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~~ Award-winning author and cell biologist Bruce Lipton

Dear friends,

Renowned cell biologist Bruce Lipton, author of the landmark bestseller *Biology of Belief*, is one of my personal heroes. His meticulous research has shifted the paradigm around genes, showing that our beliefs and emotions can have a significant effect on our genes, thus proving that who we are is not determined by our biology, but rather by a combination of our biology and our beliefs.

In the article below, Lipton invites us not to buy into the incredible fear around the Coronavirus being spread by the media, governments, social media, and more. Read his thoughts and [this *Washington Post* article](#) to understand why I have much more concern around the fear mongering with this virus than the virus itself.



According to the [most recent update](#) (Mar. 7th) of the U.S. Centers for Disease Control (CDC), "so far this season there have been ... 22,000 deaths from flu." **Compared with the Coronavirus that started in China in December, far more people have died both worldwide and in the U.S of the regular flu, of car accidents (40,000 deaths/yr in US), and even of hospital-related errors and infections (250,000 deaths/yr in US) than have of the Coronavirus. Should we quarantine ourselves during flu season and also ban cars and hospitals?**

When the agenda being promoted is "social distancing," with an underlying message "fear those around you," there is very good reason to suspect something is off here. Do we really want to give in to all the fear being promoted worldwide? Caution is beautiful and useful, yet does fear really serve us? What if the greatest protection we can give ourselves is choosing fear over love at every opportunity?

With best wishes for a transformed world,
Fred Burks for [PEERS](#) and [WantToKnow.info](#)
Former [White House interpreter](#) and [whistleblower](#)

Note: For two other excellent articles which put the Coronavirus in perspective, see [this compilation of data](#) I put together and [this excellent essay](#) on the virus is being used to promote the surveillance state. Lots more from reliable sources on selling fear during virus scares is [available here](#).

Coronavirus: Do Not Fear the Bogeyman

By [Bruce Lipton](#)

March 10, 2020

Dear Family of Love and Seekers Everywhere,

The world is currently gripped in fear of the scary coronavirus. Let's first get one fact clear: If you have ever had a cold or flu in your life, odds are that it was the result of a coronavirus infection. Yes, coronaviruses cause colds.

But, we are being programmed with the belief that this particular cold virus is "deadly." This fear has shut down concerts, conferences, and major public events all over the world. The fear has led to quarantines and closing down of international travel. It has even led to a major scarcity of toilet paper in Australia, where concerned citizens emptied the shelves of this commodity in anticipation that they will be walled up in their homes with this infection.

First, how deadly is this version of the virus? **Yes, there have been corona-related deaths reported with the statistics suggesting that ~2% of the infected population dies.** Wow! That number is almost 1% more deaths than are attributed to any conventional flu the world experiences. What is misleading is the fear that everyone who carries this virus may die from their cold. This is simply untrue! **The health of almost all the victims of this coronavirus was already compromised before they were infected.**

For example, the following information was provided by the news in regard to the 6 patients that died of the virus in the state of Washington last week (I added the bold print):

Washington State

Six people have died in Washington and health officials have identified 18 cases.

Four of the cases in King County were linked to the Life Care nursing facility in Kirkland. More than 50 residents and staff at the facility are being tested.

The deaths announced Monday, according to health officials, included:

-A male in his 70s, who lived at LifeCare. **He had underlying health conditions** and died Sunday.

-A female resident of LifeCare in her 70s. She also **had underlying health conditions** and died Sunday.

-A woman in her 80s, who **was already reported as in critical condition** at EvergreenHealth, died Sunday.

-A Snohomish County resident at EvergreenHealth also died but details of that patient have not been given.

Two previously reported deaths included a man in his 70s who **had underlying health conditions** and had been a resident of LifeCare. He died at EvergreenHealth on Feb. 29. The other was a man in his 50s **with underlying health conditions**. He was admitted with serious respiratory issues and tested positive for the virus. He died at EvergreenHealth Medical Center in Kirkland.

As emphasized in this report, the health of all those that died with the coronavirus was already compromised. **Healthy people get cold and flu symptoms, while those already sick and near death's door may experience the "Grim Reaper" when infected by the virus.** True, sick people are more vulnerable to the virus; healthy people really have nothing to fear.

As presented in *The Biology of Belief*, **stress is responsible for up to 90% of illness**, including heart disease, cancer and diabetes. When an individual is in stress, the release of stress hormones (e.g., cortisol) shuts down the immune system to conserve the body's energy for running away from the perceived stressor, that proverbial "saber-toothed tiger." Stress hormones are so effective at compromising the immune system, that physicians therapeutically provide recipients of organ transplants with stress hormones to prevent their immune system from rejecting the foreign implant.

The conclusion is clear: The fear of the coronavirus is more deadly than the virus itself!

The media (perhaps in conjunction with the pharmaceutical industry) is compromising people's health using the fear card! This is the result of negative thinking (the nocebo effect) which is the complete opposite of the placebo effect manifest through positive thinking! If you make efforts to stay healthy, with good nutrition, exercise, taking vitamins and supplements, and more importantly, avoiding stress (e.g., the "fear" of the virus), even if you do get infected with the virus, you will likely only end up with a cold and/or slight fever.

If you are someone with a compromised immune system, it is supportive to surround yourself with loving family and friends, nature, and positive thoughts as well as any other nutrition and vitamins that you may already be taking for your health and wellbeing. Following your intuition about what is best for you is key! The point here is that no matter who you are and what your state of health, you will only benefit from steering clear of the fear and supporting yourself in whatever way feels best to you.

Please remember the truth of quantum physics, the most valid of all sciences on the planet: *Consciousness* is creating your life experiences! Are you being conscious of disease ... or of health? Wishing you all Health, Happiness and Harmony.

With Love and Light,
Bruce H. Lipton Ph.D.

Important note: For two other excellent articles which put the Coronavirus in perspective, see [this compilation of data](#) and [this excellent essay](#) on the virus is being used to promote the surveillance state. Lots more from reliable sources on selling fear during virus scares is [available here](#).



Finding Balance: WantToKnow.info Inspiration Center

WantToKnow.info believes it is important to balance disturbing cover-up information with inspirational writings which call us to be all that we can be and to work together for positive change. For an abundance of uplifting material, please visit our [Inspiration Center](#).

What you can do:

- [Contact your media and political representatives](#) to inform them of this vital information on the Coronavirus. Urge them to study and bring publicity to this important topic. Invite them to read this article and explore the links included.
- Explore our excellent [Health Information Center](#) filled with reliable resources and links to key revealing [health videos](#), essays, [news articles](#), and much more.
- Explore inspiring ideas on how we can work together to create a [new paradigm](#).
- Learn more about major health cover-ups which put your health at risk and other ways to improve your health in [this lesson](#) from the free [Insight Course](#).
- Spread this news on the Coronavirus to your friends and colleagues, and bookmark this article on key social networking websites using the "Share" icon on this page, so that we can fill the role at which the major media is sadly failing. Together, we can make a difference.

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