

COVID-19 and Hypnosis



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“It is a common belief that we breathe with our lungs alone, but in point of fact, the work of breathing is done by the whole body. The lungs play a passive role in the respiratory process.”

— Alexander Lowen, from *The Voice of the Body*

Totalitarianism

The pandemic crisis has handed governments sweeping, authoritarian powers because the people need governments to coordinate economic, social, and medical services. This will amplify the character of governments: good governments will get better, bad ones will get worse, bi-partisan governments will become more collaborative, and sectarian ones more combative. There will be good decisions, bad decisions, heroes and villains. There will be plenty to be thankful for and plenty of corruption. As is usually the case, the time to make this better

was long ago.

The pandemic has also handed the medical establishment total healthcare powers mostly because they have authority, power, and money. This is not due to their having all the answers or sufficient resources because, in fact, they have no answers and they don't have enough resources! Let's look at just a few issues with the objective of getting to the topic of hypnosis.

Healthcare authorities advocate testing for reasons of epidemic management and monitoring. This does not tell people what to do or inform them of how serious the threat is. They have been told what to do: isolate, and they know how serious the threat is as that's measured by mortality, not infection. You don't need to test the dead people.

Testing enables authorities to demonstrate to the population and politicians that they should do what they should already know that they should do. This is not a cure for the disease; it's a cure for foolishness. Granted, however, in a population of the foolish, foolishness is the first vector of contagion.

Healthcare authorities have been and have not been and have sometimes been advocating social distancing, quarantining, shelter-in-place, disinfecting, avoiding touching oneself or others, cloaking, masking, and covering because, we've been told, the virus is transmitted by touch, droplets, and air and can live on surfaces for days. This has been a confusing quagmire of contradictory, inconsistent, unknown, and misleading information.

The only logical connection between the mode of transmission and the suggested measures is isolating people. Shelter-in-place appears to be the only measure that has bent the curve of the population rate of transmission. By themselves masking, covering, cloaking, washing, and disinfecting did next to nothing on the large scale. These measures don't work unless they're flawlessly put into effect.

Today I stood in a line of 60 people, properly separated, and I would have waited 40 minutes breathing everyone else's air and moisture if I hadn't been disgusted by the farce of it all, returned my groceries, and left. Social distancing allows too much leakage.

On the small scale of individual protection, a full armamentarium of germ isolation can protect the few medical professionals able to maintain it, but this Hazmat-suited level is unavailable to the rest of us, and increasingly unavailable to the frontline providers, too.

Sick-Care Is Not Coming to the Rescue

So what do the healthcare authorities have to offer us? They haven't been able to test for it, they can't stop it, and they can't cure it. Also, if you've been reading carefully, they can't diagnose it symptomatically, as COVID-19 is not only respiratory but gastro-intestinal, and presents in other forms, such as various organ failures.

Why are we calling for direction from our doctors, clinics, and ambulances like children following the pied piper? Perhaps lemmings might be a better metaphor. Why? Because in the more severe cases, they can save your life of course! But can they?

It turns out that half of those that need to be put on a respirator don't respire, they expire. Just like the time to fix the political system was before it falls apart, the best time to secure your health is before you lose it.

I am not impugning the integrity of the medical system. They are doing exactly what they said they'd do and they're doing it as best they can. I am chiding the foolishness of relying on them for healthcare. They are an emergency sick-care system and, if you're not yet sick, then you would do better if you made plans not to get sick or — in the likely event that you will get sick — not to get so sick.

In a previous post, I endorsed measures to boost your immune system, which I continue to endorse. Here I want to address the issue of survival, which is more about strength than immunity. If immunity is tantamount to how to avoid a sinking ship, then survival is about what to do when it sinks.

Dying

Let's get down to business. How are you most likely to die from COVID-19? It seems to be one complication or another having to do with a failure of your cardio-pulmonary system. Either you can't respire and drown outright, or you exhaust your energy and die trying. The respirators might save you if you're exhausted, but they can't help you if your lungs have failed entirely. Might there possibly be some other way of approaching this endgame? At this point, you've got little left to lose.

First of all, people don't just drown because they sink. They sink because they can't swim, so staying afloat is really your first means of protection. Respirators are breathing tubes for sinking people. How about throwing people a life preserver? What would that mean?

Scuba diving is a sport whose first rule is not to drown. It relies on two primary skills: swimming and breathing. The first involves muscles and the second lung power. Both of these are quickly learned.

If you've ever exercised you'll know that you become sore and, in a couple of days, you get stronger. Amazing, isn't it? If you've ever done any diving — granted, most people have not, but if you did — you'd know that you can quickly expand your lung capacity. A good scuba diver will use only half the air of an unskilled diver, and they can execute exactly the same maneuvers. Part of that is because they use their muscles less, but part of it is also because their respiration is more efficient. Their lungs work better.

Now, I'm going to make what will seem like an outrageous suggestion for everyone: get serious

exercise now, and exercise your breathing! Spend an hour each day getting cardio-pulmonary exercise. Can you imagine the uproar that would ensue if the government required this? Imagine being forced to actually learn to survive! What an unprecedented invasion of privacy! Would it be too much to expect this to be recommended?

Hypnotism

I will now take a hook-shot by introducing hypnosis.

Being calm lies at the root of not drowning. First, the reason you have liquid in your lungs is that your immune response has gone haywire: the liquid that is drowning you is your own. If you know anything about the behavior of a drowning person you will know that they effectively doom themselves by not knowing what to do, and by exhausting themselves doing the wrong things, not unlike your immune system. If you could hypnotize a drowning person to cease their panic and float, they wouldn't drown.

I'm going to make another outrageous suggestion — more outrageous than the last one — which is that by hypnotizing your immune system to relax it might not fill your lungs with water. You can say that's ridiculous, and it might be, but hypnotism does some amazing things because people can do some amazing things, a lot more than they're told they can do, and gaining some control over one's immune system is well within the limits of what's possible.

If we expect 30% of the world to contract COVID-19 and 1% of those to die — which is optimistic — then 20 million die. If hypnosis could relax the immune reaction and save 1% of these, 200,000 would live. The effect could be ten times that number, and, in addition, survivors would get better faster.

But there's another benefit: a relaxed person needs less air. This is half of the magic of a successful diver: you learn to exert almost no force when swimming as all your unused muscles are limp. A drowning COVID-19 patient is going to be struggling. They're afraid and they're gasping for air. Struggling is not helping, but it only seems rational.

Hypnosis isn't rational. You can sweep away any level of pain, and separate yourself from any reality. It is actually quite easy to hypnotize a person into a level of deep relaxation, and in this state, your muscles will not consume much oxygen or produce much CO₂.

I don't know how much pressure this would take off your strained cardio-respiratory system, but it could have some significance. What if it lowered your respiratory requirement by 10%? Would that mean that 10% of those who would otherwise suffocate would survive?

Airways

There are my two suggestions for seriously ill COVID-19 patients: relax the immune response, and relax the body's need for air. Toward this end, I will write two hypnotic inductions which I will

read and record in MP3 audio files that you can download and teach yourself for the everyday, low price of... nothing.

I'll call the first one "Airways," and you can get it by pressing the blue button below, or by going to the [Products and Services page of my website](#). As I say, you must buy it for nothing, as I want to know who you are and how many have responded. By doing this, you are putting yourself on my mailing list — from which you can remove yourself at any time — and you are scheduling yourself to receive, more or less immediately, a link to the MP3 audio file titled "Airways."

Please tell others about these suggestions. I believe it could save many lives.