

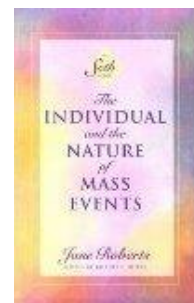
A Metaphysical Meta-Analysis of Covid-19: Or How to Appreciate the Deeper Message of this Global Event



In the grander scheme of things, covid-19, like any seemingly negative experience that appears to simply ‘happen to us’ through chance, is in actuality an event of great benefit to us all. I’m aware that this statement is difficult, if not impossible to accept if a loved one has recently succumbed to the virus and returned their personality’s attention to the nonphysical plains of existence. However, my promise is that by the end of this somewhat lengthy post, whether directly affected or not, you

will come away with a keener understanding of this co-created mass event, a deeper appreciation of those that have left us during such mass events, and perhaps even transmuted any fearfulness into a feeling of excitement for our immediate future.

When I started my Blog back in the December of 2015 **its aim was to bring the reader a greater awareness of the deeper psychological issues that bring about the creation of an undesired reality—whether a personal reality, or one that we collectively co-create.**



My reason for starting it came when re-reading a Seth book entitled *The Individual and the Nature of Mass Events*¹. The Seth material had already made me aware that we are currently living in an era of profound “change” in the evolution of our species. Specifically, a change in the very foundation, or “vibrational frequency,” of humanity’s collective consciousness. The *Nature of Mass Events* book provides a deeper wisdom on *why we create undesirable realities for ourselves during times of change.*



Seth’s projection of the probable end time for this particular (there will be others) shift in our consciousness was around the year of 2075. I know, a bummer, if like me you’ve waved goodbye to 55! But for our new millennium children, in particular those being born right now, 2075 will be a time when they will be in peak physical and mental acuity, able to contribute their unique talents to a world far advanced in its spiritual connectivity and its physical interconnectivity.

Seth teaches us that any changes to the reality we experience begin “first” in the psyche. The psyche being an indescribable “area” within

consciousness where each of us has a room within a 7.8 billion roomed (extending as we speak) hotel called **The Grand Human Psyche**. The psyche's area extends and expands far beyond the GHP hotel, which is to say that the human psyche is but a portion of this mysterious territory within consciousness.

In the GHP we are each responsible for our own room's décor—which we create from the palette of beliefs we hold about our 'Self.' Naff décor? We can sort this out by **changing our thoughts** (how 'I' think), which in turn can move us (usually quite slowly but in a crisis quite rapidly) **to change our beliefs**.

The façade of the GHP hotel reflects the consensus view on what beliefs we hold to be most valuable—beliefs we currently regard to be 'true for all.' Or if you like, beliefs that are presently in fashion. Naff or outdated crumbling façade? We can sort this out by changing the way 'WE' think.



Setting the coronavirus crisis aside for the moment, in view of the overall global crisis—climate change, political upheaval, people displacement, economic uncertainty, etc., etc.—we need to think quickly and seriously about our entire collection of beliefs.

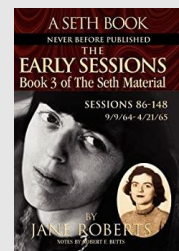
This is crucial for us all to understand, because it's our collection of beliefs about anything—governance, relationships, spirituality, economics, education, sexuality, truth—that guide the manifestation of our realities in these core thought-provoking areas producing the overall consensus reality of our experience.

Alarming, fearful, and traumatic manifestations, that is, anything we deem to be undesirable or negative in nature—such as a natural disaster or epidemic—is in actuality a crucial moment in our learning about ourselves.

The deeper truth is that negative events are telling us what we need to change in our psychological makeup (primarily our beliefs) before we can fully appreciate and express ourselves. And this is true for the individual 'Self' as well as the collective 'Self' of humanity. Seth reminds us:

However it is your duty, and the duty of every individual insofar as it is within his power, to maintain his own psychic health and vitality; according to the strength of this vitality he will protect himself and others. Negative expectations, far from protecting either the individual or those with whom he comes in contact, will actually, to a greater or lesser degree, turn as destructive as any epidemic.

(The Early Sessions: Book 3 of The Seth Material. (Jane Roberts) Session 143, p.310.)



Changing the naff façade of our Grand Human Psyche hotel begins by each of us taking some my-Self time to contemplate and identify the naff elements in our own room's decor. Clues as to

what might need a makeover are revealed by the core “natural principles”² being put to the test by the coronavirus pandemic—Compassion (being kind to those in need), Gratitude and Appreciation (for what really matters in life), and Cooperation (with others in overcoming a crisis).

Image by [Michael Gaida](#) from [Pixabay](#)

A sweet irony stemming from the enforced isolation imposed by many governments, is that we can all use this time to go within (our room) and look to any beliefs we harbour that prevent us from being kind and considerate, grateful and appreciative of what is of joy in our lives, and reticent to being cooperative.



The Covid-19 mass event is but a prelude to further traumatic mass events stemming from the necessity for humanity to thoroughly refurbish its psychic hotel. Traumatic events are the physical ways in which we choose to awaken ourselves to what needs changing. For the individual, this might be a dream where the curtains are on fire—waking us up to the fact we always have them closed to the powerfulness of our own being. In the collective dream, the GHP hotel is experiencing an earthquake—waking us up to the crumbling façade of what we project as the essence of humanity. The clue to what’s happening at this time is in the word ‘earthquake.’ The Earth, Gaia, is quaking under the strain of humanity’s un-natural weight.

From psychic [Yasmin Ibrahim](#): “The imposed restrictions on your freedom are superficial – restrictions you put on yourself will govern how you cope in this environment.”

Air, Fire, Water and Earth

The coronavirus is masking (sorry!) one of ancient philosophy’s four basic elements of all matter—(all that ‘matters’ in our world)—Air, Fire, Water and Earth. The transmission of Covid-19 is primarily through the *air* with its target organ being the lungs—the physical centre that matters in our breathing—which is of course the primary physical act that keeps us alive. The word ‘spirit’ (Latin ‘spiritus,’ derived from the verb ‘spirare’ – ‘breathe’) originally meant ‘breath.’ I would thus ask you to think philosophically of Covid-19 as an AIR element to our spiritual awakening.

IT’S NO COINCIDENCE:

It’s no coincidence that we are now seeing maps of regions of highly polluted air, particularly in China, miraculously clearing due to the lockdown of industrial production and non-essential transport.

Coincidentally, around the same time as Covid-19 began to emerge in Wuhan, the Australian bush fires were reaching their peak. This FIRE element, devastating as it was to mainly human physical property and wildlife, was another attempt to have us think more deeply about a grander spiritual message—wake up to the bigger picture on what we need to change—the thoughts

and beliefs on how we live our lives. What eventually put out the fires? A remarkably huge deluge of rainWATER helped firefighters get things under control.

Natural disasters to do with water are on the agenda in the coming years. Flash floods, torrential rain, storm surges, tsunamis will all play a part in the great awakening of human consciousness. The boat people crises in Europe and Bangladesh are again preliminary awakeners for us to think and plan carefully for when sea levels rise, and millions of people will be forced to move to safer environs across the world. **Like Covid-19, these mass events are teaching us to come together globally in compassion and cooperation.**

Sadly, cooperation among global governments and institutions has not been on display if we look to Taiwan and examine how they kept covid-19 at bay (2 deaths in a population of 23.5 million as of March 26) through careful foresight in the preparation and investment in safety equipment and avoidance measures. Their approach to the epidemic and how to stay healthy was not widely reported because Taiwan, with its fledgling **new form of democratic government**, is not recognised as a country by the World Health Organisation due to China's opposition. China though, in mitigation, despite the US trashing of their political system, is now demonstrating very real cooperation and compassion toward other countries.

From a [Glen Ford article on opednews.com](#):

Meanwhile China, the society that presents the largest threat to U.S. world domination, appears to have pulled itself out of health crisis through the exertions of its amazing command economy. The Chinese have delivered 10,000 coronavirus [kits to Poland](#) and are "airlifting masks, respirators and other critical supplies" to Italy to make up for Germany and France's refusal to provide these vital medical goods to their European Union partner. Just as China pulled the planet out of the Great Recession, it may also emerge even stronger from the Coronaviris crisis.

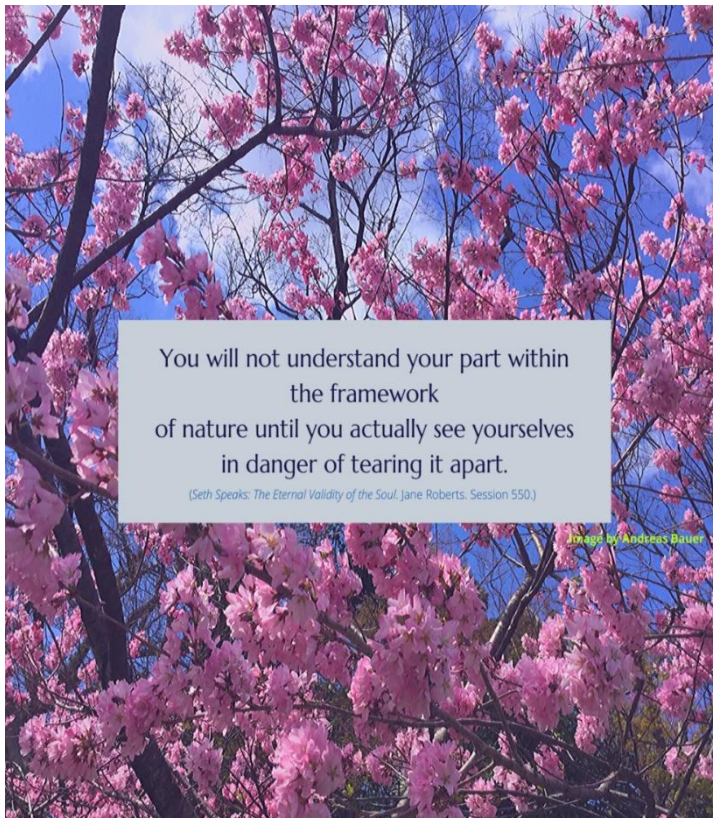
A Coincidental Astrological Aside:

Saturn, known in astrological circles as "The Lord of Reality" entered the zodiacal AIR sign of Aquarius on March 21-22, 2020. It 'retrogrades' back into Capricorn on July 1, but re-enters Aquarius on December 17 where it will remain until March 2023. Aquarius, incidentally, is also called **the Water-Bearer**.

I'll bring in more on the astrological pointers to our collective awakening later, for now, **this from the blog of Canadian astrologer Bill Attridge³:**

But for the next couple of years, you will face the next step in your spiritual evolution as held in the Sign of Aquarius. Whereas Capricorn concerns the fulfilment you achieve by maintaining the “World that Is”, (what your ancestors passed on to you), Saturn in Aquarius demands that you turn around; it shines a light upon the path so that you will consider what comes next, to imagine what your future will be, and most importantly and lovingly, to do this with careful and selfless regard as to what will you pass on to your children, and to their children, and for all who come after you.

Continuing under the header of Air, Fire, Water and Earth



You will not understand your part within
the framework
of nature until you actually see yourselves
in danger of tearing it apart.

(Seth Speaks: The Eternal Validity of the Soul, Jane Roberts, Session 550.)

Image by Andreas Bauer

The final basic element involved with our awakening is **EARTH**. This element includes all forms of matter on the planet’s surface, under her skin, and in her oceans—whether organic or otherwise—what we can collectively refer to as *Nature*. Orchestrating all things in Nature is **the consciousness of Gaia**. As we are an essential component of Nature, human consciousness is intricately entwined with that of Gaia—along with various other ‘levels’ of consciousness within the overall framework of All That Is. Recalling the metaphor earlier, psychologically speaking, we are the Grand Human Psyche hotel situated in the psychic land of Gaia.

Covid-19 (interestingly not a life form⁴) is an invention of Nature, and thus an integral part of the rich interconnectivity that is fundamental to Nature. Many life forms

demonstrate their innate interconnectivity through symbiotic relationships; indeed, symbiosis is Nature’s way of showing us the *natural* (all of Nature) *principle* of Cooperation⁵.

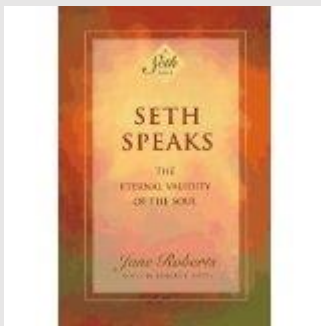
It’s not difficult to imagine what Gaia can do with her earth-body if she needs to reprimand any life form that seeks to take advantage of her supportive personality and giving spirit. Earthquakes, volcanic eruptions, landslides and suchlike are obvious physical and ‘earthy’ attention grabbing actions she can call upon. However, if need be, as was her way with the dinosaurs and some prehistoric human civilisations⁶, **Gaia can always connect with the Nature of the universe**, a

Cosmic consciousness that astrologers for many centuries have attempted to connect with, map, and explore.

From a Cosmic consciousness point of view, the continuing life of Gaia is assured despite any changes she needs to make to her physical form because of imbalances inflicted upon her by the currently naïve and arrogant human race—a life form that mistakenly believes it can ‘conquer’ Nature. A poignant Seth quote with my interjections in [square] parentheses:



Image by [Родион Журавлёв](#) from [Pixabay](#)



You will not understand your part within the framework of nature until you actually see yourselves in danger of tearing it apart. You will not destroy consciousness [whatever ‘individualized’ form it takes]. You will not annihilate the consciousness of even one leaf, but in your context, if the problem were not solved, these would fade from your experience. The [covid-19] crisis is a kind of therapy, however. It is a teaching method that you have set up for yourselves because you need it. And you need it now, before your species embarks

upon journeys to other physical realities. So you have brought this upon yourself for that purpose and you will learn.

[Seth Speaks: The Eternal Validity of the Soul. \(Jane Roberts\) Session 550.](#)

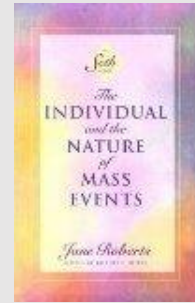
As far as humanity is concerned, before Gaia employs the cosmic arsenal to rid herself of our parasitic presence, she takes her time to connect with our consciousness through the best means at her disposal for getting our attention—a truly ELEMENTary set of traumatic mass events. **Her patience is running out though**, as we have reached the last day on Gaia’s cosmic calendar for humanity to elevate its collective consciousness and begin refurbishment of the Grand Human Psyche hotel.

Remember that any physical trauma, dis-ease, or illness we personally experience also carries an underlying reason for its appearance—they are the attention grabbers used by our own ‘body-consciousness’⁷ to get us to review the décor in our room within the GHP hotel.

The kinds of diseases change through historical periods. Some become fashionable, others go out of style. All epidemics, however, are mass statements both biologically and psychically. **They point to mass beliefs that have brought about certain physical conditions that are abhorrent at all levels. [My emphasis.]** They often go hand-in-hand with war and represent biological protests.

Whenever the conditions of life are such that its quality is threatened, there will be such a mass statement. The quality of life must be at a certain level so that individuals of a species—of any and all species—can develop. In your species, the spiritual, mental and psychic abilities add a dimension that is biologically pertinent.

(The Individual and the Nature of Mass Events. (Jane Roberts) Session 804.)



Fear is the real chronic infection

Fear signals our conscious mind to focus on what we are creating in the moment.

Its message is to have us act on what we are creating (at once, or as soon as possible), for it does not benefit us.

We create fear for two reasons. The first reason is to do with our primal survival mechanism. Our Essence self (soul if you prefer) sends a direct impulse to the conscious mind and body-consciousness in preparation for us to act *immediately* to protect our physical self. **An impulse is our natural way of bypassing thought processing.** We have no need to think if a truck is hurtling toward us, just act!

The other reason we create fear is that our Essence self needs to inform us of the psychological factors—usually our beliefs—at play in this moment. Fear tells us that our current beliefs about a subject (for example, death) do not provide sufficient understanding. **Fear always arises from a lack of understanding.**

Survival, of course, is important, but it is not the prime purpose of a species, in that it is a necessary means by which that species can attain its main goals. Of course [a species] must survive to do so, but it will, however, purposefully avoid survival if the conditions are not practically favorable to maintain the quality of life or existence that is considered basic.

(The Individual and the Nature of Mass Events. (Jane Roberts) Session 805.)

Now the trouble with traumatic mass events is that people die.

The possibility of death naturally triggers our survival instinct and our ego-self becomes primed to keep us alive whatever the cost. But when there is no immediate danger of death, the ego-self then begins to *think*, which in turn triggers its *beliefs* about the subject. And at the heart of these is the deeply entrenched yet mistaken belief that we, and all life, is in a frantic free-for-all game of survival. **“Survival of the fittest” is modern man’s neo-Darwinian mantra.** We have forgotten that life is all about the flourishing of the cooperative.

Our beliefs about death and what it entails are primitive. We haven't seriously engaged our thoughts and ideas about death for centuries. This is because the beliefs most of us hold have been insidiously drip-fed to us by others, and because we are *afraid* to think on the subject, we avoid alternative paths to understanding—such as that provided by the phenomenon of 'channelling.'⁸

Scientific beliefs surrounding death tell us that when you die, that's it, you cease to exist. Hardly surprising then that our ego-self (our belief curator) thinks death heralds the end of its identity, it will stop *being*—so it panics and rushes off to buy toilet paper and **continue its isolation from Nature.**



Certain religious doctrines would have us believe that we will survive death, albeit the enjoyment of the life after death depends on the amount of suffering we've endured during physical life and whether we've stuck to the rules of non-enjoyment. Again, no wonder our ego-selves find solace in hoarding toilet paper and **not getting too close to others.**

There isn't space here to bring in all the points I would like to about fear. The new edition of my book [*It's About You!: Know Your Self*](#) provides an in-depth metaphysical perspective on fear. And if you prefer a brief, less brow-furrowing read on the issue of fear, along with the many feelings and emotions that arise from it, I suggest you take a look at my newly released [*Feelings Explained: Emotions Tamed: Understanding the Inner Messages Behind Your Emotions*](#), Book 2 in the 'Being Human' series.

As far as 'death' is concerned, Seth and a growing number of reputable channelled sources (Abraham [Esther Hicks], Elias [Mary Ennis], Bashar [Darryl Anka], Rose [Joanne Helfrich] and Omni [John L. Payne, for example])⁹ give a consistent alternative view on what happens to us on physical death.

[Viruses and infections] ...are themselves fragments, struggling small fragments, **without intention of harm [my emphasis]**. You have general immunity, believe it or not, to all such viruses and infections. **Ideally you can inhabit a plane with them without fear.** It is only when you give tacit agreement that harm is inflicted upon you by these fragments.
(*The Early Sessions: Book 1 of The Seth Material.* (Jane Roberts) Session 17.)

In summary, that alternative view is that death does not end your existence. Indeed, death is nothing like what most currently believe it to be—whether those beliefs stem from scientific or religious indoctrination. **Your consciousness simply moves its focus of attention** away from the physical plane of space and time for awhile.

The link below will take you to a ten-minute Abraham video presentation on an alternative metaphysical perspective on death for you to believe or otherwise.

[Abraham YouTube Video](#)

It's All About Control

When people are convinced that the self is untrustworthy, for whatever reasons, or that the universe is not safe, then instead of luxuriating in the use of their abilities, exploring the physical and mental environments, they begin to pull in their realities—to contract their abilities, to overcontrol their environments. They become frightened people—and frightened people do not want freedom, mental or physical. They want shelter, a definite set of rules. They want to be told what is good and bad. They lean toward compulsive behavior patterns. They seek out leaders—political, scientific (*humorously*), or religious—who will order their lives for them.

(The Individual and the Nature of Mass Events: A Seth Book. (Jane Roberts) Session 834.)

An Elias session conducted on March 18, 2020,¹⁰ throws light on the reactions of those in government when it was realized that Covid-19 would be a pandemic. Those holding power, more accurately, **those governmental regimes that are used to wielding their power** over the populous, are most prone to panic. **Fear of losing control of the populous** regulates their actions, rather than any fear over what the virus might bring in terms of fatalities.

Eastern governments, like those of China (despite Trump's adolescent need to disparage their efforts and apportion blame), Japan, South Korea, and especially Taiwan, were found to have regimes that did not panic, but methodically and honestly informed their people of the measures that needed to be taken. Yes, some measures like social isolation appear to be, and are, oppressive, but the compliance of the majority in the relative populations to the 'tough asks' is an indication that they find their government to be *trustworthy*.

Elias (Mary Ennis), in conversation about governmental actions to stem the Covid-19 pandemic:

And they ARE taking away: taking away businesses, taking away encouragement, taking away motivation. They are taking away considerably, because that creates a significant avenue to control. When people are afraid and feel helpless, they are very easy to control.

And it is very easy to become swept up in all of this energy, and in that, it is very easy to perpetuate being afraid, because people are depleted because they feel helpless. They don't know what to do, they don't know how to structure themselves, they don't know how to direct themselves, and they feel helpless

(Session 202003181 March 18, 2020.)

The crucial lesson here is that any governmental platform must have the trust of its people for it to quickly and decisively take measures to deal with any future traumatic mass events. The democracies in the West, notably of course that of the USA and Britain, are in such disarray through the Trump arrival and the Brexit departure that the powers that be have instinctively fallen back on

a long established method of gaining control—not of the virus, but of the voting populous—through manipulation of the prevailing fear in that populous.

During the coming years of social, economic, and environmental turmoil due to the ongoing and necessary shift in the consciousness of our species, **there will be a growing need for governments to impose restrictions on civil liberties.** This cannot be done through autocratic dictates issued by untrusted political leaders who purport to be championing democratic principles but are in reality dictators in disguise. The fall of dictatorial regimes is a necessity if humanity is ever going to be able to nourish its interconnectivity, explore its creativity, relinquish judgmental attitudes, and come together as a cohesive, egalitarian global community.



"An epidemic, for example, serves the purposes of each individual who is involved, while it also serves its own functions in the greater species framework."

The Individual and the Nature of Mass Events: A Seth Book.
(Jane Roberts)
Session 80I.

Continuing with the issue of ‘trust’ and how Western governments (Britain and the USA in particular—due to Brexit blunderings and Trump’s tyranny respectively) are in no position (**in their people’s collective psyche**) to issue freedom suppressing mandates for lengthy periods without a possible backlash from their people. Why? Because as Seth reminds us, **“Civilizations are literally social species.”** Meaning, every individual, and thus humanity itself, relies upon and survives through social interaction. All life forms (in their own way) express this innate life-enhancing force to bond, interact and communicate with their kind. It is a facet of an elevated level of consciousness enjoyed by living organisms and an iteration of what Abraham (Esther Hicks)¹¹ proclaims as the ***basis of life—freedom.***

Social isolation, or *solitary confinement*¹² in the case of individuals living on their own, can have a severe negative impact on a person's mental state. (Imagine how devastated an ant would be if made to keep a two-centimeter distance from other ants.)

In all seriousness though, social isolation policies are an impingement on our mental health.

Because of this, all governments need to take this hidden health issue into account when considering safety measures for any future epidemics, or indeed, any people-confining solutions to a traumatic mass event. Examples of those at risk because of social isolation policies are people over the age of 60, living alone without internet access or unversed in social media platforms. For such individuals, social isolation can quickly become a form of solitary confinement.

And then there are those who live with a spouse prone to abusive behaviour who are now unable to 'escape' (get some relief in nature) their home environment—"without good reason"—as they watch their partner's **mentally deep-seated 'control issues'** intensify in lockdown as they too are unable to escape the restriction. This raised probability of domestic abuse also of course affects the lives of any children in the household—laying down emotional and psychological scarring that can perpetuate abusive behaviour in the next generation.^{13, 14}

Psychologically, social isolation is a rude awakening to us all of what we've been doing for millennia as a species—isolating ourselves from Nature, and most importantly, from our spiritual connection to Source.

We find it difficult to obey people we don't trust. Why? Because trust stems from mutual respect. If we feel that another has no respect for our being, for who we are as a uniquely beautiful individualised expression of consciousness—be they a powerful individual or a regulating

As Seth reminds us:

My addition in [square parentheses]

Civilizations are literally social species. They die when they see no reason to live, yet they seed other civilizations. Your private mental states *en masse* bring about the mass cultural stance of your civilization. To some extent, then, the survival of your civilization is quite literally dependent upon the condition of each individual; and that condition is initially a spiritual, psychic state that gives birth to the physical organism. That organism is intimately connected to the natural biological state of each other person, and to each other living thing, or entity, however minute. [Such as a virus.]

The Individual and the Nature of Mass Events: A Seth Book. (Jane Roberts)
Session 802.

institution—then our compliance in doing something they *tell* us to do (rather than *suggest* we do) will be short-lived. (Our shift in consciousness is taking us away from blindly trusting the edicts of those in power toward a trust in one's own powerfulness in making decisions for one's Self.) Adding to the mistrust of forceful directives in relation to Covid-19, the media now provides us with so many other viewpoints on the 'best' thing to do in this crisis.

Sweden's government, for example, are taking a radically different strategy to others in the West.¹⁵ After **recommending** responsible behaviours (**a sign of their trust in their people**), rather than dictatorial decrees; businesses, schools and social venues are still open, with bans only on meetings of more than 50 people and visiting nursing homes; restrictions on restaurant seating arrangements; and the closure of higher education establishments. Social isolation is recommended to those most vulnerable. Despite heated protestations from Swedish medical academics, 80% of Swedes approved the suggestions (**a sign of a shared trust in their government**) after the Prime Minister appealed to the personal responsibility of each adult.

Whether the Swedish government's policy proves to be the 'right' thing to do in this current crisis, or they must rethink and make further recommendations, is beside the point. **Their mutually trustful relationship is still a template for all governments** if (as channelled sources suggest) the coming decade brings more in the way of extremely challenging emergencies.

If you cannot **trust your private self**, then you will not trust yourself in your relationships with others or in society. **If you do not trust your private self**, you will be afraid of power, for you will fear that you are bound to misuse it. You may then purposefully (leaning forward, quietly emphatic but with some amusement) put yourself in a position of weakness, while all of the time claiming that you seek influence. Not understanding yourself, you will be in a quandary, and the mechanics of experience will appear mysterious and capricious.

(The Individual and the Nature of Mass Events: A Seth Book. (Jane Roberts) Session 834.)

Seth informs us that issues to do with trust of others, be they organisations, individuals or government representatives, can reflect entrenched issues within our own psyche that relate to the **trust of our "private self."** These issues revolve around our personal thoughts and beliefs on the subject of 'power,' our own empowerment (or lack of), and our 'worthiness' to the world. All of which should fall into our pot of ponderings as we fill our time in the downtime.

Suffice to say that **a sign of a blossoming trust in your self is an ability to discern objectively rather than judge emotionally** when deciding on what you want to do or believe. **Appreciate the contrasting choices, feel** what resonates with you, and don't diss the alternative for being 'wrong'—it may be 'right' for someone else.

Surfing the Channels

By way of reassurance that Covid-19 does not mark the beginning of humanity's decent into an ominous world of freedom-restricting government, in this section I attempt to pull together the

various **recent messages of encouragement from channelled sources** and underpin these with the **grander cosmological design presented by astrological insights**.

Messages from channelled guides are essentially alternative viewpoints (originating from 'entities' or beings in a nonphysical dimension) on the nature of our co-created reality. Information is transmitted through a receiver (the channeler) who has a psychic framework capable of translating the information into language. **We all have the ability to channel information** from nonphysical dimensions, although only a very few can do this consciously (at the moment – we'll get better at it post-shift) with clarity of language and with minimal distortion of the information as it travels through the channeler's psychic framework.



Image by [StockSnap](#) from [Pixabay](#)

Finding interesting and pertinent channelled information is like channel surfing on your tv for content of interest to your **physical self** (ego-self). The difference being that tuning into channelled messages involves an *inner sensing*¹⁶ as to whether the messages resonate with your **spiritual self**—which has its own unique *tonal frequency*.¹⁷ When the channel becomes crisp and clear, a *feeling* (of being attuned) comes over you that you simply *know* (before thought processing kicks in from your ego-self) that a message feels *true for you*.¹⁸

Channelled sources of information are 'coincidentally' flourishing at this vital time in our history.¹⁹ Why? Because the 'entities' sending information are here to aid us on our precarious road to a more evolved 'level' (frequency) for human consciousness—*a new way for us to exist*. As Bashar (Darryl Anka)²⁰ might say, **you cannot not exist** now you know you exist, but you can choose *how* to exist—which applies to any dimension in which you exist.

Of course, there are channelled entities whose messages will not resonate with you. But remember to discern whether they do or don't through your inner sensing rather than your ego-self's preference for judgement through logic and reason and then to dismiss them all as non-sense. They may make inner sense to someone else.

The astrological insights come from [Bill Attridge](#) and they underline the channelled notion that, from a cosmological standpoint, the Covid-19 mass event is but a marker in the cyclical process of humanity's evolution. The planets in their orbital comings and goings from our 'collective perception'²¹ give indication as to what's happening within our collective psyche as it relates and translates to our experience in chronological time. **In**

Image by [StockSnap](#) from [Pixabay](#)



other words, the ancient art of Astrology, is another informative 'channel' we can tune into for insight on our collective existence within the continuum of time and space.

You think of viruses as evil, spreading perhaps from country to country, to "invade" scores of physical mechanisms. Now thoughts are "contagious." You have a natural immunity against all thoughts that do not fit in with your own purposes and beliefs, and naturally (*pause, groping*), you are "inoculated" with a wholesome trust and belief in your own thoughts above others. The old ideas of voodooism recognized some of these concepts, but complicated and distorted them with fears of evil, psychic invasion, psychic killing, and so forth. **You cannot divide, say, mental and physical health, nor can you divide a person's philosophy from his bodily condition.** [*My emphasis*]

(The Individual and the Nature of Mass Events: A Seth Book. (Jane Roberts) Session 841.)

The contemporary channelled information repeatedly refers to this being a time of great social and economic change which will affect all areas of our lives.

To make changes in the reality we experience, Seth states quite categorically that we begin by changing the thoughts and beliefs we entertain in our psyche. Each individual, each group of individuals, each organisation, needs to change, to one degree or another, the way they think and the beliefs they hold as an exemplar for their unique expression in the world.

To introduce some fresh blood as it were from the channelling scene, here are a couple of contributions from lesser known channelled guides:

Rose (Joanne Helfrich), in a [blog post of March 12, 2020](#) makes the following point on which individuals and organisations are in need of using the lockdown break to take time to identify their own ways of being:

Those affected are in the most need of change

Now, this doesn't apply to some people as much as others. The reasons we say these things are to reflect only, not to see yourselves as wrong. The people who are trying to make positive changes in the world have need for the world to respond differently than in the past.

The organizations being affected are the ones in need of the most change: Wall Street, health organizations, wellness factions, groups of people who live near one another because of the need to thrive but aren't doing so because they don't work together. These are the huge changes that are being brought about by this epidemic.

The Seth quote above and to the left, when we really think about it, gives us a clue as to **why children (in general) do not get the Covid-19 virus but adults do**. Children's thoughts and beliefs are still in formulation—their philosophy is normally one of unquestioning joie de vivre.

Janet Treloar, who **channels Zacharia (Zac to his friends)**, is a recent addition to a growing list of reputable British channelers. Zac keeps in regular communication²² with his followers during this epic time for humanity. As Hazel Newton (Janet's friend and scribe to Zac) said on a recent post transcript:

I'm sure many of you are as interested as Janet and I are in the current times as we start to witness evidence of the 'Changing of the Guard,' both energetically and physically here on the world's stage! A time of Liberation. A Time our Vibration [energy frequency] Shifts. [An] Influx of Christ Heart Energy and an upgrade of our DNA.

Returning to the Rose message of March 12, 2020 – ["A Lesson in the Power of the Small and Mighty"](#):

The corona virus has spread to the many parts of the world that will be the most affecting of changes required for you to thrive.

The reasons for doing so are these: you do not have enough fun, you do not have enough wellness, you do not have enough friendship, and you do not have enough sources of quality foods, you do not have enough sources of gifts to give to each other, in the sense of finding your own way of spirit, to love one another in ways that bring you joy.

So, what does Nature do? It spreads the surfaces of things with the reflections of these very issues so that they will infect you with the love for the world that you need, so you can love yourselves, too, in the process.

So What Can I Do?

Returning to the Rose message of March 12, 2020:

Now, what to do? We don't think there's anything to be said by us that the health officials have not said already. Each person must take personal responsibility for how they affect the world. The people who need to wake up the most are those who have wronged others by their practices, not the generous people who know they will be fine in those situations that call for communal solutions. The communal solutions are the ones that are required now more than ever.

Fear needs to be relieved by having communities know and care for one another. These are all things you're moving towards to help you survive the coming decades, but **these are not things to fear. These are things to enliven who you have *decined* (decided in divine ways) to be. So do so.**

Tear down your fears and stretch your imaginations to cocreate the kinds of energy patterns you want to realize. **The extraordinary power of a single virus is both something to be managed and an object lesson in the power of the small and mighty!**

The visionary and futurist Nicolya Christi²³ takes the view that we can embrace the social isolation period as a “Retreat.” And appreciate the time to be at “home to ourselves.”

Covid-19 encourages us to *empower ourselves* and recognise that we do not need to wait for ‘authority’ to get its act together and tell us what to do and how to best manage this situation—we *can think and act for ourselves, and each other*.

Another visionary and psychic, Danielle Egnew, on a [YouTube post](#) of March 13, 2020, makes the point that if ‘home alone’ ask for help from your neighbours. **“Don’t be afraid to be human.”** Importantly, we need to take this opportunity to organise ourselves properly for what might be in store for us in the climate changing years ahead.

Nicolya Christi – “From a purely physical perspective our emphasis must be on turbo-boosting the immune system.” This means drinking plenty of water, getting good quality rest and sleep, keeping a sense of humour (**laughing boosts the immune system**) and practicing a little *mindfulness*—the intentional accepting and non-judgmental focus of one’s attention on the emotions, thoughts and sensations occurring in the present moment.

A recent newsletter from the [Tamera Peace Research and Education Center](#) based in Portugal parallels Rose’s message above when it said:

We’re learning how powerful and efficient something incredibly tiny can be when it resonates with a latent field. The latent field is fear—an immense, collective fear of the future...

... We need to resonate with another collective field within us, one that is much deeper than fear—a field that is still hidden at the moment. **It’s the collective field of trust, the matrix of life**, which Dieter Duhm refers to as the **“sacred matrix.”**²⁴ For, despite all the suffering, all the horrors of the past and all the threats, life is still oriented towards joy, curiosity and survival. There is a core within us [our Essence self] that knows this. This core is called trust.

In an [article by Lindsey Antin](#), writing for the Greater Good Magazine on April 6, sound advice is presented on **how to cope with the obsessive thoughts “swirling around in our minds.”** This follows on from another excellent article from the GGM by [Jill Suttie of March 10](#), which reminds us to keep “the Greater Good in Mind” in our handling of the coronavirus outbreak. This article features two of the primary *Natural Principles* outlined in my book *How to be in Divine Love*.

For my own part on recommending ‘what to do,’ I would refer you to both of my reasonably easy to digest booklets *How to be in Dine Love: 10½ Principles That Will Make You a Happy, Purposeful Person*—which presents a spiritually inspired set of principles that **promote a healthy mindset** for coping with personal and collective times of trauma; *Feelings Explained: Emotions Tamed*—which gives an in-depth **understanding on the topic of ‘fear’**; and, if you find yourself in isolation for some weeks to come, *It’s About You!; Know Your Self*—which offers a broader understanding of **what constitutes your ‘Self.’**

Some Astrological Insight

The cycling of Pluto through the sign of Capricorn (the sign of institutions) occurs about every 245 years. 2008-2024 is latest such transit. Previous to this, Pluto was in Capricorn between 1762-1778, and prior to this 1516-1532.

The 1500s saw us move from feudalism to monarchies (if we focus on the West’s centre of human psychological evolution). 1517 saw the start of ‘The Reformation’ in Europe under Martin Luther. The 1760s saw the fall of monarchies and rise of parliamentary democracies, most notably of course, the American revolution.

Each Pluto in Capricorn period signals the end of a world order, which is equally the emergence of a new institutional order in the hierarchy of social realms: spiritual, cultural, political and economic. What we are seeing across the globe today is not how it had to be; it is we and our way of life that has made the content and facts of what this challenge would look like. But it is most certainly true that this is our time to bring into being a New World, and what emerges will and must be different than the order we have had since the late 1700’s, not just here but for the entire world. (Extract from post on: [Bill Attridge Radio Show, 2020 – The USA and Pluto \(Sunday March 29, 2020 @ 2 pm EDT\)](#))

A talk given by the British astrologer [Patricia Godden](#) on February 22, 2020, well before Covid-19 had made its impact in the UK, presented some interesting insights into what 2020 may hold for Britain and the world.

From my notes: A conjunction between Pluto and Saturn in January signifies the importance of this period and the rest of 2020 and issues to do with ‘leadership’. Pluto moves to the 10th House – indicating a change in the type of government. Changes to leaders of country and monarchy.

(It is no coincidence that both the head of the UK’s government and Prince Charles, second in ‘leadership’ to the UK monarchy, should contract the coronavirus. Both in need of a period of enforced isolation to deeply consider their roles in a fast changing British society?)

One doesn’t need to be a psychic to notice the terminological link between the popular name for Covid-19 – ‘corona’virus – and ‘The Crown’ as an alternative reference to the British monarchy.)

On March 31st, Mars moves into Aquarius, signifying that the entire world will “get a glimpse of how it’s going to be.” Saturn enters Aquarius on March 21/22, retrograding back into Capricorn

on July 1, which “gives us an opportunity to review what we’re changing.” Saturn re-enters Aquarius on December 17 where it will remain until the spring of 2023.

Bill Attridge continues:

For the next couple of years, you will face the next step in your spiritual evolution as held in the sign of Aquarius. Saturn in Aquarius demands that you turn around; it shines a light upon the path so that you will consider what comes next, to imagine what your future will be, and most importantly and lovingly, to do this with careful and selfless regard as to what will you pass on to your children, and to their children, and for all that come after you.

This is the challenge of Saturn in Aquarius; it is the test of your Social Consciousness. And it challenges you to overcome one of your greatest illusions, your experience of being separate and apart from one another.

(Bill Attridge – posted 21 March 2020.)

So What’s the Covid-19 Virus Ever Done for Us?

As the Tamera newsletter remarks, it really doesn’t matter whether Covid-19 was man-made or came about naturally (either way, as we are all part of Nature, Covid-19 is an invention of Nature):

[Covid-19] shows us how fragile and vulnerable our globalized systems are, and that humanity is capable of fundamentally changing its collective behavior, literally from one day to the next. Let’s take the forced pause mode to imagine how a healing transformation in our societies could come about! How will we supply ourselves – who are the ones around us that we can cooperate with – what will we do when the global systems actually collapse?

Daniel Wahl, author of *Designing Regenerative Cultures*, in a post for [New Story Hub on March 16](#), suggests that Covid-19 “is forcing us to mobilise in unprecedented ways and we are doing so as one global species.”

Covid-19 might become the catalyst for the transformation of the human presence and impact on Earth that climate change should have been but was too diffuse of a thread for our species to come together around in an effective way.

This notion of a global coming together as one vital force to overcome a devastating physical creation is the quintessential spiritual message underpinning this precursory mass event. Whatever lies in store for us as Gaia makes physical her own shift in consciousness, we must act as one cohesive force in our survival strategy as we ride the shift in our own consciousness.

Covid-19 has spared our youngest. Why? Because from the greater perspective of our spiritual collective Self, there is an understanding in Nature, an agreement in Consciousness, that those being born now will be the ones to take humanity through the mind-expanding changes ahead. Why do I know this? Because when you

have a new grandchild born at 11 minutes past 11am on November 11 last year, and you don't believe in coincidence, you get a certain feeling of reassurance for the future of humanity.

A [Kosmos Journal](#) newsletter aside:

The official name given to the Corona virus, COVID-19, reminds me of the Latin *videre* – 'to see', and *co* – 'together'. What is it we are asked to 'see together' at this time?

Covid-19 has shown us how quickly Nature's AIR element in our spiritual awakening can recover if we stop burning fossil fuels and move over to other sources of sustainable energy. It reminds us of the importance of our breathing—which Zac elaborates upon below in relation to this time being the 'pause' between our in-breath and out-breath.

Covid-19 has led to an economic downturn not seen in the West since the depression of the 1930s. But economics is not about the creation and consumption of wealth, it's about communities of people 'managing their households' and their

locality. Covid-19 is telling us to move from purely consuming the wealth we create to sharing it with all humanity.

Covid-19 has taught us to appreciate those human beings that are at the heart of caring for and nurturing the wellness of humanity—the people that come together as the autonomic nervous system in the body of humanity. The unpreparedness and lack of safety and testing equipment for Covid-19 tells us where to distribute our shared wealth.

I conclude this missive with some coincidental timing:

A recent Zac audio 'chat' posted April 10, 2020 (*see note 22 in Resources and References*), underlines once again the issue of '**TRUST**' of our 'private self' mentioned by Seth earlier (*p. 12 above*).

As we know by now, there is no such thing as coincidence. Zac makes the point that the timing of the Covid-19 outbreak *is meant to coincide with this time of the year* (in the northern hemisphere at least)—**spring. A time of new birth.**

Virtually all religions recognize this time as important in the cycle of life—Easter in Christianity and the Chinese Spring Festival, for example. The Chinese festival marks the birth of a New Year in their calendar. **It is not coincidental that China was the first to receive the spiritual messages that underpin the physical mass event.** Their lockdown took their attention away from their New Year celebrations—we must wait to see if their authorities used the time wisely to go within and examine their 'way of being.'

The lockdown in the West would have us turn our attention away from the TV and our marvellous devices, toward new birth, Nature, and the birth of a new form of humanity.



Zac states that this lockdown period marks a “still point” where we can start to “muster the energy” for deciding *what* we are birthing for humanity at this time. **It’s our opportunity to “elicit our love of the Earth.”**

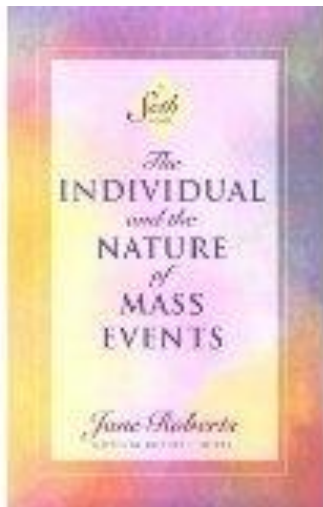
Every one of us can change the course of events—create our own reality. Using an analogy of someone about to dive from a very high board for the first time into the ‘unknown’ waters below, Zac says we each need to take that leap of faith—which translates to a **leap of trust** in our body simply knowing what to do when entering the water. **A leap of trust in your Self.**

Zac reminds us that that is precisely what those who recover from the virus have done—trusted in their body-consciousness’s ability to deal with the destructive intruder and eliminate its effects. Trust that your inner self knows what to do. Breathe. **Expand your lungs with a view to expanding the expression of your Self.** Expand with your heart and mind. Ground yourself in the Earth – ask it to help you, hold you.

“You don’t have to perform. You have to *be*.”

“Allow yourself to come out in both your heart and intellect energies. You’ve been preparing for hundreds of lives for this time. Don’t shy away from your responsibility now to be part of the global elevation.”

Here’s just one last Seth quote from the book that inspired me to start my blog back in the December of 2015:



The species is in a state of transition, one of many. This one began, generally speaking, when the species tried to step apart from nature in order to develop the unique kind of consciousness that is presently your own. That consciousness

is not a finished product, however, but one meant to change, [to] “evolve and develop.” Certain artificial divisions were made along the way that must now be dispensed with.

(The Individual and the Nature of Mass Events: A Seth Book. (Jane Roberts) Session 805.)

References and Resources:

¹[*The Individual and the Nature of Mass Events: A Seth Book*](#). (Jane Roberts.) Seth's guide to the relationship between mass events and their effect on the individual and humanity.

²[*How to be in Divine Love: 10½ Principles That Will Make You a Happy Purposeful Person*](#). (Chris W.E. Johnson.) My own contribution to understanding the key universal coding that underpins how consciousness works in nature and through the human psyche.

³[*Bill Attridge*](#) is a gifted and insightful Canadian Astrologer.

⁴This link will take you to a 9-minute Bruce Lipton YouTube video that explains exactly what the Covid-19 virus is. Enjoy and stay calm. [Bruce Lipton on the coronavirus](#).

⁵A good thesaurus will tell you that a synonym for 'symbiosis' is 'cooperation.'

⁶This report on the 'younger dryas' mass event is featured on [Graham Hancock's](#) website: <https://sacredgeometryinternational.com/scientists-agree-younger-dryas-impact-event-wiped-ancient-civilization-ancient-architects/>

⁷The 'body-consciousness' is a term I use to describe the electromagnetic 'layer' to your physical self that works within the subconscious area of your mind. Refer to my book [*It's About You!: Know Your Self*](#) for more on the physical and spiritual layers to your Self.

⁸For an extensive scientific review of the channelling phenomenon, see Jon Klimo's [*Channeling: Investigations on Receiving Information from Paranormal Sources*](#).

⁹Abraham (Esther Hicks) – <https://www.abraham-hicks.com>; Elias (Mary Ennis) – <http://www.eliasweb.org>; Rose (Joanne Helfrich) – <https://www.thewayofspirit.com>; Bashar (Darryl Anka) – <https://www.bashar.org>; Omni (John L. Payne) – link to book [*Omni Reveals the Four Principles of Creation*](#)

¹⁰Go to www.eliasweb.org for transcripts of Elias sessions. Session referenced: 202003181 March 18, 2020. © Mary Ennis.

¹¹Abraham (Esther Hicks) – <https://www.abraham-hicks.com>

¹²Dangers of solitary confinement article: <https://www.knowablemagazine.org/article/society/2018/hidden-damage-solitary-confinement>

¹³Rise in child abuse article from NY Times: <https://www.nytimes.com/2020/04/07/opinion/coronavirus-child-abuse.html>

¹⁴Rise in domestic abuse item from BBC: <https://www.bbc.co.uk/news/uk-52157620>

¹⁵[Wall Street Journal](#) article on Sweden's alternative approach by Bojan Pancevski – March 30, 2020.

¹⁶Inner sensing stems from your "*inner senses*" – described and explored in Chapter 11 of the new edition of my book [*It's About You!: Know Your Self*](#).

¹⁷Our “*tonal frequency*” describes the combined frequencies of the thoughts, beliefs and emotional energies maintained by our personality.

¹⁸Something that is ‘true for you’ relates to a truth being relative to the person that holds it. There is but one absolute truth—the existence of Consciousness. Truths and their relativity to Consciousness are presented in Chapter 16 of *It’s About You!: Know Your Self*.

¹⁹Kevin Moore has been researching the channelling phenomenon for more than 20 years and his YouTube page (The Moore Show) hosts a list of interviews with over 40 channelers ([They Call Us Channelers](#)). For a clear rendition of the channeler’s experience be sure to view the episode with Joanne (Rose) and her husband Paul Helfrich – [LINK](#).

²⁰[Bashar.org](#)

²¹Our *perception* is the vital instrument through which we create our reality. It incorporates and employs the sum total of all the energies and functions that constitute our ‘Self.’ Our perception is how we view and interact with our Self, the physical world, and others that share the physical experience.

²²Zac’s transmissions can be found on Patreon here: <https://www.patreon.com/Zacsportal>

²³[Nicolya Christi’s website](#).

²⁴Trust ultimately stems from *Divine Love*—the all-pervasive force that describes the vitality of Consciousness.