active forgetting, for rebalancing what was collectively destroyed between the past and the future. It is vital that while reconstructing their foundation of interconnectivity to external existence, we address the client's internal realm of dreams and nightmares, feelings of being free and held captive, experiences of connection and distancing, desires for self-control, and handling of authoritative mandates. Hypnotherapy and constellation therapy play important roles in helping clients process these deeply seeded roots in the subconscious and unconscious minds (Aydin, 2017). Often, these seeds were planted in earlier generations and created crippling epigenetic tags. They lay dormant waiting for germination from the needed internal and environmental stimuli.

Pandemic Healing, Then and Now

It should be noted that after the Spanish Flu, mental health professionals advised and encouraged victims to remain resilient, optimistic, and happy with their lives since the pandemic was to end. Moreover, they asserted that the victims must increase their wisdom throughout their lives, therefore providing a buffer against loneliness and also helping boost resilience in the face of tragedy and loss. (Suzanne, 2018). However, they did not have the ever-present reminders of thousands of impressions per week from daily, online, and television interactions. Resilience and optimism are certainly laudable measures and ones that QE implements to enable a leap forward. QE does not advise and encourage; it helps the client uncover and delete the fear-based programming, which is the foundation of their mental constructs. It helps the client install needed resources into their subconscious minds while training them on how to embody and use them. Specialized hypnotic inductions and meta NLP processes are combined to rebuild fragmented identities and ignite new visions of their future. There is ongoing retraining of the brain, recoding of the DNA, and revitalizing of the mind. Armoring developed during their confinement is replaced with an arsenal of empowering tools and strategies. This enables clients to rebuild their self-reliance and develop new habits for success. Of course, this entails learning how to set boundaries with screen usage while becoming immersed in the flow of the next phase of the digital age. This is done while continuing to reconnect to their body and the surroundings of nature. Being grounded in their bodies and connected to the earth is more essential today than ever. The economies of the world are digitizing, shifting untold power to Silicon Valley, and other hubs of virtual existence. However, if those involved ignore or neglect their bodies' basic needs, their health and longevity are being wagered in a high-stakes poker game where the "house" always wins!

In 1920, Spanish Flu victims were advised to give themselves time to cope with changes in their emotional states (Goldberg & Huxley, 2015). This is essential, and QE encourages clients to give themselves time every day through practice of meditation, mindful activity, and using the body for exercise, sport, and movement. Quarantines generated a major health risk by severely limiting outdoor physical activity. Involvement with nature, whether that be at a beach, park, field, or mountain, is a positive catalyst for the body and mind to experience. The beauty and diversity of a natural environment stimulate the brain's synapse and DNA to break the stagnant virtual patterns of man-made designs and structures. Experiencing the presence of an infinite sky, an endless ocean, and natural wonders of the flowers, trees, bushes, and rocks send signals to the mind/body of the wonder they abide within. Of course, active movement to deepen respiration and improve biochemical circulation are essential as the lymphatic system does not have a pump like the heart or lungs to discharge toxins. The lymphatic system depends on movement to rid the body of toxins, waste, and other unwanted materials. Its primary function is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body. Surely, there is a way community planners can create a schedule to satisfy their social distancing policies while allowing families living together to have opportunities for outside activities.

Prevention of the circumstances that magnify the traumatic effects of a pandemic is essential for understanding the challenges that lie ahead in dealing with CPSD. Certainly, perhaps more far-reaching than all aforementioned, is what Aydin and Nietzsche's state is fundamental for healing, "how to forget the unforgettable collective trauma and to release negative emotions and ideas generated by collective memory." (Aydin, 2017). This is the core of what all CPSD therapy needs to be targeted. To forget is to release from active memory and no longer be disturbed by what happened in the past. To forget is to reframe the wounds incurred and the scars that have

remained, to perceive them as signs of growth and development of challenges met and opponents conquered. To forget is to forgive, as to forgive is to forget. It is a reorientation to what was once a cause of pain and suffering, to know you have survived it and learned a helpful lesson that life has taught you to prosper in our brave new world.

I have always been amazed at how the full implementation of the forgive and forget steps has positively transformed the physical, emotional, and mental conditions of any trauma. At some level, all traumas are collective, although that may be limited to a family, group, or community. Helping a client release forgotten and buried memories of the personal and ancestral history is a great joy I have working in this profession and the one that drives me. Watching a client access the untapped power of the different levels of their mind to reshape their brain, recode their DNA, remove epigenetic tags from generations never met and open forgotten channels of awareness is exhilarating.

Moving Forward

We must not ignore how quarantine has created a sense of entrapment, a feeling of being imprisoned, and losing a sense of freedom. This has been particularly difficult as a large percentage of those identified as having coronavirus are atypical and present no symptoms. Unlike the Spanish Flu, whereby those aged twenty to forty were the most likely to die from contracting the virus, with the elderly having a much higher survival rate, COVID-19 is the opposite. The death rate of those below forty has been 0.2% and those 70 to 79, five thousand times higher at 8%. Those 80, over seven thousand times higher at 14.8%. Of course, as would be expected, those with heart disease have a 1000% increased likelihood of dying versus a healthy individual. Those with diabetes, chronic respiration disorders, high blood pressure, or

cancer have an increased likelihood of dying from the coronavirus. This has caused a major conflict in many countries, especially the USA. It has resulted in massive protests for the vast majority being denied their rights for life, liberty, and the pursuit of happiness even if it did mean risking getting infected.

In some countries, the government has been effective in suppressing any dissent. They perceive those who have an excessive desire for liberty and freedom, as did the psychiatrists in the 1850s who labeled this desire *dysesthesia aethiopica*. This allowed them to punish and brutalize slaves who had this “mental instability” and tried to run away to the north while imprisoning them. This portends to extend the damage of CPSD for generations to come as the distrust of citizens results in the loss of confidence in their government even more. This destroys national identities and is a collective trauma with a substantial price to pay.

Many of today’s authoritarian regimes that have already conditioned their population to a certain level of subservience, have fared much better with cases and deaths per thousand small fractions of the US rate. Others, like where I have been quarantined in Peru, have not seen much in the form of protests. A portion of the population of the economically poor, who are living hand to mouth, have had no choice but to find a way to do something to survive social distancing be damned.

These aspects of CPSD must be addressed for the more frightening the vision of the future society holds, the longer the mental, emotional, and physical burdens of the pandemic will multiply. An insidious part of the COVID-19 pandemic is how the country’s populace is not united towards an outside enemy. In a war, a countryman focuses on a visible enemy to vent their anger and rage towards. In 1919, President Wilson did this to the extreme, with his policy

of “ruthless brutality” (Sutch, n.d.) Those who did not support the war effort by buying Liberty Bonds were often beaten and at times, lynched. Wilson went to such extremes as creating the American Vigilance Patrol to spy on neighbors and have neighbors spy on each other. As disgusting and unconstitutional these actions were, it did create a coherence that focused our country on a tangible enemy, the Germans. Who could have guessed that the same fanatical attitude that summoned millions in the army and an entire country to unite behind them, would also be a major contributor to the massive casualties of the Spanish Flu? Of the 116,516 troop deaths, 63,114 were due to the Spanish Flu, and 53,402 were killed in combat. Yet this does not tell the entire story, the returning soldiers were the major distributors of the disease throughout the country as they returned in droves back to their homes, infecting every state and city they visited. Over 650,000 would die in the US because of this (Reperant & Osterhaus, 2017). Unlike a pandemic, in the case of a natural disaster, it strikes and is finished. Despite how the devastation of it may remain for some time, communities unite to overcome the destruction, embracing each other in gratitude to have survived. This is not the case in today’s crisis.

Unlike the Spanish Flu outbreak 1918, the dissemination of information has gone to the other extreme. Similar to 1918, businesses have been shut down, and freedom limited without the consent took of voters. Certainly, there is a large percentage of people thankful for the government’s interventionist policies. However, does this solve the problem or create a bigger one? It is not my purpose to answer this question in this paper, but it is my purpose to examine the contributing factors of CPSD, and this certainly needs to be considered. The effects of these decisions will seep into the minds and bodies of every human alive. Taking away a citizen’s freedoms and subjecting them to imprisonment in their homes is a drastic act. Forcing the closure of businesses and preventing social interactions using an authoritative command “This is for

your own good and for the good of the country,” smack of the totalitarian regimes our soldiers have given their lives to prevent. The cultural identity of “the home of the brave and the free” has been forever tarnished. Should there have been this type of action in the 2017-2018 influenza outbreak that infected 45 million and caused an estimated 91,000 deaths in the US and 650,000 worldwide? (Reperant & Osterhaus, 2017). What is the benchmark to be used to declare “the hell with life, liberty, and the pursuit of happiness” do what we tell you, or else you will be severely punished?

Every country has responded differently, and depending upon one's beliefs, they either aligned themselves with one political philosophy or another. Yet regardless of how one leans, we cannot ignore the collateral damage occurring that may cause many times the deaths that the coronavirus is being attributed to. Urgent surgeries, cancer care, kidney dialysis, control of HIV, tuberculosis, polio, and measles are all being ignored. Trust in the “white coats” of the medical profession has been associated with the mounting death tolls, and annual checkups to prevent illness have been forgotten. Why hasn't our medical establishment prepared our communities for certain major viral outbreaks? These aren't new. The SARS and Ebola and 2017 Influenza epidemics or others made us aware of these possibilities (Reperant & Osterhaus, 2017). Today, in one of the richest nations in the world, our healthcare system ranks number twenty-six!

Concurrently, there is a famine of biblical proportions in different parts of the world that is not being addressed and is expected to bring an additional 26 to 135 million people to the brink of starvation with over one million children and 56,000 mothers dying (Bauer, 2020). Is this not reasoned enough to reassess what and how we as a nation and we as a world approach healthcare?

Conclusion

CPSD provides us with many opportunities to heal those infected with coronavirus, with fear, and without a loss of freedom. Surely, we can create a means for placing a cocoon around high--risk individuals without a ball and chain around those in low-risk categories. Perhaps it is time we create a new wellness infrastructure that demolishes the old pharmaceutical, medically inept driven system we are drowning in. Furthermore, create new leadership to build a system based on preventive health, individual, familial and community responsibility and local clinics that worked so well in Costa Rica. It is time we model success and not let the “experts” who failed, perpetuate a fear based CPSD atmosphere. It is time we upgrade our democracy to integrate online systems, to have voters decide at a statewide and national level how and when government intervention can be allowed. A major driving force of many countries’ lockdowns were the projections of the World Health Organization of upwards of five million people that would die from coronavirus. At the time, no one questioned them. Now it certainly appears extremely exaggerated and happily farfetched. Many of the original estimates of over two million deaths in the US also appear to have had no basis in reality. Thank goodness! However, it was these projections that provoked our government to seize power to institute authoritarian measures. Their policies have caused massive damage to the twenty-five million newly unemployed in our country and the million or more businesses that were closed and will never reopen. As Abraham Lincoln pointed out, *”A house divided against itself cannot stand.”*

I hope by examining our pandemic from a CPSD perspective and utilizing the specialized protocols established to reverse these symptoms. Winston Churchill once shared, *“It is no use saying, ‘we are doing our best.’ You have got to succeed in doing what is necessary.”* Let us do our best together. It is necessary for us all.

I will share the effective protocols detailed in my course entitled Recovering From CPSD. This helps people “forget the unforgettable” and to use their experience as a stepping stone to reconnect to their bodies, their friends, workers, and communities to restore resilience in building a successful future. Each of the tools and strategies taught help participants become self-reliant for enhancing their immunity levels to optimal health and strength. They are trained and prepared for whatever biological and emotional challenges our country or our planet will confront next. The time to begin is today, to work toward a more unified world for greater wellness, peace, and cooperation between states, countries, and ideologies. We all share this planet, and, unlike any other time in our history, share in the outcome of Earths destiny.

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