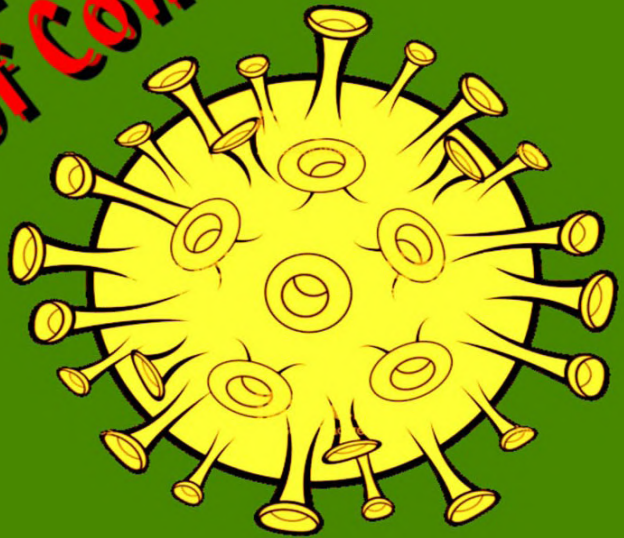




**Between Denial and
Fear of Conspiracy**



MEETING

Psychophysical and Spiritual Preparation

THE CORONAVIRUS

Meeting the Coronavirus - Psychophysical and Spiritual Preparation

Author:

Milos Bogdanovic,
mishabogdanovic@gmail.com
+381-641515092

Proofreader:

James Hoffer

Reviewers:

Dr Milos V. Bogdanovic, Preventive Medicine Specialist
Dr Stevan Dudic, Specialist of Pediatrics
Dr Ljiljana Micevic, Ophthalmology Specialist
Dr Darko Stankovic, Neuropsychiatrist
Dr Zikica Simic, Sociologist
Dr Nikola Samardzic, Historian

MILOS BOGDANOVIC

**MEETING THE CORONAVIRUS
- PSYCHOPHYSICAL AND
SPIRITUAL PREPARATION**

THE PROBLEM OF STRONG BUT INADEQUATE
IMMUNITY

HOW TO REACT TO STRESS MATURELY?

WHAT CONSPIRACY IS HIDDEN BEHIND THE
CORONAVIRUS CONSPIRACY THEORY?

DOES THE 5G NETWORK SPREAD THE
CORONAVIRUS?

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PREFACE

The coronavirus has found people healthily, mentally and spiritually unprepared to the point that many want to solve their powerlessness to face the situation by self-suggestion that the virus does not even exist, while others react with panic and fear, lashing out at on-duty enemies and culprits who allegedly want to destroy them. Even those who reasonably intend to make an effort to keep up with the principles of healthy diet and living, and want to regenerate their immunity, do not know where to start. Their attention should be particularly directed to the fact that the structure of the coronavirus is such that it causes an inadequate immune response of the organism, which raises immunity against bacteria and not against the virus itself. Many use those herbal preparations that further activate the body's inadequate immune response, instead of preparations that could actually help them. The whole situation causes stress, which many do not know how to maturely respond to. The mind that looks at the problem through rose-colored glasses, or is obscured by conspiracy theories, takes inadequate and even destructive actions.

This book is an attempt to address these needs by reminding the reader of the neglected principles of a healthy diet and life, with particular reference to the problem of an adequate response of the immune system to the coronavirus. And against false optimism and superstitious fears, the author presents those arguments by which, five centuries ago, Western civilization resisted the darkness of the Middle Ages, a darkness that returns to us in the decadence of the Western world and which

offers the opportunity for contemporary totalitarianism to renew its former rule with the same excuses as it once did over the human conscience. Thus, with forced one-sidedness, it will conceal the newly created confusion and chaos of the people with a darkened mind.

SIGNIFICANCE OF HEALTHY NUTRITION AND HEALTHY LIFE

Psychophysical health is what we all need in order to be able to respond to life requirements as much as we can by living as long as we can a good quality life. Life requirements include not only our own requirements, but also the requirements of other people who are in our area of influence, as well as the requirements of the wider social community. A man who does not fulfill the sense of life by taking care of himself and other people, quickly loses the sense of living itself. Each one of us may easily fall into this state if we do not take care of our psychophysical health, for psychophysical health keeps our abilities vital, by which we respond to life's requirements.

The issue of health, as much as any other issue which comes into the area of personal responsibility, has nowadays become a slightly impolite issue, which is why we can often hear reactions like this: "It's my business how I live or eat!" It is true that the way someone lives or eats is personal above all. But the moment a person gets ill due to the neglect of their own health, falls into bed and becomes a burden to the persons close to them, as well as to the wider social community by means of social welfare, it is no longer their business only. How can we trust a person to have other people's well-being at their heart of hearts if they are negligent in terms of their own health? Thus,

before the unhealthy life habits take their toll through illness, suffering and early death, let us remind ourselves about several basic principles of health which are at everyone's disposal free of charge and which are a source of great health blessings.

The escalation of modern hedonism, as an attempt of man to satisfy the thirst of the soul in intemperate and unhealthy habits, represents an additional problem to already neglected principles of healthy eating and living. That is why there is not only a need for external restraint in terms of intemperance and opiate addiction, but also a need for relief from the inner spiritual dissatisfaction manifested through intemperance and various forms of intoxication.

The emergence of modern viral epidemics such as HIV, SARS, avian and swine flu, Ebola, and especially the current coronavirus, which results in about ten times greater mortality than seasonal flu, requires us to develop not only strong immunity, but also adequate immunity which will be discussed in particular.

HEALTHY FOOD

One of the greatest causes of health problems is unhealthy food.

Food is to provide us with the material for the building the tissue of our organism and the energy for our psychophysical activities. But unhealthy and immoderate nutrition can damage our organism and exhaust us, and therefore take away our energy for psychophysical activities. and also significantly reduce our immunity.

The healthiest food for people is food of plant origin: fruit, cereals and vegetables. Many people think that

nutrition without food of animal origin is not rich enough in proteins, forgetting that the very animals whose meat they eat got their proteins from plant food. Those who take the proteins from meat, do so from the second hand. So, if a person gives up meat nutrition, it is not good to use the term “meat substitute” for plant food, for, throughout history, that very meat food has been a substitute for plant proteins when they were to be made up with meat nutrition due to insufficient amount or diversity of plant species.

Most proteins are found in legumes (common beans, broad beans, peas, lentils, soybean), nuts (walnut, almond, hazelnut), seeds and various cereals (wheat, oats, millet, maize...). Since proteins are building blocks for our organisms, the need they have for proteins is not as great as it was earlier considered. Daily need for proteins is only 0.6 to 0.9 g of proteins per kg of bodyweight, and daily need for carbohydrates amounts from 4 to 6 g per kg of bodyweight. During each meal, cereal proteins should be taken along with proteins from nuts or legumes in order to mutually make up for their composition of amino acids. While using proteins to build and regenerate human tissue, it is very important for the level of free radicals to be low, because they are the main cause of mutations (damages to the DNA), cancer and early aging.

Free radicals are atoms, molecules or ions with unpaired electrons, which emerge as a product of metabolism, various pollutions and UV radiation, and they have the ability to take away electrons from the other molecules and so alter their structure and chemical characteristics.

Foods of plant origin contain antioxidants, which neutralize free radicals, and these antioxidants are rarely to

be found in the foods of animal origin. Not only does meat nutrition deprive a man of his much-needed antioxidants, but it supplies the organism with animal fats, which represent the unhealthiest manner of gradual poisoning of the organism.

All the ingredients the animal has not managed to use for its own needs, but also failed to expel, it stores in its fat. For this very reason, meat of the animals that feed off dead remainders of other animals (pork, meat of all fish without scales and “seafood”) was pronounced to be impure and not allowed to be eaten by the Holy Scriptures, along with animal fat. The purpose of these animals is to clean the soil of corpses whose decomposition would pollute the environment with various poisons, and not human nutrition.

All those ingredients that the body has not been able to use for its own needs, and has not even been able to throw out through urine and sweat, it stores in its fat deposits. This is why Scripture forbids the use of animal fat. The flesh of animals that eat the dead remains of other animals (pork, meat of all kinds of fish that have no scales, and “seafood”) is declared unclean in the Bible, along with the animal fat, and forbidden to be eaten.

It has been experimentally found that five hours after consuming pork, blood under a microscope reveals a set of visible physical anomalies:

“The results show unequivocally that consuming unmarinated cooked pork shows a significant negative effect on the blood. Five hours after consumption, subjects showed extremely coagulated blood, with extensive red blood cell (RBC) rouleaux (cells in the formation of stacked coins), RBC aggregates, and the

presence of clotting factors, especially fibrin, which is seen as white threads in dark-field microscopy.” <https://www.westonaprice.org/health-topics/food-features/how-does-pork-prepared-in-various-ways-affect-the-blood/>

More scientific studies have documented a longer life expectancy and a lower prevalence of various diseases in non-meat eaters and those who do not consume even the smallest amount of alcohol.

Nevertheless, even if we take healthy foodstuff, we can still jeopardize our health if we take immoderate quantities of food. Nutrition should be adapted to age and daily activities. A person who is in the process of intensive development should use more foodstuffs rich in proteins, and someone who is engaged in hard physical labor should take more food rich in carbohydrates and fats of plant origin.

In a person who has damaged the nervous system, nuts can drastically assist in its regeneration. However, due to the high presence of amino acid arginine, the same nuts represent a food for the rapid development of viral infection. A diet with legumes and rice would be more suitable for a person with viral infection because of the higher concentration of amino acid lysine, which hinders the development of the virus.

Improper and immoderate nutrition, including consumption of proteins unable to build in and carbohydrates and fats unable to be used, unnecessarily burdens internal organs and shortens their life.

In order to consume proteins in areas with scarce vegetation, some populations are genetically adapted to using milk and dairy products as adults. Ferment lactase

(which breaks down milk sugar lactose into the sugars usable to the human organism) does not stop excreting when breastfeeding ends in these populations, but remains active for the whole life.

The others who do not have the ferment may have difficulty with a dairy diet. However, people who have this ferment may have problems, because milk and dairy products contain a high amount of neurotransmitter histamine, which activates allergic reactions in organisms. Many people who suffered severe allergic reactions and continuous dripping of mucus down their nose, throat and sinuses get rid of their troubles after a few weeks of abstaining from milk and dairy products.

Mucus, which poisoned by viruses and bacteria flows down the trachea into the lungs, is responsible for many fatal cases of pneumonia.

It takes up to six hours for the food in the stomach to digest: 16 minutes to 2 hours for fruit, 4 hours for vegetables, up 6 hours for legumes and meat. The duration of digestion gets longer and the organism more fatigued if the food contained in the same meal is versatile, the meal larger and the food poorly chewed. Regarding the fact that during digestion nutrients get gradually absorbed, every eating between meals is not only unnecessary, but also represents obstruction of the existing digestion process.

The food we have just taken requires a different treatment from that which has already been in the digestive process for some time, so only one bite between the meals may drastically affect food retention in the stomach and therefore burden the organism. Not only the stomach, but the nervous system, which is highly engaged in food dige-

stion, should be relieved between the meals as well. For this reason, two meals a day are entirely sufficient; the first one should be taken an hour or two after waking up, and the second one in the afternoon or evening. Ancient Greeks considered it barbarian to eat more than twice a day. The habit of consuming three meals a day spread over Europe only with the occurrence of modern hedonism, on the onset of the 19th century.

During a meal, one should first take the quickly digestible food (fruit), and only after that the food which is slowly digestible, taking up to several hours (vegetables, legumes). If we eat fruit along with vegetables, or after them, it “waits” for the vegetables to digest, gets fermented and rotten, creating gases, acids and even alcohol.

It is advisable to eat fruit (along with cereals) for breakfast and vegetables for lunch, because the morning meal should provide the organism with the energy for work and burden the digestive system organs to the least extent, whereas lunch (which takes longer to digest) should provide us with the building materials.

It is advisable to eat the fruits which are easily digestible (e.g. grapes) along with cereals in order to slow down its abrupt absorption. Namely, increased blood sugar results in the increased insulin level which triggers the storage of sugars and a false sense of hunger. If cereals are combined with fruit, they will slow down their digestion without causing fermentation and rotting, as would cause the mixture of vegetables with fruit in the same meal.

Cereals should be consumed with the whole grain, so if we have only white flour and white bread at our disposal, it is necessary to compensate it with the whole-grain

ingredients by making everyday mush (muesli) of oats, barley and other flakes soaked better with fruit juice than yogurt or milk.

After lunch or dinner it is not good to be engaged in any intense mental or physical activity or to go to bed. Any extraordinary physical or mental activity during or after eating hinders food digestion, for the nervous system is particularly engaged in digestion process. Meals cause increased levels of the joy hormone — serotonin and the hormone of excitement – dopamine, so it is appropriate to make a festive atmosphere during eating, imbued with gratitude.

Sleeping after a meal, when the food is not yet digested, is particularly unhealthy, because the digestive system organs stop working then. In the case of a more complex composition of ingested food, it rots and causes partial blood toxicity, so the next day the person may feel hung over like they would be after alcohol intoxication and actually more tired than before they went to bed. During sleeping, unused sugars and fats will get stored in the fat layers, so this is the reason why obesity occurs if the last meal is taken too late in the day. The best thing is to have mild physical activity after eating, for example, a light walk in the fresh air.

Water should be taken approximately half an hour before a meal, not during a meal or right after, because it dilutes the concentration of the acid and enzymes which digest the food, so the digestion comes to a halt until the excess water is out of the system and the level of acid and enzyme concentration properly increased. In the same fashion, if one takes a cold drink, food digestion will come to a halt until the stomach temperature reaches 37°C,

which is most suitable for the ferments to digest food. Drinking water should be mildly mineral water (soft water), because a higher density of minerals hinders dissolution and elimination of toxins from the organism.

On the average, people drink less water than required, which results in the accumulation of toxins in the organism, irregular blood circulation and hence headaches which could be avoided by increased intake of pure (sugar-free) water.



The pictures of Sarah Smith looking “about ten” years younger after 28 days of drinking three liters of water per day went around the world. It has been experimentally determined that people who drink more water can more easily endure greater cold or intensive physical exertion.

A word of advice: When you feel hungry between meals, take a glass of pure water instead of a snack, by which you will satisfy your false need for food and additionally refresh your organism.

Neglect of these simple requirements of healthy nutrition results in unnecessary fatigue of the organism, psychophysical exertion and early wear and tear as well as weakened immunity.

PSYCHOPHYSICAL ACTIVITY

People are endowed with various abilities which help them recognize the real life requirements and respond to them with their versatile talents. Just as the tool that is not used frequently gets corroded, so the muscle that is not frequently used – atrophies. Those abilities that one weakly uses, he loses eventually. The shape of mind and body should therefore be kept on a daily basis. The ones who practice intense intellectual activities and neglect physical activities will soon start suffering from intellectual weakness as well. There must be a balance of both body and mind.

Fast walking, swimming, gymnastic exercises, etc, are a blessing for one's intellectual work. Besides everyday walks, physically useful work increases the very psychophysical shape of the organism along with the fact that it fulfills life requirements.

Alternate showers with cold and warm water also stimulate blood circulation as much as physical activity, so it can be our first aid in case we are too busy with our computer work or otherwise unable to immerse ourselves in more frequent physical activities during the day.

Physical exercises and sport activities may be useful if they are moderate and directed towards good conditioning, but not if they burden us with results which imply intemperance and take away our energy and time which we should devote to responding to more important life requirements.

REST

Just like it is not a good time to repair a car when it is running full speed, it is also not the time to regenerate a human organism during our intense psychophysical activities, but during our deepest inaction — sleep.

Contemporary scientific discoveries reveal that human organism regenerates during sleep, so the lack of sleep therefore results in the atrophy of the nervous system and the entire organism.

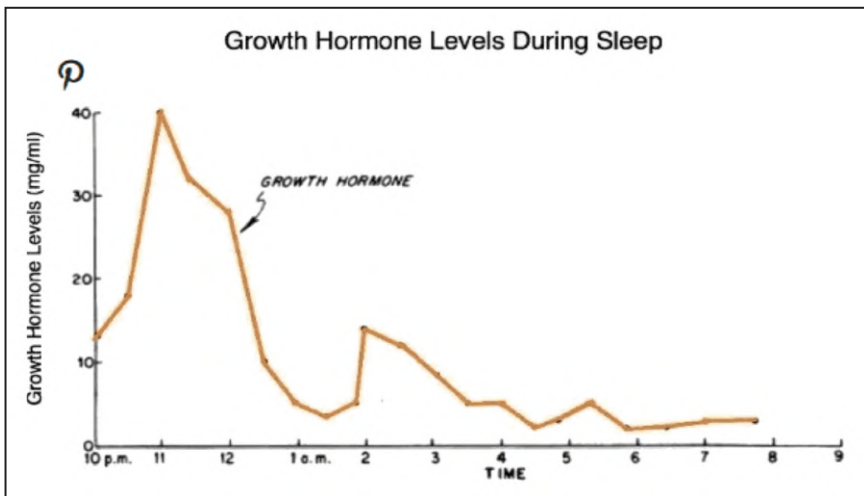
Just one night of insufficient sleep can weaken immunity so much that it can yield to the dangerous impact of a virus epidemic.

Why does one regenerate during sleep?

During the day, metabolic processes result in a high level of free radicals owing to pronounced psychophysical activities and food digestion. If growth hormone had a pronounced activity during the day, then the high level of free radicals would cause a significant level of damage (mutations) in DNA replication, for the function of growth hormone is to multiply cells in order to regenerate organisms as well as their growth.

During the day, the hormone somatostatin decreases the level of growth hormone and so keeps the organism from mutations which would occur during extensive metabolic activities. However, before we go to sleep, the organism excretes the sleep hormone – melatonin, which is the blocker for somatostatin, so the unblocked growth hormone starts its regenerative function in the organism. Melatonin is also known as one of the strongest antioxidants, which destroys free radicals causing the mutation during DNA replication. Also, melatonin starts the production of the enzyme telomerase, which adds telomeres

– “caps” to the end of chromosomes during their duplication. Shortening of chromosomes due to the lack of telomeres is considered to be the main cause of aging, for in every following replication chromosome gets shorter without telomeres. It can be noticed in many elderly people a thinness and atrophy approximately 3 to 6 years before they die, which is the consequence of accumulated mutations and low level of telomerase, as well as naturally low level of melatonin in the old age.



Without a sufficiently long and deep sleep, the organism cannot be recovered, which is why many people look older and more worn than they should at their age, for they do not get enough sleep. People do not appreciate the significance of sleep quite enough, because it seems to them too simple and banal the fact that the lack of sleep could jeopardize their health and psychophysical abilities, so they yield to the race of life which presses them to go to bed late and get up early. The wealthier persons spend thousands of euros per month for artificial treatments with growth hormone in order to look about ten years younger, unaware of

the fact that they could achieve much more by regular and sufficient sleep and by a weekly fasting.

We should go to bed early, lest the continuation of wakefulness disrupt the natural production of melatonin and thus we lose the advantage of increased tissue regeneration. In order for sleep to be deep enough without the harmful effects of the rotting of the undigested food, one should go to bed with an empty stomach.

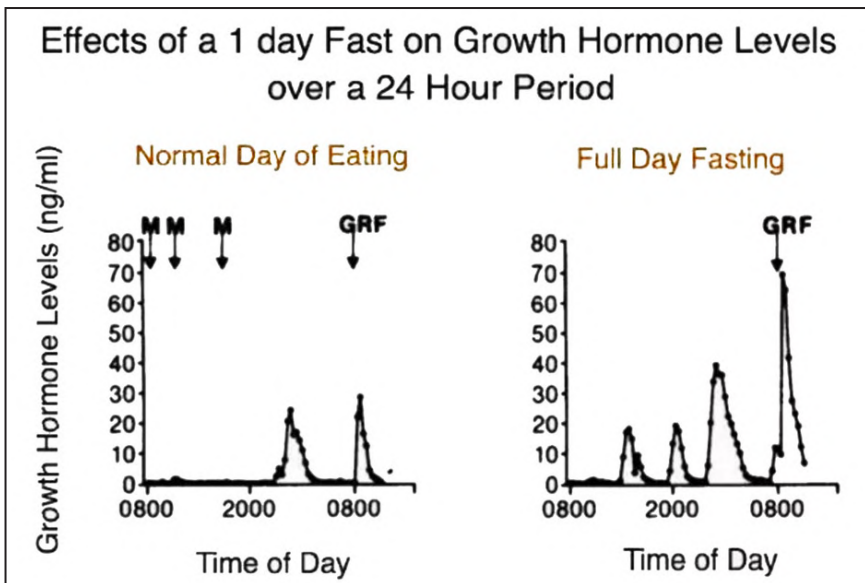
Also, it is important to spend the time before sleeping in a room with dim light, without strong excitement, so the melatonin level can get increased. Hymnal and classical music without expressed rhythm increases the levels of melatonin and serotonin if listened to moderately before sleep.

People who were on the verge of mental breakdown due to chronic hard work and lack of sleep managed to mentally recover and refresh their looks significantly after three weeks of taking St. John's wort tea (in moderate amounts) or vitamin B6 (1 to 5 mg maximum) a few hours before sleep. In doing so, they caused the increase of melatonin and longer and deeper sleep, and thus greater refreshment of the organism. Mice that were artificially given melatonin lived 20 percent longer than other mice. Nevertheless, excessive use of melatonin may cause obesity and even disrupt sleep, so after three weeks this treatment should be interrupted and the level of melatonin naturally regulated by means of proper life habits.

Every food overindulgence, as well as overconsumption of sugar through juices and carbonated beverages increases the level of sugar (glucose) in the blood and thus the level of free radicals. The organism guards itself from the harmful effects of free radicals by blocking the production

of growth hormone in case of a higher glucose level, thereby becoming deprived of required rest and regeneration.

So, one of the ways to increase the level of growth hormone and regeneration of the organism is to not consume any food or drink except pure water for one day (night-day-night) in the week. Not only will we provide rest for our internal organs and detoxify the organism, but also, by lowering glucose level, cause the leap of growth hormone and deep recovery of the organism during the last night of our diet.



It is scientifically proven that a diet of 24 hours of total food abstinence increases the level of growth hormone 13 times in women and 20 times in men. Of course, it should be kept in mind that increasing of the growth hormone in the case unhealthy diet and excess of free radicals raises the level of mutations and the probability of the emergence of cancer.

A complete fasting diet, even if applied for only 16 hours a day in the so-called “intermittent fasting” diet, when all meals are eaten within 8 hours, and in the rest of the day not even the smallest amount of food or sugary beverage, raises immunity, because it raises the level of interferons which are a significant factor in immune defense.

SUNLIGHT

After waking up, it is good to have one or two glasses of warm water, which will not only accelerate organism detoxification, but also waking up. Warm water is more quickly absorbed, since it does not stay long in the stomach for heating. The body should then be exposed to sunlight. Namely, in the case of the lack of sunlight, the organism behaves like it is winter time and slows down the metabolism, so a person, even though they have awakened, stays partially sleepy and without sufficient energy for work.

Just as darkness sends the information to the nervous system through the vision that it should increase the level of melatonin, morning light also increases the level of serotonin and wakes a man up to work. The sunlight has the same effect on our skin, because it starts the production of vitamin D3, which decreases the melatonin level and increases the serotonin level. If we get enough sleep, then, due to sufficiently high levels of melatonin and its antioxidant effect, sunlight will not be a danger for getting cancer, as it would in the case of the lack of sleep.

It has been established that melatonin and serotonin in synergy represent a means for the destruction of cancer cells. So, contrary to popular belief, moderate sunbathing

before noon, if we have gotten enough sleep, may help us in fighting cancer.

The serotonin level is increased by taking a shower or massage, which may make us sleepy in the evening, because in the darkness serotonin turns into melatonin, whereas in the morning a shower or a massage may wake us up, because sunlight and vitamin D3 prevent serotonin from turning into melatonin.

Sunlight should illuminate our bedroom and bedding every day because sun's UV radiation is a powerful disinfectant.

REGULAR BLOOD CIRCULATION AS COLD PREVENTION

A cold most frequently occurs when our organism reacts to the cooling of our body by withdrawing blood from our extremities and redirecting it towards our internal organs, which causes low immunity.

A mature nervous system reaction to the cold would imply redirection of blood circulation towards those body parts which suffer the greatest cold. It can be developed by an everyday shower with cold and warm water. At the beginning, one should shortly and with pauses expose their extremities and face to cold water, and then move to other body parts, then gradually, day after day, get used to longer periods of cold water showers. These circulation exercises should be practiced with an empty stomach, but only when we have woken up entirely, otherwise it may cause damage to our heart. As a result, the cold draft air will not make us "shrink" with cold, but cause a pleasant refreshing by stimulating our peripheral circulation.

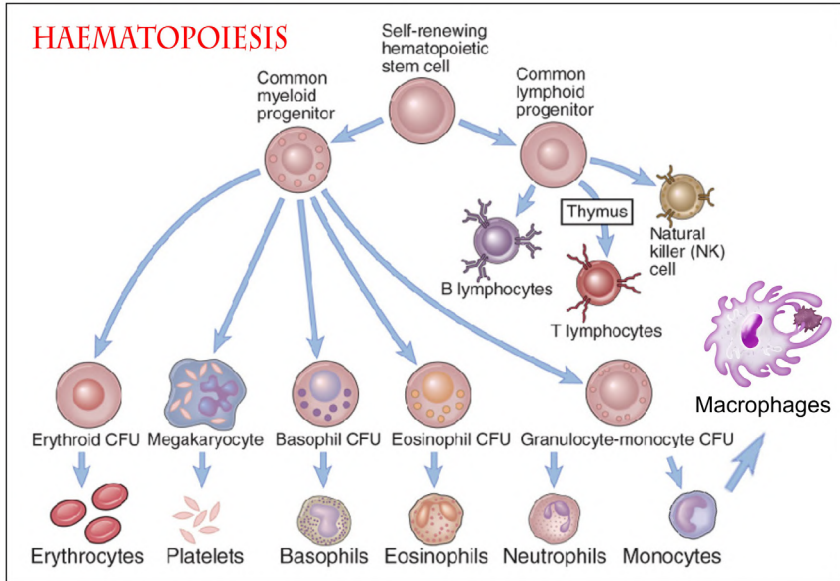
When we develop this type of maturity, we are free to keep our windows open in the room where we are and so keep the circulation of fresh air, which represents one more contribution to our health. Namely, the air temperature in a room should not be too high, especially during sleep, because if the air is hot, lungs automatically take shallow breaths. However, the body itself should be moderately warmed up during sleep, because in that case its own metabolic warming decreases. The amount of free radicals is in relation to the intensity of metabolism, and as much as the organism warms itself, its need to lower the level of growth hormone in order to lower the level of mutations is higher.

ADEQUATE RESPONSE OF THE IMMUNE SYSTEM ON THE CORONAVIRUS

Immunity can be increased tenfold by raising the body temperature by only two degrees, by warming it with warm blankets or staying in warm water.

People who naturally or through disorder have a higher level of prolactin, have to such an extent raised immunity that it often knocks down its own tissue through a propensity for autoimmune diseases. Thus it is not enough for immunity just to be raised, but it must be adequate. What does it depend on?

Leukocytes (white blood cells) differ among themselves in whether they protect the body from bacteria, viruses, cancer, parasites, allergens, fungi, or dead cells. Each type of leukocyte originates from a common precursor, and the organism determines in what amount the precursor will be converted to a particular type of leukocyte.



However, our immature reaction to stress may hinder the adequate response of the immune system to disease. As a result of this, the common leukocyte precursor could be transformed into the type of leukocyte that is not the answer to our real need. For example, fear and guilt will direct precursor towards forming of eosinophils that fight against allergens and parasites, not viruses and bacteria.

And in that way, despite immunity being raised, it can be misdirected. One will then easily respond with an allergy to substances that are not at all dangerous to him, and therefore have a weak immune system response to cancer cells or viruses, because the common leukocyte precursor has been transformed most into the type of leukocyte that he does not need so much.

Some herbs contain ingredients that can divert precursor conversion in the desired direction, so taking white mistletoe tea (*Viscum album*) will raise the levels of

virus-fighting and cancer-fighting lymphocytes as well as bacteria-fighting neutrophils at the expense of the formation of eosinophil leukocytes that protect the body from parasites and allergens. And instead of the body reacting hypersensitively to allergens, it will, thanks to the white mistletoe, fight cancer, viruses and bacteria more successfully.

Leukocytes are known to use free radicals as a defense mechanism in the fight against various microorganisms, due to their cytotoxicity. Eosinophils fight allergens and parasites with oxidizing substances such as hydrogen peroxide, so it is advisable to reduce their unnecessary amount.

Inadequate immune response of the organism can, in extremely rare cases, cause anaphylactic shock and death, due to a bee sting or taking a vaccine, and that is the only justifiable reason why vaccines should be taken according to one's own conscience, on one's own responsibility.

The coronavirus epidemic has revealed a major problem with man's natural immune reaction to that virus. Statistics showed that 85 percent of patients, out of 1099 admitted to clinical treatment in Wuhan by January 29, 2020 for coronavirus infection, have lymphopenia.

Lymphopenia represents a reduced response of lymphocytes (in charge of fighting viruses) and an excessively increased number of leukocytes neutrophils (in charge of fighting bacteria), which is completely inadequate as it is a viral, not a bacterial infection. Other studies have identified a "cytokine storm" as the cause of most deaths due to coronavirus, which has shown the need to reduce the amount of cytokines (IL-1 α , IL-6, TNF- α).

The third research showed that there is also a lack of useful leukocytes against the viruses — monocytes, because their precursor turns into neutrophils.

Therefore, coronavirus contains a structure that deceives the body's immune system and leads it to an inadequate immune reaction characteristic of a bacterial and not a viral infection, which is why the immune system is less directed at fighting the virus and more at fighting the infected tissue, also damaging on that occasion a healthy tissue.

The result of an inadequate immune response of the organism is acute respiratory distress syndrome (ARDS) in 5 percent of the infected, which then often results in fatal outcome when the patient suffocates due to pulmonary secretion and lung tissue decomposition.

The highest mortality caused by the coronavirus is the consequence of inflammation of the lungs due to an overinflammatory reaction of the immune system, which then also seizes healthy lung tissue, while the produced mucus interferes with breathing itself. Chinese doctors, who did an autopsy of the coronavirus deceased, claim that they have been finding their lungs turned into mucus.

Popular plants whose ingredients are useful for general immunity boosting, such as echinacea and astragalus, can worsen the fight against coronavirus as they raise the number of neutrophils and cytokines responsible for the “cytokine storm”.

Several scientific studies have shown that elder tea (*Sambucus nigra*) or its extract — Sambucol leads namely to the desired increase in lymphocytes and a decrease in neutrophils, which increases the chance of survival of people infected with coronavirus if elder is used preventively and in the first stage of the disease, before pneu-

monia. It has been found that elder raises interferons that prevent virus multiplication (IFN- α), and cytokines that are important for the fight of organism against viruses and bacteria (IL-1 α , IL-6, IL-8, TNF- α).

During an outbreak of influenza B/Panama in 1993, the use of elder tea helped the cure to be finished after just two days in 93.3 percent of cases, unlike the control group, which was taking placebo instead of elder tea, where 91.7 percent of people were cured after at least six days.

However, as elder raises the concentration of cytokines that are crucial for the emergence of a cytokine storm that destroys the lungs and other internal organs, its use should be stopped immediately when inflammation of any internal organ occurs.

Then treatment should be started with the intensive use of plant extracts that reduce neutrophils and also cytokines in charge of the cytokine storm (IL-1 α , IL-6, TNF- α). These are extracts of aronia, turmeric, ginger, cinnamon, black cumin and licorice. The same plants, although they reduce inflammatory cytokines (which may be useful at the onset of the disease), raise useful antiviral interferons that represent the first line of defense. So it makes sense to take them preventively, along with elder, but to stop with their use with the first symptoms of the coronavirus, and then take them again only when severe inflammation needs to be reduced. The soybean and its derivatives also have anti-inflammatory impact, which in particular lowers IL-6 and TNF- α .

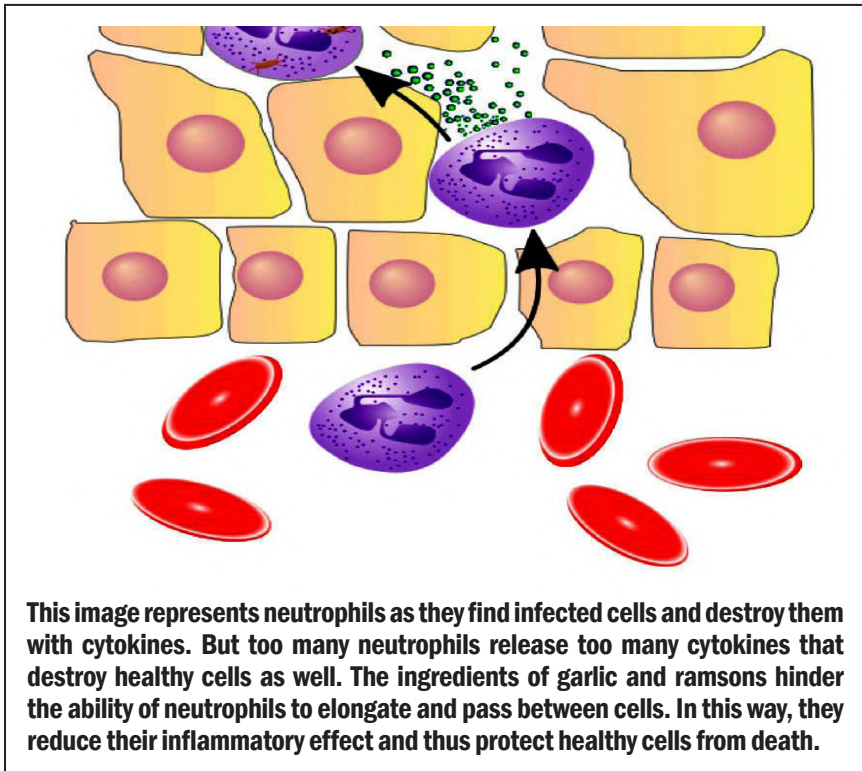
Sweet root (*Glycyrrhiza glabra*) is extremely useful for reducing all inflammation, especially pneumonia, but because of its harmful side effects, it should be used only during the inflammation. In areas of the Islamic world

where liquorice drink is consumed during Ramadan, symptoms of its excessive consumption have been noticed. In daily intake, sweet root causes loss of potassium, cardiac arrhythmia, ECG disturbance and pressure increase due to water retention in the body. Even though it has antibacterial effects in direct contact with bacteria, it should not be taken without immediate need as it reduces the body's immunity against bacterial infections.

As coronavirus starts to attack first the upper respiratory tracts, the flowing of infectious mucus into the lungs should be prevented by reducing the histamine content of the diet. Histamines accelerate mucus leakage, and so foods rich in histamines such as dairy products and pickled vegetables should be discarded. Carvacrol, found in wild oregano, heather and thyme, in addition to antiviral activity, shows a pronounced antihistamine effect and also in small doses reduces the most dangerous inflammatory cytokines (IL-1 α , IL-6, TNF- α).

Although it is good to raise immunity by warming the body, excessively high temperature can cause an over-inflammatory reaction, and also fatal exhaustion of the body at some point, so it should be lowered at a critical moment by a cold bath, especially if the person has already had severe pneumonia.

The susceptibility of death from coronavirus of the elderly persons is explainable by the low levels of interferons, which are important for the fight against the viruses, and which reach the greatest decrease of levels after the fiftieth year of human life. It has been experimentally found that consuming only 2 grams of garlic raises about 5 times the level of alpha interferon (IFN- α) in 2 hours. Garlic also shows anti-inflammatory effects.



Vitamin B3 (niacin or nicotinamide) and vitamin C should be taken preventively because they raise interferons, especially when coughing begins, for it has been experimentally proven that both vitamins have a regenerative effect on damaged lungs.

Damage to the lungs due to coronavirus results in hypoxia — a decrease of oxygen in the blood, and often damage of the heart itself due to the lack of oxygen, even if the person survives. The solution could be in taking of beta-blocker propranolol, which reduces the need of the heart muscle and also the whole body for oxygen, which relieves the heart muscle and allows the body to survive with reduced lung function.

In one experiment, two groups of eight dogs each had air at their disposal with only 9 percent oxygen. In the non-propranolol group, half of the dogs died within 40 minutes, whereas the propranolol-influenced group of dogs did not have any dead individuals. Propranolol has also shown many anti-inflammatory and antiviral effects, especially when consumed during the flu, but should be used under the supervision of a physician due to its possible adverse effects in people with low pressure and severe asthma.

In the case of mucus accumulation in the lungs, it can sometimes be very helpful to have a lobelia flower that causes severe spasmodic expectoration. As only a slightly smaller amount than the toxic amount is required for the beneficial effect, the dose of the flower tincture should be gradually increased every twenty minutes, until a strong expectoration occurs. If lobelia tinctures are of low concentration, direct consumption of the flower should be done with extreme caution. In some cases, such expectoration is able to clear the lungs of debris that, if not thrown out, is the source of many years of chronic cough.

While during illness the period of lack of desire for food goes on, food should not be consumed in the least, because hypoglycemia (lack of blood sugar) causes a jump of prolactin and interferons, by which the immunity is dramatically increased, while in times of hunger, simple and energy-intensive foods should be eaten that are easily digestible, best a combination of oil (olive) and wholesome bread; or unfermented (histamine-free) butter and honey.

Of course, all these factors of raising adequate immunity is illusory to apply while at the same time violating

the principles of a moderate and healthy diet, sufficient intake of clean water, sufficient sleep, necessary physical activity and a mature reaction to stress. However, not all of these measures are a sure guarantee that a person will survive the coronavirus, but it is everyone's responsibility to do everything in their power.

TEMPERANCE AND VICTORY OVER VICE

Intemperance can be manifested through unhealthy nutrition, but also through excessive care of nutrition and health. The cause of intemperance is our bad motivation regarding nutrition and health.

We should take care of our health out of love for health (in order to use our abilities to successfully respond to life requirements), not out of fear of illness or obsession with ourselves and our looks.

If we are burdened with health, we will emphasize irrelevant details and neglect the relevant ones and so again jeopardize our health by imprudent implementation of correct health advice.

Intemperate consumption of propranolol, garlic and even plain water has already produced fatalities.

The cause of intemperance which leads us to make wrong actions lies in our inner spiritual dissatisfaction. It urges us to be burdened either by food indulgence, and therefore neglectful in terms of our health, or by taking care of health itself.

Soul thirst must be quenched at the right well, otherwise the dissatisfaction of spirit will keep burdening us with attempts to find satisfaction in what we do, which will make us intemperate.

Some are addicted to sweets and sugar on a psychological basis, for the increased amount of glucose in the blood produces a constant high level of happiness hormone – serotonin, and in that manner they fight against the unpleasant emotions. It is the expression of immaturity, because emotions should correspond to reality in order for the organism to produce hormones, which will provide it with abilities responding to real life requirements. Our emotions are always a response to some kind of reality, whether external or internal – spiritual. If we suffer from anxiety, mental tension or depression, suffocation of awareness of the internal problem by emotional and sensual sensations will not be a solution.

If we do not overcome our temptations, unclean conscience remains upon us and can burden us with various fears and phobias, because we subconsciously know what we deserved. The fear of conspiracy can also seize us when the hypothesis of someone else's evil intention brings incredible satisfaction to our own impure conscience. If we are negligent in our own unhealthy habits, we can show fear that someone else wants to poison us. If pandemics happen to us as a curse due to globally spread sins, we are then dealing with the specific sins of some minority to which we shift the responsibility for the misfortune that comes upon all humanity. One can never achieve a higher goal than the one he has set for himself, higher ideals than those that his mind is engaged in. While the enlightened mind will deal with scenes beyond itself which ennoble it by making it aware of the need for its own reform, so long will a person of decadent character deal with what is worse than herself in order to soothe her impure conscience that there are people worse than her.

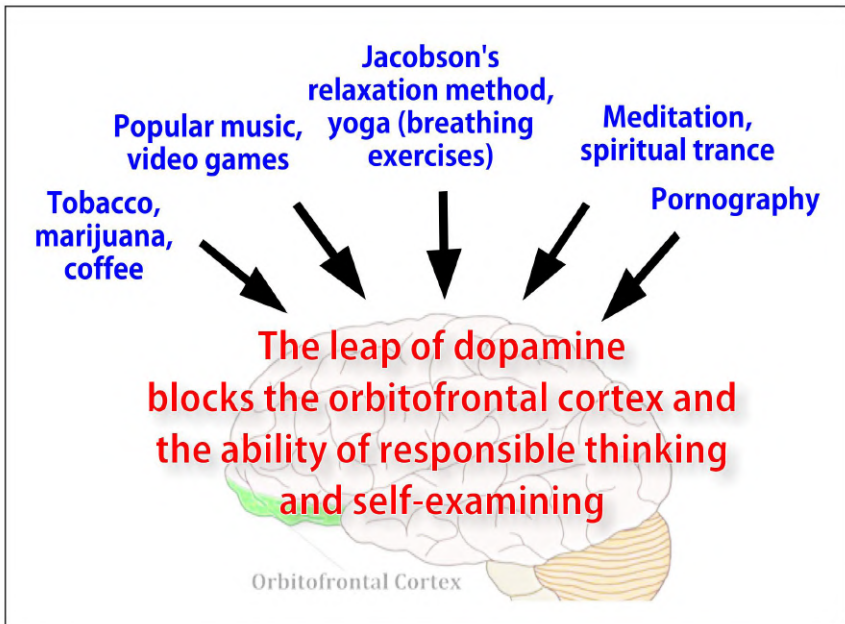
Instead of deceiving our conscience by dealing with evil intentions of others, it would be better to dedicate one day a week for facing our problems, for self-review and spiritual struggle, optimally during the weekly diet day, which would make that day a day of fasting. Facing oneself is not pleasant, but it brings much relief.

During fasting (without any food), due to the lack of carbohydrates the levels of the joy hormone decrease, and the prolactin, the care hormone, increases. Not only does prolactin cause regeneration and strengthening of immunity during the one-day weekly fast, but it also sobers the mind for analytical thinking and our own self-examination. However, we are prone to completely opposite mechanisms. Ancient Jews even noticed people's tendency to intoxicate themselves with indulgence and false carelessness when they should face their own responsibility:

“Therefore in that day the Lord God of hosts called you to weeping, to wailing, ... Instead, there is gaiety and gladness, killing of cattle and slaughtering of sheep, eating of meat and drinking of wine: Let us eat and drink, for tomorrow we may die.” (Isaiah 22:13)

“Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up... Now listen, you who say, “Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.” Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.” (James 4:8-14)

In order to suffocate the awareness of our inner problem, we induce a spike of dopamine through various sources of excitement (popular music, video games...) which blocks the prefrontal cortex and the responsible function of reason and conscience. We also trigger euphoria with sweet beverages, sweets and overeating, thus elevating the glucose level in blood, which increases the level of the happiness hormone – serotonin.

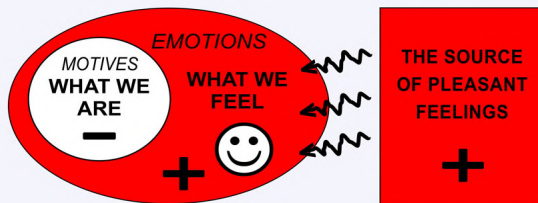


However, an excessively high glucose level in the blood has numerous harmful side effects. Besides causing low immunity (disabling leukocytes) and diminishing the organism's ability to produce energy itself by melting its own fat, an excessively high glucose level burdens the pancreas, making it intensely produce insulin which turns glucose into fat. Also, a high level of glucose stops the production of the growth hormone.

A very high level of the joy hormone during work activities makes a man too careless, superficial and reckless while working. For this reason, sweets should be left for a festive atmosphere. It is optimal to dedicate one day a week to rest from previous work activities, when we can, for instance, take a walk enjoying nature and think about sublime notions, which will naturally produce higher levels of serotonin and dopamine and therefore improve the psychophysical rest of the organism. Nonetheless, even healthy life pleasures may become objects of our abuse if we try by them to quench the thirst of our soul. Eating delicious food should be an inducement for expressing our inner fulfillment (through gratitude), and not something in which we should seek our fulfillment (which is the cause of voracity).

Fundamental Delusion of Hedonism and Mysticism:

“Emotions can satisfy me!”



Truth:

No matter how feelings are exalted, strong or prolonged, they can never satisfy the thirst of the soul, but can only suffocate awareness of human inner spiritual dissatisfaction.

Let us note that feelings of happiness, however strong and sublime they are, can never satisfy us, but only suffocate the awareness of our inner spiritual emptiness. To feel happy and to be happy are two different things. Why are we under the impression that happiness keeps

“running away” from us, no matter how fulfilled our dreams are? Not only because the feeling of happiness is unable to satisfy us, but also because organism itself struggles against our abuse of feelings!

Namely, when we cause an excessive level of the hormone dopamine by constant excitement of the feeling of pleasure, this very dopamine causes apoptosis – programmed death – of the neurons which produce it, for this is how the organism uses automatic regulation to defend itself from a dysfunctional and constant high level of excitement.

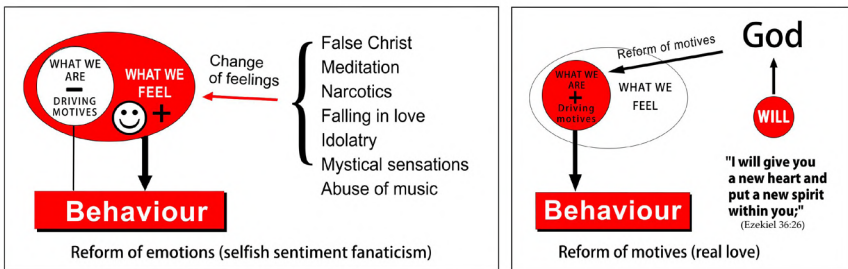
Those persons who by marijuana and other narcotics induce the leap of dopamine, at first they cause the blockade of the prefrontal cortex, which results in their becoming careless of everything and superficial in their use of common sense. Afterwards, when their dopaminergic neurons die out to a substantial extent due to the process of apoptosis, they lose concentration and have a strong urge, by repeated intoxication, to elevate the dopamine, but now at least to the average level necessary for normal brain functioning. Inability to achieve the same excitement and the same level of concentration leads them to an even more intemperate need for intoxication. Eventually, due to a lack of dopamine and frustration of their need, they fall into a deep depression and feel completely worn out. The mechanism is the same with any other type of intoxication which elevates dopamine, for instance, intoxication with popular music, video games and pornography, which are proven to cause serious damage to dopaminergic neurons. Recovery of dopamine neurons, destroyed by various forms of intoxication, can be achieved by a therapy of several days of taking the Sweet Flag tea (*Acorus Calamus*). Due to the other harmful side effects, the use of this tea should be soon

ended. Excessive levels of dopamine represent a path to schizophrenia, while too low – a temptation for depression.

The diminished ability of feeling naturally pushes a person toward even stronger stimuli, which is, along with inner dissatisfaction of spirit, the main cause of man’s intemperance.

When someone gives this type of person a piece of advice saying: *“Enjoy the little things!”* it surely seems grotesque at that moment, because how could they enjoy the little things if they are no longer able to get satisfied even with the strongest sources of pleasure?

Those who enjoy the little things are on the way soon to become dissatisfied with the little things and to seek satisfaction in even bigger things. The meaning of life is not pleasure, but love (serving others), and that is giving happiness and not seeking happiness. The one who wants to enjoy in seeking happiness must make their spirit unhappy, must become deeply dissatisfied in order to have the motive to seek happiness. Truly (spiritually) satisfied person does not seek happiness, but gives it.



Some direct their dissatisfaction toward the sphere of spirituality and then intoxicate themselves with pious feelings; however, they merely replaced one object of their burden with another which is, in fact, called — idolatry.

However, true spiritual gratification results in a change of our essential driving motives, not emotions. Only when truly satisfied, we will not have the temptation to intoxicate ourselves with emotions and be burdened with the constant search for satisfaction in what we do.

We will then eat delicious food not out of voracity, but with gratitude; and we will then take care of health not out of obsession, but love.

We will not experience stress in case we need to abstain from delicious, but unhealthy food, because we will not be slaves to hedonism.

MATURE REACTION TO STRESS BRINGS PSYCHOPHYSICAL RECOVERY

Many research findings showed that a long-term experience of stress leads to a multitude of psychosomatic disorders in the organism. Autoimmune diseases, allergies, digestive tract problems, heart diseases, obesity, low immunity, hormone imbalance and a man's need for harmful vices often occur as a result of long-term stress.

Nevertheless, most frequently such autodestructive reactions of the organism are not a consequence of actual long-term stress circumstances, but of our immature reaction to stress, which results in the transformation of our personality and retaining the stress reaction even when the stressor is eliminated.

We often complain blaming circumstances for our stress, because they cause us to experience unpleasant emotions we cannot endure. However, there is nothing wrong in experiencing emotions corresponding to reality.

It is natural to feel fear in danger. The emotion of fear raises the level of the hormone cortisol, which causes degradation of muscle tissue and immune system (lymphocytes and leukocytes), so that we can have enough glucose in the blood and therefore energy to run.

Mind	➔	Emotions	➔	Motives (bad or good)
Goodness, justice, gain, gift	➔	Joy	➔	Selfishness or gratitude
Danger	➔	Fear	➔	Cowardice or courage
Injustice	➔	Anger	➔	Hatred or meekness
Loss	➔	Sadness	➔	Worry or care

When we witness an act of injustice, feeling anger corresponds to reality. The feeling of anger causes the increase of testosterone, which causes the building of muscle mass so that we can fight.

When we witness trouble or loss, it is natural to feel sorrow. The feeling of sorrow decreases the level of testosterone and increases the level of the care hormone – prolactin, so that we can dedicate ourselves to the needs of the deprived. It is natural to feel joy when we witness something nice, beautiful and just. The feeling of joy elevates the levels of various joy hormones: love emotion elevates serotonin, sensual excitement and admiration elevate dopamine, etc., and all of them together, to a moderate degree, facilitate organism recovery and regeneration.

The problem of stress does not lie in the emotions we feel, but in our motives by which we respond to a stressful situation. Stress is the test of our actual inner moti-

ves, but also the test of our choice, for it represents an opportunity to reform our motives.

If we let fear overwhelm us as a behavioral motive when we are in danger, then it remains as the motive which leads us into cowardice, suspicion and fear, even when there are no longer objective reasons for being afraid.

If we let anger overwhelm us when we are victims of injustice, this anger will make us prone to interpret other people's actions as unjust and so fabricate reasons for getting in conflict with others, even though objective reasons for such reactions cease to exist.

If we fall into depression as victims of loss, we will tend to interpret reality in a depressive manner, even though the reasons for sorrow no longer exist. If we start worrying during some kind of trouble, we will continue to be worried even when there are no longer reasons for that.

If our reaction to stress is immature, we experience such a transformation of our own personality that we maintain the stressful reaction of the organism even when the stressful situation has been eliminated. We then keep interpreting reality in a stressful manner so that we could have occasion and excuse for our suspicion, contentiousness and depressive whining over the situation. Then the sources of fear, anger and sorrow start residing in ourselves, our driving motives, apart from objective reality, causing the excessive level of hormones which damage our organism.

Constant fear weakens our immunity and causes obesity by means of high cortisol level, for the excess of unused glucose in the blood creates fat layers. Cortisol can be lowered by inhaling lavender, basil, sage or wild oregano essential oil.

Constant anger elevates testosterone, which degrades the internal organs to build muscle tissue out of their amino acids, so in this sense it is true when they say that “hatred eats you alive”.

Permanent sadness, by overly increased level of prolactin, excessively activates certain elements of the immune system, thus provoking the onset of autoimmune diseases. While the constant emotion of sadness increases the cytokine IL-18 (in charge of killer cells and the entire system of immune response), the feeling of endangerment raises the cytokine IL-6 (cytokine inflammation).

Not only does our reaction to unpleasant emotions make us destructive, but it is also achieved by our reactions to pleasant emotions. If we have abused the sources of pleasant emotions through our attempt to get satisfied with them, we experience a constant addiction to the sources of pleasant emotions which we now cannot do without.

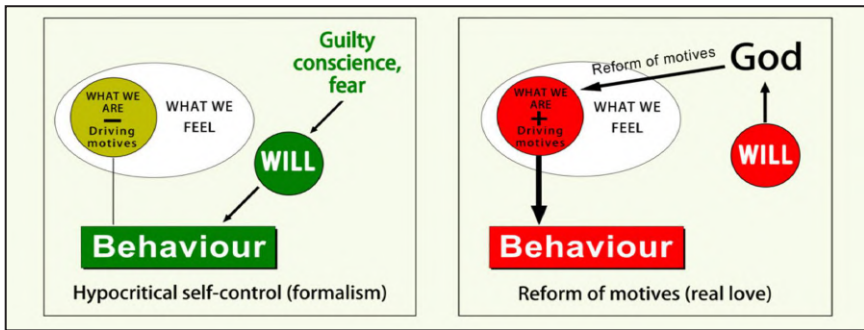
Constant provoking of excitement raises dopamine, which blocks the prefrontal cortex and makes the person irresponsible and negligent. High dopamine also overthrows prolactin, which is essential for the healthy functioning of the immune system. The West Mediterranean race is characterized by naturally high dopamine, which automatically lowers prolactin, and therefore their naturally lower immunity can be raised by consuming barley or barley malt due to its prolactin-raising beta-glucan content.

Frustration of man’s selfish need for pleasure is the main source of modern man’s depression. The more we ask from life, the more disappointed we get with life. The right meaning is to give to life, to be the light to the world, not trying to gain something from it.

The secret of mature stress reaction is in noble motives by which we should respond to a stressful situation. We should feel joy for what is good, not becoming selfish for the source of good, but grateful for it. We should feel fear while in danger and be brave, not cowards. We should feel anger for injustice, but we should be driven by meekness, not hatred. We should feel sorrow for loss, but we should keep tranquility and peace, not fall into depression.

So, the same stressful situation in which we destroyed ourselves by reacting immaturely may improve us if we react to it maturely, with sublime and noble motives. However, if we have already experienced a negative personality transformation (due to immature reaction to stress), we most often try to hypocritically hinder the demonstration of bad motives (selfishness, suspicion, hatred and worry) instead of working on the positive transformation of our personality which will result in the change of our motives from bad to noble (unselfishness, courage, meekness and care).

We are mostly bothered only with the symptoms of immature stress reaction (unpleasant emotions, conflict with other people), and not the bad motives themselves (selfishness, suspicion, hatred and depression) we immersed ourselves into by the immature stress reaction. Self-control can make us act properly on the outside, whereas bad motives keep having their fatal effect in the overproduction of hormones not responding to real life requirements. Also, bad motives cause psychosomatic health issues, whether we hinder their expression (high blood pressure, stomach ulcer..) or openly express them (coronary artery spasm..).



The solution lies not in the suppression or expression of bad motives, but in their reform. This reform is a result of positive personality transformation, the one the pedagogues would call maturity of personality, and religious people — experience of spiritual rebirth.

Maturing of personality represents putting our abilities into right function, in order to respond with our emotions, senses and mental abilities to the real life requirements, and not abuse them for satisfaction.

Unlike plants and animals that genetically react properly to a stressful situation, we, humans, are personalities with the freedom of choice to individually determine the meaning of our abilities, whether we will abuse them for satisfaction or use them to respond to real life requirements; whether we will react to stress maturely or immaturely. This is why we can appreciate each other for our noble actions when we know they are not a product of our determination under the influence of genes or environment, but a product of our personal choice in the moments of life temptations. Nevertheless, if we try to seek goodness and virtue in ourselves, in our hearts, we will become extremely disappointed. We will not find the strength of true love in ourselves, nor the strength for mature stress reaction, nor for taking care of health and life. We need to lift up our view.

We need a spiritual experience, for man is also a spiritual, not only physical and mental being. We are essentially all religious, because we all “pray” to someone or something seeking someone or something to quench the thirst of our own soul. We unwarily attribute supernatural powers to the sources of our pleasure when we imagine that they can satisfy us.

However, as we noticed, the experience of pleasure cannot satisfy anyone, it can only suffocate the awareness of our inner problem. This is the reason why we need to reasonably question whether the object of our reliance can truly satisfy us or it merely provokes intoxicating emotions which we use to suffocate the awareness of our inner problem and cause biased goodness which will disappear as soon as the stress of everyday life spoils our emotions.

A stressful situation can help us very much in this area, for therein our real spiritual state gets fully expressed, so by becoming aware of it, we can reform it. When our spiritual needs are satisfied, then we no longer experience temptation that we cannot conquer.

Then the pleasant experiences lose the role of the source of our satisfaction and gain the role of the cause for expressing the happiness that we have in our essence. Then we naturally respond to pleasant experiences with gratitude, and to unpleasant experiences with proper and reasonable motives. Taking care of health will then not be a burden to us, but joy. Appetite, which was once perverted, would start enjoying simple and healthy food. Our care for health would bring us mental and physical revival, while our disburdened spirit and its abilities would become a blessing to other people around us as well.

BETWEEN NONCHALANCE AND FEAR OF CONSPIRACY

Today, we meet with a multitude that shows a marked indifference and nonchalance towards the danger of coronavirus and in general towards taking care of a healthy diet and life. While some are proud to admit that anything can endanger their great ego, others are so brought up in an atmosphere of political correctness and tabooing the problems that when confronted with real problems, they face the immaturity of their personality.

The increased number of infected and deceased from coronavirus in Italy, France and Spain can be explained by naturally high levels of dopamine in the Western Mediterranean race which, by reduced function of the prefrontal cortex, makes those people less responsible and by reduced prolactin — less immune to the coronavirus.

Women naturally have higher levels of prolactin than men, and therefore, due to higher immunity, longer life expectancy and a greater propensity for autoimmune diseases than men. Prolactin prolongs sleep and forms fat pads on the body, which are less expressed in people with excess dopamine.

Dopamine, in addition to reducing prolactin levels, also reduces the activity of the prefrontal cerebral cortex that is in charge of responsible thinking and decision-making, while increases the activity of the brain areas that are in charge of creative, predominantly artistic, abilities.

It has been observed that individuals who, due to Parkinson's disease, have to raise dopamine artificially, often during therapy obtain a tendency to draw. The

Mediterranean people exhibit expressive artistic abilities, but therefore have difficulty in dealing with specific life responsibilities.

The seriousness with which the Italians responded during the Second World War to the call for mobilization and to the demands of the war was compared to that seriousness characteristic for a group that attends a picnic party. Let's look at some testimonials about them:

“A Mediterranean wants to use his appearance, posture and gesticulation primarily to personally express himself, show himself and be liked.” (Vladimir Dvornikovic, *Characterology of Yugoslavs*, p. 187)

“Takes great joy in the spoken word and in pleasing and lively movements; and is inclined to find suppleness and craft particularly worthy of interest and praise. ... The Mediterranean man is eloquent, often a skilled orator, not seldom he is (at least for the Nordic observer) talkative and somewhat superficial.” (Hans Günther, *The Racial Elements of European History*, p. 56)

“But the very nature of their mental culture was a still greater obstacle than the presumption of their hearts. Could men, who admired the elegance of a well cadenced sonnet more than the majestic simplicity of the Scriptures, be a propitious soil for the seed of God's word?” (J. H. Merle D'aubigne, *History of the Great Reformation of the Sixteenth Century: In Germany, Switzerland, etc.* p. 25, 1844)

However, people who naturally have a very active prefrontal cortex and a high level of self-responsibility are not less tempted, because often by abusing music, through tobacco, marijuana, video games, alcohol, etc., they

cause a strong jump of dopamine in order to produce the same effect of renouncing their own life responsibility. It has been observed that the more intelligent people are, the more prone they are to various opiates, because they are more bothered by reason than others.

Semitized people of the Middle East we recognize by their pronounced secondary sexual characteristics and retention at the stage of adolescence. That is why the adolescent's tendency to divide people into friends for whom he is even willing to die and to others he is afraid of, is recognized in those nations as a tendency to divide people into their own, with whom they are extremely close, and others, whom they constantly suspect for hostility and conspiracy.

In this analysis we certainly should not omit the temptations of the people of the Far East, who are characterized by the higher level of female hormones and therefore the more developed sensitivity. That sensitivity brings them the temptation to rely on feelings instead of reason, and therefore to avoid any criticism and self-criticism, lest they be emotionally wounded. Their traditional cover-up and tabooing of the problem is widely known, and we can recognize it even among European people mixed with Asian races, such as Russians and Swedes.

Some religions with their techniques provoke dopamine excitement that blocks reason, and some evoke emotions that make those believers emotionally vulnerable. But many believers also find an excuse for their carelessness and irresponsibility in their own belief.

We can especially see this in the analysis of the attitude that many believers have taken toward the coronavirus and taking care of their health. While for the coronavi-

rus they claim ot to be non-existent or exaggerated, for their negligence of healthy diet they refer to the Gospel of Mark: “If they drink any deadly thing, it shall not hurt them” (Mark 16:18) or claim that Jesus “cleansed everything unclean on the cross.”

Self-confident and careless believers are inclined to proclaim any disturbance of their own conscience as spoiling of their Christian peace and a deed that comes from Satan, without realizing that Scripture is full of health advice. In addition to extensive advice on healthy eating in Scripture, we even find a quarantine order, isolation of a contagious person, mandatory wearing of a cloth on the mouth that prevents the infection from spreading, and even a mandatory bath for a person who came in physical contact with the contagious person. While church authorities call for a violation of the principles of hygiene in order to keep the Christian rites, let’s pay attention to the basic principles of healthy eating and the principles of treating the sick from infectious diseases that Scripture itself gives us.

BIBLE PRINCIPLES OF HEALTHY LIFE AND NUTRITION

According to Scripture, before the fall into sin a man ate only cereals and fruit. In doing so he did not endanger anyone’s life, nor he did destroy the plant itself:

“And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.” (Genesis 1:29)

After falling into sin, as a part of the curse, in the diet of a man appeared vegetables:

“Then to Adam He said, “Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, ‘You shall not eat of it’: “Cursed is the ground for your sake; In toil you shall eat of it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field.” (Genesis 3:17-18)

The curse of sin also meant death, so many organisms were transformed into carnivores to maintain balance in nature. If one pair of animals were able to save more than one pair of their young from their offspring after their sexual maturity, the balance in nature would be broken. Only after the end of the great controversy between good and evil, on the new Earth, the animals will return to the principles of the original diet:

“The wolf also shall dwell with the lamb, the leopard shall lie down with the young goat, the calf and the young lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze; Their young ones shall lie down together, and the lion shall eat straw like the ox.” (Isaiah 11:6-7)

The first announcement of eating meat among humans is seen in the counsels God gave Noah in preparing the ark before the flood:

“Then the LORD said to Noah, “Come into the ark, you and all your household, because I have seen that you are righteous before Me in this generation.

You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female.” (Genesis 7:1-2)

We see that Noah was shown the difference between clean and unclean animals. Clean animals were taken to the ark in large quantities, because due to the destroyed vegetation, they would have been necessary for human consumption. About a thousand years later, God tells the Israeli people the difference between clean and unclean food, as well as many other health advice:

“Now the LORD spoke to Moses and Aaron, saying to them, “Speak to the children of Israel, saying, “These are the animals which you may eat among all the animals that are on the earth: Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud—that you may eat. Nevertheless these you shall not eat among those that chew the cud or those that have cloven hooves: the camel, because it chews the cud but does not have cloven hooves, is unclean to you; the rock hyrax, because it chews the cud but does not have cloven hooves, is unclean to you; the hare, because it chews the cud but does not have cloven hooves, is unclean to you; and the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you. Their flesh you shall not eat, and their carcasses you shall not touch. They are unclean to you.” (Leviticus 1:1-8)

“Those who are eating “swine’s flesh and the abomination and the mouse, shall be consumed together,” says the LORD” (Isaiah 66:17).

The division of food into the clean and the unclean is of a health nature, which we see from the description of the blessing of keeping its principles:

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. (...) And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies.” (Daniel 1:8,15)

The term of unclean in Scripture refers to anything unhealthy, and so the infected person is declared unclean. For a person who was suspected of not being healthy, the Bible ordered quarantine. The priest would have to isolate the person who showed the initial symptoms of the disease, and to re-examine her after seven days of the quarantine to determine whether she was ill or healthy (Leviticus 13:29-36). If the disease turned out to be progressive, she would be declared unclean and subject to the following instructions for isolation, covering of mouth and warning others that she was ill:

“And the leper in whom the plague is, his clothes shall be rent, and his head bare, and he shall put a covering upon his upper lip, and shall cry, Unclean, unclean. All the days wherein the plague shall be in him he shall be defiled; he is unclean: he shall dwell alone; without the camp shall his habitation be.” (Leviticus 13:45-46)

A person who touched what is unclean or touched another unclean person would also be considered unclean by the evening and would have to bathe. Should a person recover from an infectious disease, she could return

among healthy persons only within seven days after her recovery:

“But on the seventh day he shall shave all the hair off his head and his beard and his eyebrows—all his hair he shall shave off. He shall wash his clothes and wash his body in water, and he shall be clean.” (Leviticus 14:9)

Some Jews understood the concept of physical washing with water in a spiritual way. They thought that they should wash their hands before the meal in order not to be spiritually defiled due to their physical contact with sinners. As the Jews formed the notion that it was a sin to even touch the heathen, such an understanding turned out to be an obstacle to the prophesied preaching of the Gospel to the heathen. Even the prophet Daniel brought out a prophecy that three and a half years after the crucifixion of Christ the Gospel would begin to be preached to the heathen. In order to refute the superstition that prevents this mission, in the prophesied time the apostle Peter received a vision of the animals that are abominable for eating, which he was ordered to eat:

“And saw heaven opened and an object like a great sheet bound at the four corners, descending to him and let down to the earth. In it were all kinds of four-footed animals of the earth, wild beasts, creeping things, and birds of the air. And a voice came to him, “Rise, Peter; kill and eat.” But Peter said, “Not so, Lord! For I have never eaten anything common or unclean.” And a voice spoke to him again the second time, “What God has cleansed you must not call common. This was done three times. And the object was taken up into heaven again.” (Acts 10:11-16)

Close contact with the heathen was perceived by many Jews as something abominable, comparable to eating unclean food, and so the apostle was shown in such a way that he should give up this Jewish racist attitude towards the heathen. The apostle Peter himself acknowledges this when his mission immediately after that vision was directed toward the heathen:

“Then he said to them, You know how unlawful it is for a Jewish man to keep company with or go to one of another nation. But God has shown me that I should not call any man common or unclean.” (Acts 10:28)

Such a contemptuous attitude of some Jews towards the others was met with condemnation even since the Old Testament times by the prophet Isaiah, who revealed such a relationship as a trait of hypocrites:

“I have stretched out My hands all day long to a rebellious people, who walk in a way that is not good, according to their own thoughts; A people who provoke Me to anger continually to My face; Who sacrifice in gardens, and burn incense on altars of brick; Which remain among the graves, and lodge in the monuments, which eat swine’s flesh, and broth of abominable things is in their vessels; Who say, ‘Keep to yourself, do not come near me, for I am holier than you!’ These are smoke in My nostrils, a fire that burns all the day.” (Isaiah 65:2-5)

The hypocrites, who superficially define the concept of sin only on the basis of external rules of behavior, unaware that the issue of sin is a matter of the motives of the human heart, showed a tendency only to suppress their sins in manifestation and then to abhor those who

openly manifest those same sins. And if severe temptations would come upon them, then their hypocrisy would break, and they would themselves express the same sinful manifestations that they had condemned in others. In order to survive as hypocrites, they had to despise the Old Testament light of God's law that rebukes the sins of the heart, and to replace those demands with the formal requirements of their human tradition, that declares the physical contact with another sinner as spiritually dangerous. The teaching of Scripture fences off from such an understanding of sin, declaring it to be the fruit of human rather than divine demands:

“Therefore, if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations— “Do not touch, do not taste, do not handle,” which all concern things which perish with the using—according to the commandments and doctrines of men?” (Colossians 2:20-22)

When such people once accused Jesus' disciples of not washing their hands before eating bread, Jesus called them hypocrites and revealed the essence of their delusion:

“Hypocrites! Well did Isaiah prophesy about you, saying: These people draw near to Me with their mouth, and honor Me with their lips, but their heart is far from Me. And in vain they worship Me, teaching as doctrines the commandments of men. When He had called the multitude to Himself, He said to them, Hear and understand: Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.” (Matthew 15:7-11)

As Jesus' disciples themselves were perplexed by such an answer, He personally addressed them and rebuked such superstition as unreasonable, meaning that they themselves needed to understand by their own mind that it was wrong:

“So Jesus said, Are you also still without understanding? Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man, but to eat with unwashed hands does not defile a man.” (Matthew 15:16-20)

Eating food with hands that have been in contact with other sinners cannot defile anyone with sin, because the issue of sin is a question of the motives of the heart and depends on one's personal choices in the moments of trial. The attempt to deceive the inner spiritual impurity of the soul by paying attention to the purity of the hands and body is also known in modern psychology as obsessive-compulsive disorder, when a person feels anxious that she will be unbearably hurt by her contact with dirt, and thus feels a deep relief of tension by frequent compulsive washing of hands and body. Burdensomeness with form, and negligence of the motives of the heart, was the temptation of those men to whom Jesus spoke:

“Woe to you, scribes and Pharisees, hypocrites! For you cleanse the outside of the cup and dish, but inside they are full of extortion and self-indulgence. Blind Pharisee, first cleanse the inside of the cup and dish,

that the outside of them may be clean also. "Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear beautiful outwardly, but inside are full of dead men's bones and all uncleanness. Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness." (Matthew 23:25-28)

A distorted interpretation of sin was the temptation among early Christians as well. When buying the meat of animals sacrificed to pagan deities at markets, it seemed to some that eating such food would mean desecration with pagan deities. The apostle Paul says of the brethren who think so, that they are of weak reasoning and their delusions he disproves with reasonable arguments, but advocates that they should not be offended:

"Now concerning things offered to idols... Therefore concerning the eating of things offered to idols, we know that an idol is nothing in the world, and that there is no other God but one... However, there is not in everyone that knowledge; for some, with consciousness of the idol, until now eat it as a thing offered to an idol; and their conscience, being weak, is defiled... For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble." (1. Corinthians 8:1.4.7.10-13)

“Receive one who is weak in the faith, but not to dispute over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. ... I know and am convinced by the Lord Jesus that there is nothing unclean of itself; but to him who considers anything to be unclean, to him it is unclean. Yet if your brother is grieved because of your food, you are no longer walking in love. Do not destroy with your food the one for whom Christ died.” (Romans 14:1-3. 14-15)

Just as eating of sacrificed to the idols cannot defile anyone before God, so mere eating of unclean food can not make anyone sinful, but it certainly reveals the sinfulness of the heart from which carelessness and lust for pleasure flow. Although one should not believe in the magically harmful effects of unhealthy foods on our spirit, it does not mean that our negligence of health and slavery to vices does not reveal that we had a spiritual problem before we took a bite of unhealthy food or a smoke of marijuana. Carelessness for health and covetousness for pleasure represent a violation of God’s law. And God’s law looks at both the meaning of our actions and the motives of the heart from which our actions arise.

Eating unhealthy foods and other unhealthy lifestyle habits represent a violation of God’s Sixth Commandment “Thou shalt not kill” because they reveal a person’s carelessness toward their own health and life. The apostle Paul asks us the question of personal responsibility for our body, which has the lofty purpose of living for God, our neighbor, and for humanity:

“Do you not know that your bodies are members of Christ? ... But he who is joined to the Lord is one spirit with Him. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” (1 Corinthians 6:15-20)

Such behavior also reveals a violation of the First God’s Commandment, “Thou shalt have no other gods before me.” (Exodus 20:3), as it is an expression of man’s slavish need for pleasure in food and drink, and which would be a sin even if a man abused a healthy food and drink to satisfy his spirit. When a man’s thirst of soul is not satisfied in God, he has to find another form of satisfaction, so when he does so with food, he becomes prone to its intemperance and negligence towards the question whether he is eating healthily. For such persons, the apostle Paul says that their belly is their god (Philippians 3:19). When the Israelites demanded to eat meat even though they had healthier food at their disposal, their free will was gratified, but they were smitten with the plague due to their sin of covetousness:

“Now a wind went out from the LORD, and it brought quail from the sea and left them fluttering near the camp, about a day’s journey on this side and about a day’s journey on the other side, all around the camp, and about two cubits above the surface of the ground. And the people stayed up all that day, all night, and all the next day, and gathered the quail (he who gathered least gathered ten homers); and they spread them out for themselves all around the camp. But while the meat was still between their teeth, before it was chewed,

the wrath of the LORD was aroused against the people, and the LORD struck the people with a very great plague. So he called the name of that place Kibroth Hattaavah, because there they buried the people who had yielded to craving.” (Numbers 11:31-34)

Christians who excuse their negligence towards diet by claiming that Jesus “cleansed everything unclean on the cross” speak as if the only sin of intemperate and unhealthy food is impaired health, so they claim that Jesus neutralized it with His blood. They overlook that sin is also a slavish need for pleasure, even if it has no harmful consequences. All things to which we attach the attempt to satisfy the thirst of our souls represent the attachment of the divine attributes to something that is not God, and that cannot satisfy us, but merely forms a slavish habit by which we can only stifle the consciousness of the spiritual emptiness of our soul.

“Be astonished, O heavens, at this, and be horribly afraid; Be very desolate,” says the LORD. “For My people have committed two evils: They have forsaken Me, the fountain of living waters, and hewn themselves cisterns—broken cisterns that can hold no water.” (Jeremiah 2:12-13) “Why do you spend money for what is not bread, and your wages for what does not satisfy?” (Isaiah 55:2)

But even these believers who are only bothered by the consequences of sin, and not sin in itself, advocate grave delusion when they claim that God will preserve them from the consequences of conscious violation of His counsels. Such an understanding, according to the Bible, is testing of God. To consciously resist the health advice

which God gives us through common sense, and then to ask Him to keep us from disease or to perform the miracle of healing is insolence toward God.

At this time, for which the Bible predicts it would be like Noah's time, when people thought only of food, drink, and bodily pleasures, Christians should be the first to rebuke, by their example, a world for its hedonism and intemperance. In a century of widespread iniquity, Christians should be the first to uphold the trampled requirements of God's law. In a time of general lawlessness, when the majority of the Christian world says, 'My master is delaying his coming, (Matthew 24:48), courageous individuals are required to awaken the conscience with the words of warning:

"Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water." (Revelation 14:7)

But Christians of today seem to rush to religion in order to obtain excuses for their sins, rather than deliverance from them. However, even the Christians of earlier times were not much better. Contrary to biblical counsels forbidding contact with a sick person and proclaiming anyone who touches her unclean until the evening, throughout the Middle Ages the Christian church has advocated that Jesus allegedly cleansed everything that was unclean in the Old Testament, and that taking care of hygiene was an expression of distrust in God or even a form of sinful indulgence to the body.

"The zeal for cleanliness has become a mania for cleanliness. Unfortunately, even here a Jew is involved.

... Do not we hear all day long the noise of the European Judaists: Water, water, water! Plumbing, plumbing, plumbing. Cleanliness, cleanliness, cleanliness! And all weary of fatigue by washing and purifying themselves on the outside ... The Jews were slaves to external purity in the name of God Jehovah and Europeans in the name of biology. The Jew thought that by outward cleanliness they defend themselves from heathenism, and Europeans (at the root the ungodly) think that by external purity they defend themselves from germs, from infectious invisible worms." (Nikolai Velimirovic (1880-1956) "*Through the Prison Window*")

The results of such a delusion were disastrous.

Millions of human lives have been sacrificed unnecessarily as a result of neglect of the preventive principles of healthy diet and living revealed through Scripture. Only the Jews adhered to the biblical principles of hygiene and health. As a result, major epidemics bypassed them to some extent, and it was often the case that Christians, by conspiracy theories, accused them of causing those epidemics. The Catholics would gain from the Jews by cruel torture the confessions in which they confessed their alleged evil intentions to poison others, and then made pogroms. In some areas, Jews were exterminated until the last person. For example, on the charge that they wanted to infect others with the plague, in the city of Strasbourg, on St. Valentine's Day, February 14, 1349, 2,000 Jews were burned alive. But after the massacre, the plague came to Strasbourg and claimed some 16,000 lives. Conspiracy theories today have only different forms, but they are more and more actual because people's need to

shift the guilt for their misfortune to another is not much less than in the Middle Ages.

There are two opposing ways to combat the conscience that reprimands us of an unhealthy life habit. One is that we constantly suppress and benumb the conscience by repeating the habit that our conscience condemns, and the other is to restrain that habit in expression. People of a sensitive conscience may show a tendency to forbid themselves the consumption of the food they want, in order to calm their conscience because of the bad motives they cherish towards its consumption. Scripture calls such a conscience a seared conscience when it speaks of those who are “speaking lies in hypocrisy, having their own conscience seared with a hot iron, forbidding to marry, and commanding to abstain from foods which God created to be received with thanksgiving by those who believe and know the truth.” (1 Timothy 4:1-3)

Delicious food, as well as the relationship with a spouse, have their place in life as an everyday occasions for expressing love and gratitude, but a person who has not conquered a desire can hardly understand the proper function of the good things with which God blessed mankind. With her prohibition, the person thus shows that she still kept her sinful desires in her heart, because if she had conquered them, she would not have hesitated to devote herself with pure conscience to the proper function of diet and proper relations with the spouse. In Scripture, delicious food and sweet drinks were the recommendation of festive atmospheres, so on one occasion, when the Jews wept bitterly, becoming aware of their ungratefulness, the priests said to all the people:

“This day is holy to the LORD your God; do not mourn nor weep.” For all the people wept, when they heard the words of the Law. Then he said to them, “Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength.” (Nehemiah 8:9-10)

WHY DO WE LEAVE THE MEAT DIET?

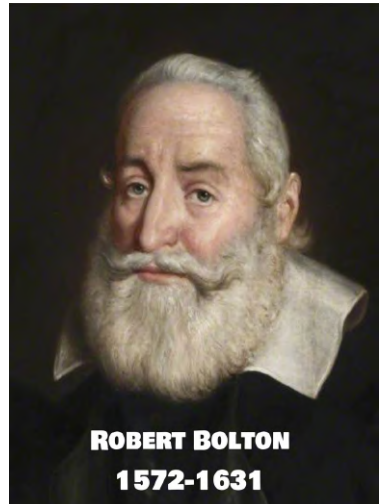
Awareness that the meat diet is not the healthiest, that it shortens immunity and life expectancy, and that it raises the tendency toward the appearance of various diseases and the appearance of cancer, are reasonable reasons to give it up. However, we are witnessing a trend that many are leaving the meat diet not out of love for their own health, but out of compassion for the animals that pass through the slaughterhouse in order to be placed on their plate. Christians are referring to the world before the fall into sin and to a restored Earth where “the lion shall eat straw like the ox” (Isaiah 11:7) in order to justify their decision not to be complicit in the suffering of animals for human consumption. They quote the sublime principles of Scripture on the love of animals:

“A righteous man regards the life of his animal, But the tender mercies of the wicked are cruel.” (Proverbs 12:10)

Although the Christian world has always been acquainted with the principles of respect for all God’s creatures, real care for all living beings, both humans and animals, appeared only in the 16th century as a natural fruit of the reform of the mentality of Western nations during the Protestant Reformation. The first and strongest voice against enjoying the bloody battles of animals was raised

by Puritan treatises, and then various religious, literary and legal works from the 16th and 17th centuries stood up in defense of animals and raised their respect. The criminal law of the Puritan colony of Massachusetts (USA) in 1641 ordered the provision of rest and refreshment to domestic animals if they were tired, hungry or sick. At the same time, the English Parliament and then Oliver Cromwell ban cruel games with animals. Movements and associations for the protection of animals are founded, and the literature advocates that the one who is cruel to animals would be the same to people if he were not afraid of the consequences. The mere slaughter of an animal for food, although considered an unpleasant and sad act, is not considered a crime, but a necessity of a fallen world ruled by death. A bigger problem is seen in the heart of a person who enjoys the suffering of an animal. To such, the Puritan preacher Robert Bolton (1572-1631) wrote:

“With what brutish savagenesse thou dejectest and debasest humanitie, below the immanitie of beasts. No beast, they say, takes contentment in the hurting of any other, except in the case of hunger or anger. They satisfy their appetites and rage sometimes with cruelty and blood; but their eyes and fancies never. That men bloodily minded towards harmless beasts, discover our natural propension to cruelty.” (Robert Bolton, *Some Generall Directions for a Comfortable Walking with God*, 1625)



However, at the end of the 19th and the beginning of the 20th century the Western world experienced its decadence into hedonism, and true love for human beings and animals was replaced by romantic feelings of selfish sentiment. It should be borne in mind that the feelings themselves are not any proof of love, but they are only a natural ability that depends on the levels of female hormones and the current experience of reality. Although it is quite normal for our feelings to be adequate to reality and for a person to feel sadness and pain when she thinks of the suffering of an animal for its preparation for human consumption, sentiment alone is not a good motive for our decisions. Our feelings should remain what they are, the ability to experience reality. But if they overrule us as some kind of initiators, they represent our sentimental weakness which, as our initiator, is then called selfish sentiment.

Selfish sentiment is not love, regardless of the fact that most people today promote it in relation to both people and animals. Selfish sentiment only means that we personally cannot bear someone's suffering because we feel bad then, unlike true love, which is not a response to our need for our own inner satisfaction, but a response to the real needs of another living being.

While our feelings depend on circumstances, the quality of our motives depends solely on our communion with God. If we are separated from God, such a strong dissatisfaction of the spirit is formed in us and an equally strong motive for suffocating the consciousness of inner dissatisfaction, that our selfish attitude toward the source of pleasant feelings spontaneously arises from it. Then we are not with another person because of her, but because of ourselves. We then try to satisfy the thirst of our soul with pleasant

feelings, and as that is impossible, the end result of such an attempt is depression. Selfish sentiment is the main foundation of a romantic relationship between two people who are in a relationship, and the reason for their subsequent crisis, because selfishness, since it is insatiable, over time, by its thwarting, leads partners to mutual disappointment. We recognize selfish sentiment as the root of a false friendship where people do not tell each other the truth that could hurt them, because selfishness makes them emotionally sensitive and vulnerable. Selfish sentiment is the main reason why modern mothers ruin and spoil their children, because they cannot endure when they cry because of their unsatisfied whims. And that selfish relationship is the foundation of modern love for animals that people turn to, because they are not able to love each other as they really are. Because of selfish sentiment, people put animals on a higher place than other people. Protestant writers of the 19th century noticed such a phenomenon as an expression of the decadence of their time:

“I have seen ladies in England who would be riding in their carriages with their little dogs in their arms and the little blanket to put over them, and the houses that were built, beautiful and expensive. You ask what these houses are for, and the answer is, “For the hounds and dogs.” But you can see the little children and women, miserable and poor, in the streets, destitute of clothing. Now, what sense is there in that? Do you think that work will be as far reaching as eternity? We do not want to misuse any of God’s creatures, but we want to give our first attention to those souls for whom Christ died, and we do not want to devote our means in such foolish channels.” (EGW, Ms10-1888)

Often asocial people who, due to their oversensitive character that is easily offended, are incapable of having a healthy relationship with other people, surround themselves with animals that will be under their control and thus unable to hurt their big ego.

Selfish sentiment prevents us from having feelings adequate to reality because selfishness is a bondage to pleasant feelings. If circumstances spoil our pleasant feelings, then our selfish motives are thwarted in their gratification and we fall into depression. Selfishness makes us immature in the facing the reality as it is, and if it is not pleasant, it may seem to us that injustice has been done to us.

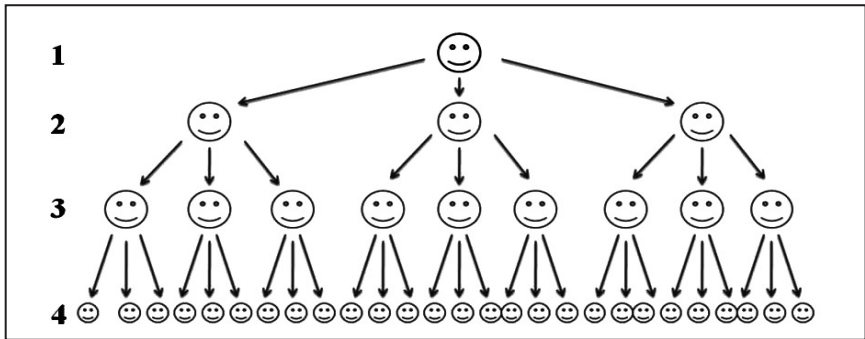
If selfish sentiment overwhelms us, we will easily be tempted to declare the Bible a cruel book, because it, until Christ's sacrifice on the cross, required the offering of blood sacrifices as a symbol of Christ's innocent sacrifice for the salvation of mankind. Also, Jesus Christ himself eats fish, while the apostle Paul claims that the animal was "born to be caught and killed" (2 Peter 2:12). In the end, we will be tempted to blaspheme God for creating carnivores to devour herbivores and for allowing suffering and death to occur in general.

Not only a man who because of his unconquered selfishness falls into depression when his selfishness is thwarted by unpleasant feelings, but he, due to an unclean conscience because of his sins, in every trouble and misfortune tends to subconsciously see the shadow of the judgment that awaits him. To him, the death of an animal is a stress that he cannot bear due to the projection of his inner spiritual state. However, animals do not suffer as hard as an unrepentant sinner when they die, because they are not tormented by an unclean conscience and are not slaves to pleasant feelings.

It is a delusion to believe that animals, even if they avoid human slaughter, would live immortally. The animal will die someday, from some predator, whoever it was, and we can't stop it. The predator tears the carotid arteries of its victim with its bite, so that it loses consciousness very quickly and its suffering stops. Modern Western civilization takes care that the suffering of an animal during its death in the meat industry is as small and as short as possible.

Animal rights activists and vegans who do not consume meat products out of compassion for animals, claim that the goal of their fight is to keep as many animals as possible alive for as long as possible, without stress and suffering. But as they are driven by selfish sentiment, they do not realize that it is the meat industry that is multiplying a huge number of domestic animals that would never have existed in that number if people did not rush to a meat diet. Under natural conditions, animals suffer a much higher mortality rate even before they become capable of reproduction, because they suffer from various predators or due to lack of food. The mortality of most descendants of one pair of animals, even before their reproductive ability, is necessary, otherwise the balance in nature would be disturbed.

Take, for example, the number of offspring of one cat. From birth, cats need about 6 months to become able to reproduce. In one year, a cat can get pregnant and give birth three times. In one pregnancy, she has an average of three to five offspring. Their lifespan is about 15 years. Only one cat in its lifetime could have about half a million offspring, if its reproduction and reproduction of her offspring were not hindered in any way. In practice, if cats had more than two surviving offspring per family, they would, with such progression, again disturb the balance in nature.



Unlike man, who is able to reasonably plan the number of his offspring in accordance with the conditions for their healthy development, the balance in nature is maintained thanks to predators and thanks to the lack of food for the offspring. If there are no predators, the number of specimens of a certain species multiplies abruptly, so the limited sources of its diet produce their hunger and high mortality.

Thus, the death of most offspring before the ability to reproduce is necessary, and whether an animal will die from hunger or by being eaten by a human being or someone else does not completely diminish its suffering or succeed in postponing its death indefinitely.

Death is all around us and in ourselves, to warn us against carelessness and remind us of the consequences of human apostasy and independence from the One who is the source of life.

If the first man had not sinned, there would have been no death. We do not have to follow the example of his fall, while the consequences of the fall, apart from sin itself, we must bear ourselves while we are alive. But a higher level of unreasonableness is to declare war against the consequences of sin instead of against sin itself.

A RESPONSIBILITY WHICH EVERYONE NEEDS TO TAKE OVER

A man, as a conscious and responsible being, naturally questions the meaning of what is happening, that by understanding the real needs of life he should come up with adequate answers to those needs. When evil falls upon individual, then naturally he himself will examine where he has personally erred. When evil occurs to an entire nation, then it naturally needs to re-examine its mentality and its politics, in which it differs from other nations, as a consequence of which this nation is constantly imbued with the same historical problems. And when evil befall whole humanity, then naturally the question arises regarding the responsibility of the majority of people for that which comes upon them. We are the witnesses of a general escalation of evil in the world, and it is natural for us to question ourselves and our spirit, and thus our complicity in the causes of the curse that is coming upon the world because of its spiritual and moral decadence.

When we open the pages of the Holy Book of God, in it we find the revelations of God's punishments that befell the world because of its sins and the prophecies of the punishments that are yet to come.

“Who gave Jacob for plunder, and Israel to the robbers? Was it not the LORD, He against whom we have sinned? For they would not walk in His ways, nor were they obedient to His law. Therefore He has poured on him the fury of His anger and the strength of battle; It has set him on fire all around, yet he did not know; And it burned him, yet he did not take it to heart.” (Isaiah

42:4-25) “Why should a living man complain, a man for the punishment of his sins? ... Let us search out and examine our ways, and turn back to the LORD; Let us lift up our heart with our hands unto God in the heavens. Fear and a snare have come upon us, desolation and destruction.” (Lamentation 3:39-42.47)

Let us remember the Jews who, during the Middle Ages, had blessings due to their following hygiene principles, but did not have the blessing of God, so they suffered anyway.

“You shall build a house, but you shall not dwell in it; you shall plant a vineyard, but shall not gather its grapes... You shall have olive trees throughout all your territory, but you shall not anoint yourself with the oil; for your olives shall drop off. You shall beget sons and daughters, but they shall not be yours; for they shall go into captivity. ... Because you did not serve the LORD your God with joy and gladness of heart, for the abundance of everything.” (Deuteronomy 28:30. 40-41. 47)

We may also have the blessings of taking a perfect care of our health, yet fail if we do not have protection from God.

“Behold, the LORD’s hand is not shortened, that it cannot save; Nor His ear heavy, that it cannot hear. But your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear. For your hands are defiled with blood, and your fingers with iniquity; Your lips have spoken lies, your tongue has muttered perversity. No one calls for justice, nor does any plead for truth. Therefore justice is far from us, nor does righteousness

overtake us; We look for light, but there is darkness! For brightness, but we walk in blackness! We look for justice, but there is none; For salvation, but it is far from us. ... Justice is turned back, and righteousness stands afar off; For truth is fallen in the street, and equity cannot enter. So truth fails, and he who departs from evil makes himself a prey. Then the LORD saw it, and it displeased Him that there was no justice.” (Isaiah 59:1-4.9.11.14-15)

“They would have none of my counsel and despised my every rebuke. Therefore they shall eat the fruit of their own way, and be filled to the full with their own fancies. For the turning away of the simple will slay them, and the complacency of fools will destroy them.” (Proverbs 1:30-32)

“Hear and give ear: Do not be proud, for the LORD has spoken. Give glory to the LORD your God before He causes darkness, and before your feet stumble on the dark mountains, and while you are looking for light, He turns it into the shadow of death and makes it dense darkness. But if you will not hear it, my soul will weep in secret for your pride; My eyes will weep bitterly and run down with tears, because the LORD’s flock has been taken captive.” (Jeremiah 13:15-17)

“And the LORD said, Because they have forsaken My law which I set before them, and have not obeyed My voice, nor walked according to it, but they have walked according to the dictates of their own hearts and after the Baals, which their fathers taught them, therefore thus says the LORD of hosts, the God of Israel: Behold, I will feed them, this people, with wormwood, and

give them water of gall to drink. I will scatter them also among the Gentiles, whom neither they nor their fathers have known. And I will send a sword after them until I have consumed them. ... Speak, "Thus says the LORD: 'Even the carcasses of men shall fall as refuse on the open field, Like cuttings after the harvester, And no one shall gather them.' " (Jeremiah 9:13-22)

"Now as He sat on the Mount of Olives, the disciples came to Him privately, saying, "Tell us, when will these things be? And what will be the sign of Your coming, and of the end of the age?" And Jesus answered and said to them: "Take heed that no one deceives you. For many will come in My name, saying, 'I am the Christ,' and will deceive many. And you will hear of wars and rumors of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet. For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places. All these are the beginning of sorrows. Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name's sake. And then many will be offended, will betray one another, and will hate one another. Then many false prophets will rise up and deceive many. And because lawlessness will abound, the love of many will grow cold. But he who endures to the end shall be saved. And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come. Therefore when you see the 'abomination of desolation,' spoken of by Daniel the prophet, standing in the holy place" (whoever reads, let him understand), then let those who

are in Judea flee to the mountains. Let him who is on the housetop not go down to take anything out of his house. And let him who is in the field not go back to get his clothes. But woe to those who are pregnant and to those who are nursing babies in those days! And pray that your flight may not be in winter or on the Sabbath. For then there will be great tribulation, such as has not been since the beginning of the world until this time, no, nor ever shall be. And unless those days were shortened, no flesh would be saved; but for the elect's sake those days will be shortened. Then if anyone says to you, 'Look, here is the Christ!' or 'There!' do not believe it. For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect. See, I have told you beforehand. Therefore if they say to you, 'Look, He is in the desert!' do not go out; or 'Look, He is in the inner rooms!' do not believe it. For as the lightning comes from the east and flashes to the west, so also will the coming of the Son of Man be. For wherever the carcass is, there the eagles will be gathered together. Immediately after the tribulation of those days the sun will be darkened, and the moon will not give its light; the stars will fall from heaven, and the powers of the heavens will be shaken. Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of heaven with power and great glory. And He will send His angels with a great sound of a trumpet, and they will gather together His elect from the four winds, from one end of heaven to the other." (Matthew 24:3-31)

“The nations were angry, and Your wrath has come, and the time of the dead, that they should be judged, and that You should reward Your servants the prophets and the saints, and those who fear Your name, small and great, and should destroy those who destroy the earth.” (Revelation 11:18)

Spiritual writer Ellen G. White explains in the 19th century the emergence of modern diseases:

“Satan works through the elements also to garner his harvest of unprepared souls. He has studied the secrets of the laboratories of nature, and he uses all his power to control the elements as far as God allows. ... It is God that shields His creatures and hedges them in from the power of the destroyer. But the Christian world have shown contempt for the law of Jehovah; and the Lord will do just what He has declared that He would—He will withdraw His blessings from the earth and remove His protecting care from those who are rebelling against His law and teaching and forcing others to do the same. Satan has control of all whom God does not especially guard. He will favor and prosper some in order to further his own designs, and he will bring trouble upon others and lead men to believe that it is God who is afflicting them. ... While appearing to the children of men as a great physician who can heal all their maladies, he will bring disease and disaster, until populous cities are reduced to ruin and desolation. Even now he is at work. In accidents and calamities by sea and by land, in great conflagrations, in fierce tornadoes and terrific hailstorms, in tempests, floods, cyclones, tidal waves, and earthquakes, in every place and in a thousand forms, Satan is exerci-

sing his power. He sweeps away the ripening harvest, and famine and distress follow. He imparts to the air a deadly taint, and thousands perish by the pestilence. These visitations are to become more and more frequent and disastrous.” (The Great Controversy, pp. 589, 590)

Scientists understand that the content of the coronavirus is so craftily made that it hinders the body’s adequate immune response. Based on that, they come to the conclusion that it was invented by a man in his laboratory. Such an understanding suits Satan because by it he leads people to accuse one another, which would not happen if they were aware that Satan himself made it.

Satan lays claim to people for their unconquered sins as his prey, and torments them with various afflictions to lead them even deeper into sin. Before attacking them with an accident, Satan performs an event for them, which they will then blame for the cause of their accident.

For some, it is enough to block the way with the black cat, so they blame it for the accidents that befell them. If they are not so naive as to blame the black cat for their misfortunes, they will accept some other delusion of superstition which has the purpose of concealing the true nature of the curse which befalls them. Some will fall prey to astrological superstition, blaming the position of celestial bodies in the sky for their misfortunes.

Others will accuse groundwater radiation, 5G or alleged spraying from the plane as the cause of their nervousness or impulsive character. A third will accuse the vaccine for visible changes in their children’s behavior as a result of their demon possession. Finally, we encounter accusations that foreign secret services make a virus in

their secret laboratories, by which Satan hides himself and his intention — by spreading the infection to form a paranoid atmosphere of fear of conspiracy and shifting of the blame to another.

Does accusing Satan for the emergence of a virus mean giving up one's own responsibility?

No, because the realization that "Satan has control of all whom God does not especially guard" is a call to take personal responsibility for ourselves, because God can only save people who truly reject their sins.

Does the biblical unmasking of the conspiracy of fallen Christianity (Acts 20:29-31; 2 Thessalonians 2:3-4) and the unmasking of the teachings of false christs (Matthew 24:24) and false apostles (2 Corinthians 11:13-15) represent also one form of poisoning by conspiracy theories?

No, as long as people do it self-critically, for the sake of recognizing their own weaknesses and with the testimony of how they were tempted to corrupt their hearts and find excuses for their own sins in false teaching.

The purpose of analyzing the cause of the affliction is not to accuse others, but to examine and sober oneself:

"But God has a purpose in permitting these calamities to occur. They are one of His means of calling men and women to their senses. By unusual workings through nature God will express to doubting human agencies that which He clearly reveals in His Word." (EGW, 19MR 279, 1902)

"God will use His enemies as instruments to punish those who have followed their own pernicious ways whereby the truth of God has been misrepresented, misjudged, and dishonored." (EGW, PC 136, 1894).

“The world is becoming more and more lawless. Soon, great trouble will arise among the nations, trouble, that will not cease until Jesus comes.” (EGW, RH Feb. 11, 1904)

“The tempest is coming and we must get ready for its fury by having repentance toward God and faith toward our Lord Jesus Christ. The Lord will arise to shake terribly the earth. We shall see troubles on all sides. Thousands of ships will be hurled into the depths of the sea. Navies will go down, and human lives will be sacrificed by millions. Fires will break out unexpectedly and no human effort will be able to quench them. The palaces of earth will be swept away in the fury of the flames. Disasters by rail will become more and more frequent. Confusion, collision, and death without a moment’s warning will occur on the great lines of travel. The end is near, probation is closing. Oh, let us seek God while He may be found, call upon Him while He is near!” (EGW, MYP 89, 90 1890)

“In fires, in floods, in earthquakes, in the fury of the great deep, in calamities by sea and by land, the warning is given that God’s Spirit will not always strive with men.” (EGW, 3MR 315 1897)

“Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.” (EGW, 7T 135 1902)

“These plagues enraged the wicked against the righteous; they thought that we had brought the judgments of God upon them and that if they could rid the earth of us the plagues would then be stayed. A decree went forth to slay the saints, which caused them to cry day and night for deliverance.” (EGW, Early Writings 36, 37 1851)

Those who become aware that their own sins are the source of the curse of the world, as soon as they repent of their sins and reconcile with God they will want that others also overcome their temptations and thus gain God’s protection from the evil that occurs to mankind:

“In the time when His wrath shall go forth in judgments, these humble, devoted followers of Christ will be distinguished from the rest of the world by their soul anguish, which is expressed in lamentation and weeping, reproofs and warnings. While others try to throw a cloak over the existing evil, and excuse the great wickedness everywhere prevalent, those who have a zeal for God’s honor and a love for souls will not hold their peace to obtain favor of any. Their righteous souls are vexed day by day with the unholy works and conversation of the unrighteous. They are powerless to stop the rushing torrent of iniquity, and hence they are filled with grief and alarm. They mourn before God to see religion despised in the very homes of those who have had great light. They lament and afflict their souls because pride, avarice, selfishness, and deception of almost every kind are in the church. The Spirit of God, which prompts to reproof, is trampled underfoot, while the servants of Satan triumph. God is dishonored, the truth made of none effect. The class who

do not feel grieved over their own spiritual declension, nor mourn over the sins of others, will be left without the seal of God.” (EGW, 5T 209-211)

“The Lord in His providence brings men where He can test their moral powers and reveal their motives of action, that they may improve what is right in themselves and put away that which is wrong. God would have His servants become acquainted with the moral machinery of their own hearts. In order to bring this about, He often permits the fire of affliction to assail them that they may become purified. ... The purification of the people of God cannot be accomplished without their suffering. God permits the fires of affliction to consume the dross, to separate the worthless from the valuable, that the pure metal may shine forth. He passes us from one fire to another, testing our true worth. If we cannot bear these trials, what will we do in the time of trouble? If prosperity or adversity discover falseness, pride, or selfishness in our hearts, what shall we do when God tries every man’s work as by fire, and lays bare the secrets of all hearts? True grace is willing to be tried; if we are loath to be searched by the Lord, our condition is serious indeed.” (EGW, 4T 86)

“In seasons of temptations we seem to lose sight of the fact that God tests us that our faith may be tried, and be found unto praise and honor and glory at the appearing of Jesus. The Lord places us in different positions to develop us. If we have defects of character of which we are not aware, he gives us discipline that will bring those defects to our knowledge, that we may overcome them. It is his providence that brings us into varying circumstances. In each new position, we meet a diffe-

rent class of temptations. How many times, when we are placed in some trying situation, we think, "This is a wonderful mistake. How I wish I had stayed where I was before." But why is it that you are not satisfied?—It is because your circumstances have served to bring new defects in your character to your notice; but nothing is revealed but that which was in you. What should you do when you are tried by the providences of the Lord?—You should rise to the emergency of the case, and overcome your defects of character." (EGW, RH August 6, 1889, par. 3)

"The trials to which Christians are subjected in sorrow, adversity, and reproach are the means appointed of God to separate the chaff from the wheat. Our pride, selfishness, evil passions, and love of worldly pleasure must all be overcome; therefore God sends us afflictions to test and prove us, and show us that these evils exist in our characters. We must overcome through His strength and grace, that we may be partakers of the divine nature, having escaped the corruption that is in the world through lust." (EGW, 3T, 115)

However, most of the world is not willing to re-examine the causes of disasters that plague humanity in the very corrupt principles that prompt the majority of the people, and their complicity in this evil with the rest of humanity. Unready to face their own responsibility, some deceive themselves saying that there are essentially no reasons for fear, and others acknowledge the gravity of the situation, but try to shift the responsibility for the trouble to someone else by forming conspiracy theories. When Scripture prophetically describes the consequences of the great calamities that will plague the planet Earth in

the last days, then it reveals that most of the surviving world will not repent of their sins:

“And thus I saw the horses in the vision: those who sat on them had breastplates of fiery red, hyacinth blue, and sulfur yellow; and the heads of the horses were like the heads of lions; and out of their mouths came fire, smoke, and brimstone. By these three plagues a third of mankind was killed—by the fire and the smoke and the brimstone which came out of their mouths. For their power is in their mouth and in their tails; for their tails are like serpents, having heads; and with them they do harm. But the rest of mankind, who were not killed by these plagues, did not repent of the works of their hands, that they should not worship demons, and idols of gold, silver, brass, stone, and wood, which can neither see nor hear nor walk. And they did not repent of their murders or their sorceries or their sexual immorality or their thefts.” (Revelation 9:17-21)

It may seem incomprehensible to us when we read that those who survived will not repent by the examples of a third of the perished people around them. How it is possible that even the greatest afflictions will not lead them to repentance, we can understand by analyzing the multiple mechanisms by which conspiracy theories manage to absolve people from questioning personal responsibility and repentance of their own sins. Examples provided by the conspiracy theories on the coronavirus in this regard are numerous and varied, and represent a model of human response in the future when God will visit the world with prophesied disasters for the sake of repentance and judgment.

RENOUNCING OF RESPONSIBILITY BY NEGATING THE SERIOUSNESS OF A SITUATION

We can hear different theories negating the existence of a coronavirus problem because a fair percentage of the population is not mature to deal with crisis and therefore negates that it has a real basis. The defense mechanism of negation or renunciation is known in psychology:

“Negation or renunciation; The essence of this mechanism is, in fact, in psychic defense from external threat. Defense consists in overlooking, not noticing the danger, negating or rejecting the danger, not recognizing the seriousness of the situation. Examples: A child cannot believe in mortality or death of one of the parents, the patient does not believe, will or cannot believe in the true nature of his dangerous illness, etc.”

According to this mechanism, we can hear the hypothesis that virus does not exist, or that it exists, but that its consequences are harmless, or that the consequences are dangerous, but that all who believe in God are safe and secure in their safety, etc. For example, one commentary on an epidemic of coronavirus quotes a Bible verse:

“Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.” (Joshua 1:9)

Such a verse is not adequate to the present situation because the majority of today’s believers are characterized only by the form of piety as prophesied for the last days:

“But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away!” (2 Timothy 3:1-5)

Therefore, at the time when we all need reexamination and repentance, such false psychological consolation has no loftier function than that of the false prophets for which delusions the Scriptures say the following:

“And from the prophet even to the priest, everyone deals falsely. They have also healed the hurt of My people slightly, saying, ‘Peace, peace!’ when there is no peace.” (Jeremiah 6:13-14)

“Your prophets have seen for you false and deceptive visions; They have not uncovered your iniquity, to bring back your captives, but have envisioned for you false prophecies and delusions.” (Lamentations 2:14)

“Woe to you who are at ease in Zion, and trust in Mount Samaria, notable persons in the chief nation, to whom the house of Israel comes! Go over to Calneh and see; And from there go to Hamath the great; Then go down to Gath of the Philistines. Are you better than these kingdoms? Or is their territory greater than your territory? Woe to you who put far off the day of doom, who cause the seat of violence to come near; Who lie on beds of ivory, stretch out on your couches, eat lambs

from the flock and calves from the midst of the stall; Who sing idly to the sound of stringed instruments, and invent for yourselves musical instruments like David; Who drink wine from bowls, and anoint yourselves with the best ointments, but are not grieved for the affliction of Joseph.” (Amos 6:1-6)

“For when they say, “Peace and safety!” then sudden destruction comes upon them, as labor pains upon a pregnant woman. And they shall not escape. But you, brethren, are not in darkness, so that this Day should overtake you as a thief. You are all sons of light and sons of the day. We are not of the night nor of darkness. Therefore let us not sleep, as others do, but let us watch and be sober. For those who sleep, sleep at night, and those who get drunk are drunk at night.” (1 Thess. 5:3-7)

“The crisis is fast approaching. The rapidly swelling figures show that the time for God’s visitation has about come. Although loath to punish, nevertheless He will punish, and that speedily. Those who walk in the light will see signs of the approaching peril; but they are not to sit in quiet, unconcerned expectancy of the ruin, comforting themselves with the belief that God will shelter His people in the day of visitation. Far from it. ... In the time when His wrath shall go forth in judgments, these humble, devoted followers of Christ will be distinguished from the rest of the world by their soul anguish, which is expressed in lamentation and weeping, reproofs and warnings. While others try to throw a cloak over the existing evil, and excuse the great wickedness everywhere prevalent, those who have a zeal for God’s honor and a love for souls will not hold their peace to obtain favor of any.” (EGW, 5T 209-210)

A number of Christian sites published a message during this epidemic that began with the following Bible verse:

“Rejoice in the Lord always. Again I will say, rejoice!”
(Philippians 4:4)

Muslims also posted a message with similar content that reads:

“Yusuf said to his brother, ‘Do not grieve’ (Qur’an 12:69). Shu’ayb advised Musa by saying, Have no fear ‘ (Qur’an 28:25) Prophet Muhammad (may Allah be upon him), said to another, “Do not grieve. Allah is with us.” (Qur’an 9:40) ... Spreading calmness among people in difficult times is a messenger’s principle.”

Such messages are inadequate because people need to have feelings adequate to reality. If we are witnessing someone else’s distress, should we be deprived of compassion and sadness? If someone is in danger, should we be careless? If we are witnesses or victims of injustice, is it appropriate to feel joy? We need to have feelings adequate to reality, but our spirit needs to be right.

To repeat the truth already mentioned above: We need to feel fear in danger, but not be cowards, but brave. We need to feel anger when we witness injustice, but not fall into hatred, rather endure injustice meekly. We need to empathize with the person who is sad, but not fall into worry and depression but be caring with a cheerful spirit. Some deny that there is any reason to fear and claim that fear is an evidence of cowardice.

However, the courage that is a consequence of blindness in front of danger is not a courage but madness. Behind it is hidden namely the fear of facing the problem. True courage is seen when the person is aware of danger and when, despite the feeling of fear that is adequate to

the danger, shows the courage and willingness to endanger her needs to save others. True courage is the trait of physicians who take a conscious approach to the risk of contracting an infection and losing their own lives, but do not give up in order to save the lives of others.

Theories are also heard that virus does not exist or that it is not dangerous, but that this delusion is promoted by secret powers in order to rule over people by awakening fear and panic and thus gain control over them as their subjects.

However, if people react by panic at delusion, they will also react by panic at truth. If people can be manipulated by causing panic, it means that they are ruled by an impure conscience, cowardice or other weaknesses of character that can be manipulated. People who overcome their weaknesses of character cannot be manipulated, because they have nothing to be manipulated with.

Manipulation happens to people precisely through their unconquered weaknesses of character, either through their desire to live in false peace, or through vanity and selfishness, or through fear of conspiracy theories, etc. Whoever is manipulated, he is guilty because by his unconquered weaknesses he allowed it.

By admitting that others are guilty of manipulating him, one acknowledges the absence of one's own responsibility for one's actions, renounces the attributes of a mature human personality and admits the need for a guardian, thereby giving arguments to the New World Order, which assumes responsibility on itself to preserve such persons who admit that they are not capable of resisting evil manipulative influences.

RENOUNCING OF RESPONSIBILITY BY SHIFTING IT TO OTHERS

Just as Adam blamed Eve for his sin, and Eve the serpent, so throughout the history, except during the Reformation and the Enlightenment, people blame each other for their problems. Shifting responsibility for the troubles that come upon us to someone else is increasingly being done through conspiracy theories. Conspiracy theories claim that behind the calamities that plague us (epidemics, earthquakes, conflicts between nations, conflicts between people...), are hidden the conspiracies of secret powers, and not a curse due to our sins.

Instead of realizing that misfortunes overtake the people because they do not have God's approval and protection due to their unrepentant sins, they shift their own responsibility for the evils that come upon them to those tools that God uses by His providence to warn them to repent.

Let us remember the ten plagues of Egypt. Because they did not want to free the people of Israel, the Egyptians suffered an outpouring of a total of ten plagues. Had they immediately acknowledged that the plagues came as a rebuke from God, they would have readily agreed to free the Jews, but they had deceived themselves by conspiracy theory, trying to present that the misfortunes that came upon them do not come from God, but were the fruit of Moses' magical powers. Let's see how clearly an inspired writer explains it:

“Pharaoh desired to justify his stubbornness in resisting the divine command, and hence he was seeking some pretext for disregarding the miracles that God

had wrought through Moses. Satan gave him just what he wanted. By the work that he wrought through the magicians he made it appear to the Egyptians that Moses and Aaron were only magicians and sorcerers, and that the message they brought could not claim respect as coming from a superior being. Thus Satan's counterfeit accomplished its purpose of emboldening the Egyptians in their rebellion and causing Pharaoh to harden his heart against conviction." (EGW, PP 264.3)

So, instead of blaming themselves for their unhappiness and repenting before God, they blamed Moses and so needlessly suffered, confessing their delusion only when it was almost too late. Whether conspiracy theories are based on facts or on paranoid assumptions, our dealing with the tool through which troubles come completely annuls the meaning of the affliction itself, our awareness that our weaknesses, not others' evil, are the essential source of our suffering.

Some analysts of crisis will fence themselves in their explanation from a conspiracy theory saying that we should not deal with it, but will sow the seeds of doubt, for example, by saying that there is an incredible coincidence between the action of some cartoon or the hypothetical construction of a possible scenario of epidemic development, which coincides with the realities of coronavirus pandemic, leaving to the imagination of their listeners to be poisoned by the idea that some secret human organization had well planned it before and put it into practice. God knows everything in advance and in various ways warns people of the impending danger.

Well-known president of Microsoft and philanthropist Bill Gates gave a very sensible speech in 2015 in which, spe-

aking about the consequences of then-current Ebola epidemic, he drew attention to a greater potential threat from virus than from nuclear weapons. He explained that the Ebola virus, with its severe symptoms, binds a person to bed immediately, making it impossible for them to spread the infection intensively further. Thus he warned of a much more dangerous scenario, a possibility that we should be afraid of appearing in the future, a virus whose symptoms may not immediately appear and which, because of this, people can spread further, without suspecting that they themselves are infected. These inspired and prophetically warning words should lead everyone to self-examination and repentance for those sinful principles that brought this world here, so that God would preserve us from the even greater evils that Satan is prepared for and entitled to because of human unrepentance and decadence.

However, this inspired speech gave a group of celebrities in the entertainment media life the opportunity to form a conspiracy theory that Bill Gates himself was responsible for the emergence of the coronavirus and then spread this unproven defamation through social media. Logic of one of the promoters of that delusion, comedian Gary Owen, is this: *“Ok this is scary. Looks like someone or some corporations knew this would happen. Coincidence?? I’ll let you guys decide.”* (Gary Owen) It’s really hypocritical to sow doubt in a human heart and then to say: *“Decide for yourself!”* or even: *“Don’t engage in conspiracy theories after this! Re-examine yourself and your heart!”* Such hypocrisy we meet in religious and nationalist circles, when a nationalist priest poisons the believers with hatred and then hypocritically utters: *“Do not let these words incite in you hatred towards anyone, we should love our enemies!”*

When in the last days the seven plagues are poured out on the earth, false christs in their religious centers (Rome, Jerusalem, Mecca ...) will probably quote *"Love Your Enemies"* as an invitation to the world to show love, and not hatred for that religious group which allegedly provoked the wrath of God and the outpouring of the plagues because of keeping, allegedly on the cross abolished, requirements of the Decalogue. But that hypocritical call for love will be a call for hatred and murder. Instead of admitting that the majority who received the mark of the beast were to blame for the death of their loved ones, the masses would seek revenge for their death, believing that the sins of the minority, who had only refused to receive the mark of the beast, were to blame. The fact that the faithful people of God will not keep the human traditions and fabrications of fallen Christianity will be the reason for their persecution. One conspiracy theory claims that a coronavirus was made in the laboratory in order for a crowd to rush out of fear to vaccines containing microchips for monitoring and control, and that receiving the chip on hand would be the receiving of the mark of the beast from the book of Revelation 13:12-18. However, such a testing truth of the last days would not be fair, as it would not be able to test the difference between right and wrong heart motives. God has never warned us that the endurance of the saints is in refusing to wear masks or avoiding vaccine and chip, but Scripture says: "This calls for patient endurance on the part of the people of God who keep his commands and remain faithful to Jesus." (Revelation 14:12).

Refusing to take the chip in hand is no indication of courage or other virtue, but cowardice, rebellion, or hatred. People who fear the possibility of their movements being followed, certainly have neither a clear conscience nor a

pure heart. Those who hate every authority will also easily refuse to receive the microchip. Only people who do not understand the spirit of the law — that the law rebukes the sins of the heart, can conclude that the chip is a mark of the beast. To receive the mark of the beast in hand means to consciously violate the law of God, while the mark in the forehead is a trait of the deceived who did not love the truth but the delusion that excuses their iniquity.

One of the conspiracy theories claims that people, receiving the vaccine, will receive a microchip that will control them not only in movements but also in behavior. But people are already being manipulated and managed through the unconquered weaknesses of character. Whoever is selfish, carnal, frightened, arrogant or proud, he is already manipulated by circumstances and other people who satisfy or thwart his sinful desires. Satan himself has the power and right to inspire people to make the wrong plans, decisions and actions, but only if they through their unrepentance of sins have rejected God's protection.

This means that the conspiracy theory, that advocates that microchips are a tool for controlling human behavior, directs people to lead the spiritual struggle on the wrong plan and to fight against the microchips instead of their sins. When they notice that the voice of conscience has deceived them, they will not re-examine their heart and repent of their sins, but will blame the microchips they were allegedly infected with through the vaccine or in some other way.

If they were aware that they are actually possessed by demons, which give them compulsive thoughts, it would be easier for them to solve the problem because they would be aware that they had contributed to it by their sins. But in this way they will shift the responsibility for

their craziest actions to those who allegedly control them through microchips.

Those who today promote the conspiracy theory may someday become sober and repent, but the consequences of their poison will remain in people and become the force of persecution against the true people of God. The world, instead of seeing God's rebuke for its sins in the trouble that comes upon it, and realizing that it has no certainty until it is reconciled with Him, will, by conspiracy theory, be instructed to deal with someone else's guilt instead of its own, and thus unprepared to meet the time of evil.

Conspiracy theorists will be the first who are going to be seduced by the charm of false christs and their undeniable miracles.

Out of the same selfish fear for their lives because of which they are now afraid of conspiracies (5G networks, vaccinations, etc.), they will be afraid of not to endanger their lives by opposing the false christ or the seduced multitude, so they will easily give up the principles of truth in the hour of their visitation.

The temptation that will happen to them will be very strong, and their unconquered fear will lead them to worship the beast:

“He was granted power to give breath to the image of the beast, that the image of the beast should both speak and cause as many as would not worship the image of the beast to be killed.” (Revelation 13:15)

And while they will be repenting falsely of having hated the beast before, they will accuse the true believers of being guilty for poisoning them with hatred by the criticism of the beast, and then they will attack them, with conspiracy theory, in order to exterminate them at

any cost. Through his mediums, Satan is already preparing the world to shift responsibility for troubles to the minority of faithful people who keep the law of God. The apostle John describes the fallen church which, through Satan's power, provokes earthly rulers against the faithful people of God:

“And I saw three unclean spirits like frogs coming out of the mouth of the dragon, out of the mouth of the beast, and out of the mouth of the false prophet. For they are spirits of demons, performing signs, which go out to the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty.” (Revelation 16:13-14)

Jesus warns that the majority of the world will not welcome Him as their Savior, but will stand up against those who are truly faithful to Him, because they will be a rebuke to their iniquity:

“Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name's sake.” (Matthew 24:9)

Indeed, even today we have apparitions and prophecies designed to blame, by conspiracy theories, the faithful followers of Jesus for outpouring of plagues on the earth.

Thus, the apparition of the “Lady” to Leonie Van den Dyck (1875-1949) of Belgium blames those who do not observe Sunday (a symbol of the papal power to change the law) as guilty of the outpouring of the plagues:

“God's punishments for sins of people are punishments for the desecration of the Lord's Day, for marriage breaking, adultery, greed and pride.” (Leonie van den Dyck)

WHAT DIFFERENT CONSPIRACY THEORIES REVEAL ABOUT THOSE WHO FORMED THEM?

We can hear very bizarre hypotheses about the background of the coronavirus: *“The government invented the coronavirus to make money on the vaccine that it will make”, “The coronavirus was made to reduce the number of people on earth”, “Created to rid the financial system of retirees and the weak and the sick, of all who are not useful to the system,”* etc. Such bizarre interpretations can have two different causes. One is the fear of unclean conscience, and the other is the projection of one’s own heart motives to other people.

FEAR OF UNCLEAN CONSCIENCE AS A GENERATOR OF BIZZARE CONSPIRACY THEORIES

Fear of conspiracy is often the result of one’s own unclean conscience that makes one afraid of affliction because he subconsciously knows that due to his unrepentant sins he deserved the misfortune. The first case in history of a recorded conspiracy theory that we have documented in Scripture is the example of the first murderer — Cain, who, because of his unclean conscience, projected on others that they wanted to kill him and in fear he uttered, “and it will happen that anyone who finds me will kill me.” (Genesis 4:14)

Cain well knew what he deserved. Massive fears of conspiracy of the enemies are especially manifested in all periods of crisis, and are a feature of every totalita-

rian regime based on the manipulation by fear and feeling of guilt, such as the medieval church, the Nazi and Communist regimes, etc. During the Middle Ages, the church manipulated by the fear of hell in order to arouse religious zeal. And the consequence of the fear-fueled zeal was the same in the Middle Ages as well as in all totalitarian regimes, and that is an expressed suspicion. Suspicion becomes the generator of various conspiracy theories because of which a man first sees danger in people of another religion, race, nation, or other ideology, and in the absence of others, he begins to imagine enemies even among his own, who are not orthodox enough, that is, ideologically and politically fit.

The fear of conspiracy as a consequence of one's own internal problems is recognized by modern psychiatry and is called by the term of paranoid schizophrenia:

“Schizophrenia. ... The disturbed relationship of the person towards the environment creates in the patient a special uncertainty in determining the boundaries between the subjective and objective world. Hence, often a subjectively caused act or experience is felt by the patient as violently caused by the influence of some external cosmic supernatural or political force, for example, some international organization, conspiracy group, which influences him with hypnotic suggestion or some apparatus, imposes on him their thoughts, kidnaps his own and initiates his actions. ... In paranoid schizophrenia, delirium, ideas of greatness (megalomania), mania of persecution and hallucinations prevail.” (*Encyclopedia of the Lexicographic Institute*, V, p. 697)

With the appearance of the Protestant Reformation that uplifted Scripture, fear and feeling of guilt were no longer taken as an evidence of piety, but on the contrary, as a sign of man's spiritual apostasy and his irreconciliation with God. Protestants recognized in Scripture the fear of conspiracy as a feature of the ungodly:

"The wicked man writhes with pain all his days, and the number of years is hidden from the oppressor. Dreadful sounds are in his ears; In prosperity the destroyer comes upon him. He does not believe that he will return from darkness, for a sword is waiting for him." (Job 15:20-24)

"The wicked flee when no one pursues, but the righteous are bold as a lion." (Proverbs 28:1)

"And among those nations you shall find no rest, nor shall the sole of your foot have a resting place; but there the LORD will give you a trembling heart, failing eyes, and anguish of soul. Your life shall hang in doubt before you; you shall fear day and night, and have no assurance of life. In the morning you shall say, 'Oh, that it were evening!' And at evening you shall say, 'Oh, that it were morning!' because of the fear which terrifies your heart, and because of the sight which your eyes see." (Deuteronomy 28:65-67)

Atheists today interpret that the emergence of Protestantism has led to the rejection of many conspiracy theories because of the greater informativeness and greater scientific education of the previously illiterate, uneducated and uninformed multitude. Protestants, however, believed that the enlightenment of the people was the result of the Reformation itself, their massive repentance

for sins, and deliverance from the burden of an unclean conscience, which resulted in the disappearance of the conspiracy theory as a mass phenomenon and the formation of the spirit of expressed mutual trust.

Let's look at a few statements on the subject of fear, doubt and superstition from the time of the Reformation, the first from William Shakespeare and the second from a 19th-century Protestant magazine:

“Suspicion always haunts the guilty mind” (William Shakespeare, *Henry VI*, part Three, act 5, scene 6.)

“Furthermore, I understand, that those men who are not certified by revelation that God hath executed on Christ his rigour, do always fear the judgment of God, for they do not find how to be able to satisfy it. From this fear superstitions grow; scruples grow; and ceremonies grow; from all which we are free who come revelation to the knowledge of Christ, being certain that God being just, he will not twice punish..... It being certain that administering justice, he cannot fail to save them, they having accepted for their own that justice which was executed on God's own Son.” (The British Friend, volume 4, 3rd month, 1846)

Soon came the decadence of the Western world and at the end of the nineteenth century various superstitions based on fear resurrect again. One of the first is the emergence of superstition of astrology, for which the astrologers acknowledge:

“By the end of the 17th century astrology vanished. ... 150 to 180 years ago it started to wake up again, at the beginning of the 20th century it revived” (N. Safaric, *Mundane Astrology*, p. 8)

And then, due to the general decadence of Western civilization, fears of conspiracy theories in particular began to escalate in late XX and early XXI centuries to such an extent that they began to be considered as a cultural phenomenon. What else can we see in them than the signs of decadence and return of the people's consciousness to the level of the Middle Ages? When a frantic mob breaks and slams the poles with 5G antennas, blaming them for their psychical problems or even for the symptoms of the coronavirus, we cannot help but remember the time of the Middle Ages when the church also stood up against heretics, claiming that they were guilty of the misfortunes of society, but also against the scientific discoveries and inventions in which she saw the work of Satan.

“A few years ago the cholera visited Madrid and other cities. Physicians were mobbed. Processions of saints carried the host through the streets for the purpose of staying the plague. The streets were not cleaned; the sewers were filled. Filth and faith, old partners, reigned supreme. The church, “eminent for its sanctity,” stood in the light and cast its shadow on the ignorant and the prostrate. The church, in its “inexhaustible fruitfulness in all good things,” allowed its children to perish through ignorance, and used the diseases it had produced as an instrumentality to further enslave its votaries and its victims. ... We know, too, that the Catholic Church was, during all the years of its power, the enemy of every science. It preferred magic to medicine, relics to remedies, priests to physicians. It thought more of astrologers than of astronomers. It hated geologists — it persecuted the chemist, and imprisoned the naturalist, and opposed every discovery calculated to improve the condition of mankind.” (Robert G. Ingersoll, *Rome or Reason?*, 1888)

Also today, the mass of people who violate basic health principles by tobacco, alcohol, marijuana, inappropriate and unhealthy eating, rise in a hypocritical attack against the 5G network, vaccines, alleged air poisoning, etc. While the rejection of superstitious fears due to the appearance of the Reformation was often explained by greater education of then uneducated world, today's conspiracy theories have no excuse in uneducation and non-informativeness since anyone can hear arguments against popular conspiracy theories and see for themselves their baselessness. One must have strong motives to stand up against obvious facts and against common sense. We can clearly understand that the cause of the escalation of modern conspiracy theories is of a spiritual nature, in the irreconciliation of man with God, and not in human uneducation and non-informativeness.

PROJECTION OF ONE'S OWN MOTIVES AS A GENERATOR OF BIZZARE CONSPIRACY THEORIES

First of all, conspiracy theory is often just a hypothesis for which there is no undeniable evidence and which is adopted not as a potential possibility, but as a fact, although it does not meet the necessary conditions to be declared a fact. Other people's intentions and motives are inferred not on the basis of indisputable evidence, but on assumptions that a person accepts as true, even though there is no sure evidence that they are true. Although some hypotheses are theoretically possible, conspiracy theorists often explain them in ways that make no sense, violating the principles of common sense. By showing a stubborn tendency to defend their conspiracy

beliefs at all costs, they renounce their objectivity and the correctness of the motives that led them to form the conspiracy theory.

The character of other people's intentions and motives in the absence of the facts is interpreted by the projection of one's own motives to others. When a self-interested person analyzes the benevolent behavior of a noble person, she has a tendency to conclude that behind her good intentions is hidden self-interest, because she is such herself. Likewise, when a proud person interprets other people's motives, she will have the temptation to project them her pride. A person who is corrupt herself will have the impression that everyone else is corrupt. She cannot recognize the work of true love if she has it not in herself. To a person who has a suppressed hatred in her heart, it seems that others intend to destroy humanity because she is such in the soul. And dealing with someone else's evil brings incredible satisfaction and relief to a man who is tormented by his own conscience because of his own unconquered temptations.

Of course, a person who is truly noble at heart will never have the idea that one has the intention of destroying humanity.

“And when we attribute some very negative trait of ours to others in whom that trait exists to a much lesser extent or does not exist at all, we are also talking about the mechanism of projection. It often happens that someone who is extremely timid speaks of almost all other people as cowards. He projects one of his weaknesses, which he does not even want to admit to himself, onto others. Someone who is selfish says about many others that they are selfish. ... Psycholo-

gists claim that the manifestation of excessively strict morality very often indicates that among such loud and strict moralists exist, or have existed, desires similar to those which they attribute to others and condemn in others. ... Gossip, suspicion, distrust, attributing evil intentions to others have to a large extent source in the mechanism of projection." (Dr Nikola Rot, *Personality Psychology*, p.140)

Such dealing with someone else's sins is a devilish job. Other people's secret sins and hidden evil intentions we can only expose and judge on the basis of blind trust in the source that tells us about them, while spiritual delusion we can and should always expose on the basis of its very meaning.

We are responsible to expose the nature of deception in order not to fall into it, but not to engage in exposing others' evil practices, because they are not the sphere of ours but others' consciences. A correct understanding of the spirit of God's law results in a man being aware of his own sinfulness and dependence on the grace of God, so he won't think of the suspicion and condemnation of others.

He will receive wisdom and inspiration (1 Corinthians 14:24-25) from God to understand the invisible motives of another's heart only if he is able to help another person. As we often do not have sufficient information for objective analysis and judgment of other people's actions, their unclearness can always give us cause for suspicion and projection of our own corrupt motives. This is why Scripture rebukes such a spirit of judging, because it most often represents our projection:

“Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.” (Matthew 7:1-2) “Therefore you are inexcusable, o man, whoever you are who judge, for in whatever you judge another you condemn yourself; for you who judge practice the same things.” (Romans 2:1) “To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their mind and conscience are defiled.” (Titus 1:15)

When Jesus warned of a conspiracy against Him and said, “Verily I say unto you, that one of you shall betray me” (Matthew 26:21) most of the disciples reacted in the way we should react when we raise the question about the causes of the troubles that afflict us: “And they were exceedingly sorrowful, and each of them began to say to Him, “Lord, is it I?” (Matthew 26:22) The unrepentant world has their enemies they are afraid of, but these fears are strange to those who see their greatest enemy in unconscious and therefore unconquered temptations of their own heart:

“For the LORD spoke thus to me with a strong hand, and instructed me that I should not walk in the way of this people, saying: “Do not say, ‘A conspiracy,’ concerning all that this people call a conspiracy, nor be afraid of their threats, nor be troubled.” (Isaiah 8:11-12)

“For the eyes of the LORD are on the righteous, and His ears are open to their prayers; But the face of the LORD is against those who do evil. And who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness’ sake, you are blessed. And do not be afraid of their threats, nor be troubled.” (1 Peter 3:12-14)

DOES BILL GATES REALLY WANT TO DESTROY HUMANKIND?

A good example of projecting one's own corrupt motives in interpreting another person's actions we see in the case of a conspiracy theory about Bill Gates's alleged intention to reduce population on planet Earth through coronavirus or through the harmful effect of a vaccine that he will develop against a coronavirus. One newspaper headline reads:

“Bill Gates Admits ‘Vaccines Are Best Way to Depopulate.’” The article opened with assertion: “Bill Gates has openly admitted that vaccinations are designed so that governments can depopulate the world.”

As an argument to support such confession, Gates' statements were posted on social media in video format with the following content:

“I put \$3 trillion for a respiratory virus spreading around the globe” and “The world today has 6.8 billion people. That's headed up to about nine billion. Now, if we do a really great job on new vaccines, health care, reproductive health services, we could lower that by, perhaps, 10 or 15 percent.” (https://www.ted.com/talks/bill_gates_innovating_to_zero/transcript?language=en)

What could we conclude about Bill Gates on the basis of these statements? But let's check the context of those statements! When we look at the wider context of his words, we see that Bill Gates did not talk about investing or putting money into the spread of the virus at all, but the omitted context reveals that he spoke about his estimation of the damage that the virus will cause to the world economy.

PBS journalist Judy Woodruff asked Gates:

“You were one of the prescient few years ago who said that an infectious disease outbreak was coming that could kill millions of people. How is what is happening now different from what you expected?”

Bill Gates answered:

“Well, sadly, I would say that the economic damage is much greater. I put \$3 trillion for a respiratory virus spreading around the globe. And, you know, clearly we’re going to go well beyond that.” (<https://www.pbs.org/newshour/show/bill-gates-on-outlook-for-a-covid-19-vaccine-and-where-pandemic-will-hurt-most#transcript>)

Bill Gates spoke with a slight mockery of his mistake, how he thought that the damage would be only \$3 trillion, and went on to explain that the damage would go well beyond that amount. He certainly could not think of investing his own money, since his total capital is 98 billion, which is about thirty times less than the mentioned value.

Next statement by Bill Gates reads:

“The world today has 6.8 billion people. That’s headed up to about nine billion. Now, if we do a really great job on new vaccines, health care, reproductive health services, we could lower that by, perhaps, 10 or 15 percent.”

When we look at his whole speech, we realize that he is talking about reducing the percentage of carbon dioxide, whose production is proportionate to the population, due to the development of the industry proportional to the population. What lies behind the idea of population reduction? Bill Gates, as a philanthropist, wants to help the population of developing countries “to lift themselves out of hunger

and extreme poverty” (Forbes, 21.11.2011), but that aid involves the elimination of the principles that produced hunger. Back in 1997, analyzing the crisis of third world countries, Bill Gates concluded that as natural resources are scarce and population is rapidly increasing, in order for normal and healthy living conditions to be met, there must be a birth control. African peoples, characterized by mass starvation, have uncontrolled childbearing because parents know that few of their children will survive.

What would happen if US or Chinese residents had ten children today? In just a couple of generations their population would become a hundred times larger, which would then trigger the famine and ruin of their civilization. Therefore, simply investing money in helping hungry people would not solve the problem, but multiply it. Historical experience has shown that families with many children put parents in a situation where they cannot give enough attention to the children and provide them with necessary care and nutrition, health and education, and that such children are characterized by increased mortality and difficult survival conditions, which they then themselves continue to transmit by the same tradition to their future offspring.

That is why Bill Gates believes that if the mortality rate of already born children in Africa were reduced by their health care, which includes adequate vaccination, then such reforms would instill confidence of the African population that their children would survive and that they would then consent to birth control. How corrupt is the soul of a man who interprets these statements by Bill Gates as a call for extermination and liquidation? I can already hear one of them complaining that I am saying harsh

words and insulting. But if they think Bill Gates wants to kill the population with a virus and a toxic vaccine, isn't that an insult?! If it is a well-intentioned remark, why don't they also take these words of mine as an expression of a well-intentioned remark?! On social media we could see the suspecting of Bill Gates' philanthropic character. Selfish and narrow-hearted people cannot imagine that someone is willing to sacrifice their money for the benefit of others. Moreover, such an idea bothers them because it is a rebuke to their selfishness. And how would they solve the problem of population surplus?

Well, in that way which they project to Bill Gates when interpreting his motives and intentions. Being corrupt and evil in their own soul, they conclude that Bill Gates wants to liquidate them and thus reduce the population. Probably neither of them has a strategy of having ten children each. Is it justified, therefore, to accuse them of having a strategy of reducing their offspring by liquidation?

There is another pronounced inconsistency. Conspiracy theorists take pride in their suspicion, claiming that it made them free-thinking and saved them from many frauds. If so, why have they not consistently and critically checked these allegations about Bill Gates? They did not do it out of fear, which is their main trigger for their suspicious research. Fear of delusion is a less powerful motive than fear of truth. The one who is afraid of delusion, won't he be more afraid of the unpleasant truth?!

These people have a strong need to believe in conspiracy theory and therefore they do not doubt it. That dishonesty of their character results in a loss of common sense can be seen in the very illogicalness of their reasoning, which was revealed by Bill Gates himself, in his res-

ponse to questions about the allegations that he intends to destroy humanity:

“I’d say it’s ironic if you take somebody who is doing their best to get the world ready, and putting, in my case, billions of dollars into these tools for infectious diseases and really trying to solve broadly infectious diseases, including those that can cause the pandemics. But that, you know, we’re in a crazy situation, so there’s going to be crazy rumors.” (CCTV: https://youtu.be/nFUdX_0PpT0)

DOES THE 5G NETWORK SPREAD THE CORONAVIRUS?

One of the popular conspiracy theories links the coronavirus to the 5G network. It claims that radio waves produce viruses in the body and that is reason why 5G cell transmitters are responsible for the emergence of the modern coronavirus epidemic. As an argument, they cite the coincidence of the prevalence of the 5G network area in Italy with the area of pronounced coronavirus presence. They also cite as an argument the appearance of the Spanish flu virus, which took millions of victims, just at the time when the use of radio transmitters was discovered and widespread. The result of this modern superstition is that people around the world are destroying towers with 5G network transmitters in order to prevent the spread of the corona virus.

As we have noticed, if ignorance and non-informativeness could have been an excuse for all sorts of superstitions and phobias during the Middle Ages, they cannot be an excuse also today, as the basic postulates of superstitions and phobias about the coronavirus and 5G rela-

tion can be checked. That is why we will now do what every honest representative of the mentioned superstition would really do if he had the right motives behind his curiosity. We will examine the detrimental nature of the 5G network and its potential impact on the spread of the viral epidemic.

All sources of electromagnetic radiation, whether radio waves, radiation of one radiator, open flames, green light reflected from plants, solar, X-ray or cosmic radiation, act on us every day and shower us with their photons of energy. All these radiations are classified in the electromagnetic spectrum according to their frequency. The higher the frequency of the electromagnetic waves and therefore the shorter the wavelength, the higher their energy and their possible harmfulness.

Infrared photons, from a hot radiator or fire, have a higher frequency compared to the radio waves of a 5G network and therefore 1,000 to 10,000 times more energy than photons of a 5G network. Visible red light photons have 100,000 times more energy than 5G photons. Above the visible part of the spectrum, we are immediately confronted with the harmful UV (ultraviolet) radiation that we are exposed to when outdoors. Photons of UV radiation have 1,000,000 times more energy than 5G radiation and are therefore harmful. They cause ionization of the air, damage to the retina of the eye and the appearance of cancer. But gamma rays have drastically more energy and are far more harmful than UV radiation. They cause tissue destruction and the greatest damage to DNA.

Unlike frequencies that are above the visible part of the spectrum and that cause air ionization, the radio waves themselves are not able to cause tissue damage or DNA

mutations because the energy of their photons is drastically weaker. The only effect of radio waves is warming of the body. Warming the body by exposure to sunlight is far more risky due to UV radiation than warming with radiation of a radiator. Heating with radio waves cannot have a more harmful effect on a person than heating with a radiator, with only difference that the heat of the radiator will be more retained on the skin, while radio waves will penetrate the skin and heat the internal organs. Because of this characteristic the radio waves have been shown to be beneficial for the body; they are used in medicine to improve circulation or increase collagen production.

As improved circulation improves stem cell function, we can ask whether it can increase the probability of cancer occurrence in addition to its regenerative power?

Previous studies have not proven a clear link between warming of the body with radio waves and the occurrence of cancer, but have shown a strong correlation between small daily glasses of alcohol and cancer, tobacco and cancer, and insomnia and cancer.

When the body warms itself at the time of infection to raise immunity, then the hormone somatostatin is raised in order to block growth hormone, because increased metabolism raises the level of free radicals, so the average level of growth hormone would increase the possibility of mutations and cancer. But when the organism is warmed from outside, then the need for its own energy expenditure decreases and the organism, relieved of the need for its own metabolism, uses the opportunity to raise the growth hormone and regenerate itself. Two stays in the sauna at a temperature of 80°C (176°F), for

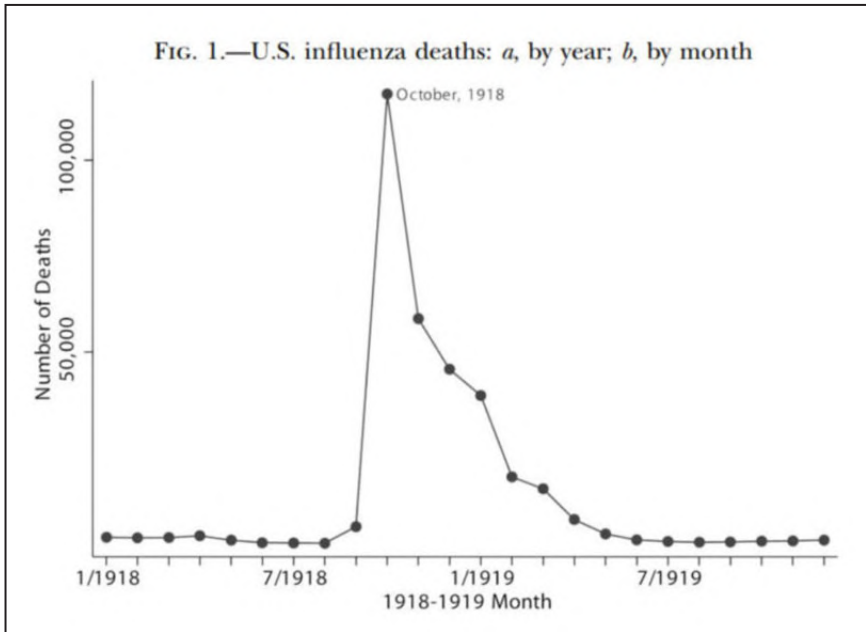
20 minutes each, with a half-hour break between them, raises the level of growth hormone twice.

This means that heating the body with radio waves could even reduce the need for its own metabolic activities and thus slow down the aging process and reduce the chance of cancer. Of course, only on the condition that the radiation is evenly distributed. Many therapeutic regenerative processes are already achieved through infrared saunas where lower frequencies of the infrared spectrum pass through the skin and heat the internal tissue, without the exhaustion typical of classic saunas.

However, as excessive heating with radio waves causes obvious burns and damage of the tissue, it has been determined that constant exposure to radio waves should not have a power greater than 4 watts per kg of weight. The maximum power limit of 1.6 watts per kilogram is set as a safe limit for the use of mobile phones. The energy of radio waves to which the organism is directly exposed during radio wave therapy is up to fifty watts directed to a specific area of tissue. Direct exposure to the radiation of the microwave oven would in that case be very dangerous as it would expose a small body surface to radiation up to 800 watts. After these findings, the question arises how safe the radiation of mobile telephony is. Mobile telephony stations generally have the power of 20 to 120 watts.

It should be borne in mind that the power of the transmitter decreases drastically with the distance from the transmitter, because the signal from the antenna spreads in all directions, mostly horizontally. The Okumura-Hata formula is used to calculate the power attenuation. It follows that the 120-watt transmitter, at a distance of 10 meters, has a measured power of 48 microwatts

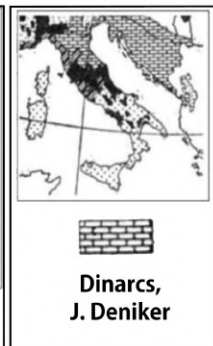
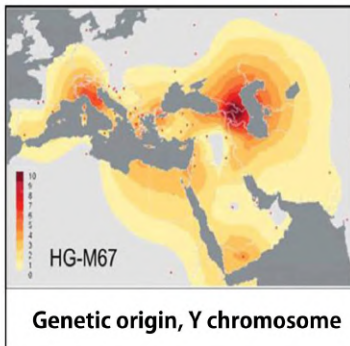
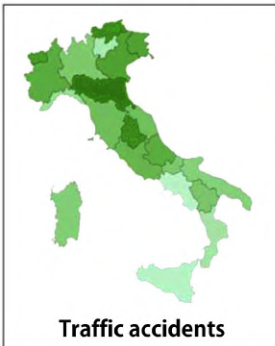
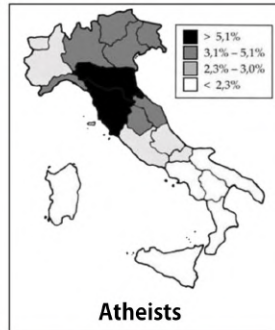
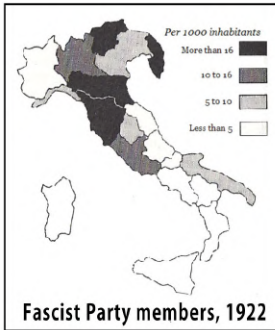
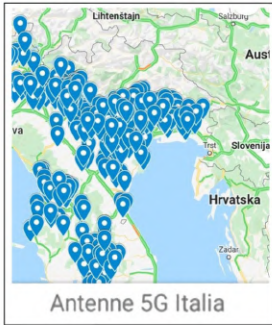
(0.000048 W). Its radiation at that distance certainly cannot be harmful. Let us now look at the data on the alleged matching of Spanish flu with the radiation of radio wave transmitters. The Spanish flu epidemic produced at least 50 million casualties during its three waves that hit the world in 1918 and 1919, while the mass emergence of commercial radio stations did not begin until November 2, 1920, when the radio station in Pittsburgh, Pennsylvania, started broadcasting programs for one hour a day with a power of only 100 watts.



Thus, the Spanish flu epidemic was already over at a time when commercial radio stations were just getting started. Mass viral epidemics, such as smallpox, swept the world for centuries and millennia before radio transmitters were invented. Since the advent of commercial radio stations in the 1920s, no epidemic has been recor-

ded in their area for decades. A powerful radio transmitter of Belgrade (Yugoslavia) for 23 years (1976-1999) broadcast a program with a power of two million watts, without any adverse effects on nature and people in its environment, and without any epidemics.

We are interested in correlation of maps with the 5G network and coronavirus in the region of Italy.



We see that there really is a match. But let's look at some more correlations. High prevalence of fascistic, atheistic and anarchist views in the same area, high domestic violence and a high number of traffic accidents. But these were the phenomena of the area before the advent of the 5G network.

We can conclude that the weaker immunity of the people of that area will be more correlated with the genetics of that population (Dinarics and Mediterraneans) than with 5G. After all, Iran is particularly affected by the coronavirus, but it has no 5G network at all. The spread of viral infections happens through physical contacts, not radio waves, and the fact that isolation successfully blocks the spread of the virus refutes the hypothesis that radio waves cause epidemics.

LOSING OF THE COMMON SENSE

There are myriads of conspiracy theories that by their senselessness reveal the serious problems of reason of the one who advocates them. I would no longer go into exposing these theories because it would not eliminate the cause of the problem, a strong internal need that leads a person to believe in delusion. It is enough to bring our ego and its defense mechanisms into our search for truth, so that the question of what truth is becomes outweighed by the answer to what we would like the truth to be.

This also happens if we ask "What is the truth?" about those concepts that were already quite clear to us, because by this we allow ourselves to be overcome by suspicion. In order to be able to doubt existing facts, in seeking the truth we must instead of love of the truth be driven by the fear of delusion, that is, by doubt. I do not

mean to say that everything should be blindly believed and that phenomena should not be checked, but it is very important from what motives we do it. Just as it is not the same whether we do good work out of fear of an unclean conscience or out of true love for another person, so it is not the same whether we are curious out of fear of delusion or out of love for the truth. When we are moved to investigate the truth from fear of delusion instead of love for truth, then we tend to doubt what is clear, precisely because it is clear, and to believe in the truthfulness of that hypothesis which is unprovable, precisely because by its vagueness it “tickles” our curiosity.

Doubt will, therefore, lead us to accept for truth that of which we are afraid and for which we have no clear arguments but only assumptions. People may genuinely want to check what is truth, but if they are driven by fear from delusion rather than the love of truth, there is no evidence which can satisfy them completely. They suspect, for example, that there are people diseased with coronavirus and are seeking to get to know these cases. They are sincerely looking for proof that the coronavirus has not been invented. But it turns out that no evidence is enough for them. Despite all the evidence, they still hold the suspicion. No matter how much evidence we can find against some hypothesis, there are always preconditions that can be doubted by raising new questions: *“Does this person lie to me that she is sick with a coronavirus? Has anyone paid her to act?”* Coronavirus patients may fall dead by her side, but she will continue to doubt: *“Wouldn’t this person die anyway? Yes, she died young, but it’s not from COVID-19 but from seasonal flu!”*

At the end, one can question their first and last name, and ask themselves if all this may be someone's dream or some kind of scenario of pre-written story. By removing the cause of doubt, we do not remove the doubt from the heart of the suspicious person, but only the cause for the manifestation of doubt. There are individuals of a very highly developed mind who could successfully be dissuaded from advocating delusion, but this would not substantially help them, because they would still retain their fear as a generator of future conspiracy theories and suspicions of other people. That is why we cannot fight against the suspicion itself (fear of delusion) by greater evidence, but only by repentance for suspicion itself. Not only conspiracy theories, but also megalomaniacal ideas about history that elevate one's own nation at the cost of others, then prejudices against others and various superstitions, have their direct source in the strong motives of one's own unconquered arrogance, selfishness, cowardice and hatred.

The motives of the great ego that make us subjective in our judgment (fear, pride, selfishness...) should be called by their real name — the concept of sin before one's own conscience and daily fought against, otherwise we cannot say that basic preconditions of objective rational judgment are fulfilled. Suppose that one day it really turns out that conspiracy theorists were right about some of their claims which they put forward as true, even though they had no arguments to prove their theories. What would be better?

That we were mistaken (or reserved) for lack of evidence, or that we were right at the cost of losing common sense and living in fear?!

Of course, it is better to be mistaken or even better reserved, than to be right by accident but to be mad, and by this madness to make others mad! The spirit of suspicion is a sin because of which the man, who is ruled by suspicion, becomes inclined to suspect even his best friends as enemies. Conspiracy theory is most often imbued with hypocrisy, through dealing with what is beyond our power, while neglecting what is our responsibility.

Advocates of poisoning (by airplane spraying or vaccines) often themselves consume tobacco, alcohol, coffee, animal fat and other unhealthy foods, which reveals that their campaign against spraying and vaccines is hypocritical. One must have a noble desire to resist the spirit of suspicion and blaming the others for the misfortune that comes upon him, because blaming others in its depth is blasphemy to God's providence, and therefore a blasphemy to God who permits injustice that makes no sense. Remember that Jesus Christ, to those who blamed external influences for their unhappiness and fall in temptation, drew attention to the fact that the source of sin that defiles them is in their own hearts, not in external influences: "All these evil things come from within and defile a man." (Mark 7:23)

A deep examination of the meaning of our own existence that is now endangered and re-examination of our own responsibility for the crisis is not a pleasant stress, and we would all prefer to blame for the misfortune someone else or something else, which will release us from every form of personal responsibility. So, in order to come to the objective picture of reality, we must first go into daily struggle with ourselves, to truly overcome our life temptations, otherwise our weaknesses will make us subjective in judging the real character of new situation.

DO WE BELIEVE OR DO WE UNDERSTAND?

Advocates of the conspiracy theories often claim that we, who negate their reasons for fear (for example, the global conspiracy with the coronavirus, the danger of 5G and the harmful effects of vaccines) are actually deceived through the media, because we allegedly trust official TV and newspapers more than we think with our head.

They do not realize that if I, for example, advocate the usefulness of a vaccine or the safety of 5G, that I do not advocate it because I heard it on TV or learned that way in school, but because I understood how a vaccine raises immunity and how radio waves work over the 5G network. I have no need to believe that. I understand that.

But advocates of the fear of conspiracy interpret other people's reasoning by projecting their own principles. They themselves do not use reason to understand the functioning of the vaccine and 5G, but they renounce their responsible use of reason and shift that responsibility of thinking to the one they blindly trust. Who do they blindly trust? They mostly blindly trust their great Ego, their deceitful heart, their fears and imaginations, tabooing every re-examination and verification of the meaning of what they believe.

And do trust myself and my Ego? No! I keep myself from relying on myself because I understand the temptation: "The heart is deceitful above all things, and desperately wicked: who can know it?" (Jeremiah 17:9) A proper understanding of the spirit of God's law that rebukes suspicion, cowardice, egocentrism, megalomania, vanity, pride, rebellion and other sins, keeps me from relying on myself and becoming subjective in my judgment. By rebuking me for my sinful inclinations, God's law keeps me from imagining that I am of such importance that Bill Gates allegedly

eavesdrops on me with his mobile phone and records my preparation of vegetarian food in my kitchen. But if I do not trust my heart and resist its phobias and egoism, it does not mean that I do not take responsibility for using reason and researching what is the truth. “He who trusts in his own heart is a fool, but he who walks wisely will be delivered.” (Proverbs 28:26)

However, we can notice that some of the conspiracy theorists show a strong trust in some experts in electronics, but in those who claim that 5G is dangerous, or how they blindly believe medical experts, but those who claim that vaccines are harmful. Although the advocates of the fear of conspiracy doubt everything and everyone, here they show stubborn exclusivity and blind faith. They do not say that the experts helped them to understand why vaccines and 5G are dangerous, but they say “I believe them” and then, instead of explaining in their own words, they send us a link with their presentations, so that we can also believe them. They have a need to trust them, but they are not able to understand the explanations of these “experts”. It is not possible to understand that 5G is dangerous or that vaccination is harmful in itself, because it is simply not possible to understand something that is meaningless, but such understandings can only be adopted blindly on trust.

Advocates of the fear of conspiracy reveal that when they studied the matter at school, they probably never understood how vaccines work or characteristics of radio waves, but they blindly adopted the material learning by heart, without personal responsibility to understand it. And maybe they understood the material then, but later their strong inner need for conspiracy theory completely turned off their common sense.

In order to be able to judge some other concepts, such as the issue of the global conspiracy with the coronavirus, we do not need to be particularly expert at all to judge whether something like this makes sense to happen or not. There is no need to be specially informed at all. It is completely meaningless for a mass of people to consciously and organizedly unite in order to carry out population reduction or control of people through microchips. No matter how corrupt a man is, he has a conscience that keeps him from conscious evil intentions. Human history reveals that even the greatest evils were not committed knowingly and maliciously, but with strong ideological excuses. That is why it is inconceivable that the level of corruption could reach such a high level that people deliberately, consciously and against their conscience, work on the implementation of some global evil intention. In order for a sufficient number of evil and unscrupulous people to be mobilized for such a project, it would mean that majority of the world would already have to become so evil that it would not be worthy of anything else except its destruction. If the best people's representatives make a conscious decision to kill the majority, how much more must the people themselves be corrupted from where such a corrupt elite originated ?!

Realistically, only the heart of conspiracy theorists is corrupted. By projecting their corrupt character to others, they come to the conclusion about their alleged evil intentions against humanity, or on the basis of the fears of their own impure conscience, they come to the belief that someone wants to kill them. In that second case, they, just like when Cain killed Abel, conclude that someone wants to kill them, because they subconsciously know very well what they deserved because of their unrepentant sins.

ARE CONSPIRACY THEORISTS CONTEMPORARY PROPHETS WHO REBUKE THE SINS OF THE ELITE?

We can hear claims that modern conspiracy theorists rebuke the evil of the political elite in the same way as Scripture brings reprimands against the evils of Israeli rulers. But there is a big difference between the reproach of evil by God's prophets and the reproach of evil by conspiracy theorists. Conspiracy theorists are very popular because they neither criticize the sins of the people, nor rooted spiritual delusions, but only the evil intentions of the government. Such criticism is hypocritical for many reasons. First of all, it would be pointless to expect that government would have a better mentality than the people who created it.

That is why the very sins of the abuse of power are, in some way, a just punishment and warning for a people who would commit the same sins if they were in the place of the people in power. Also, conspiracy theorists criticize the evils committed by the elite, which it conceals from others. As the elite conceals these sins from others, it is clear that they are already aware that these sins are bad, which means that such criticism does not help people to correct themselves, but only to justify their sins by comparing them with the sins of those in power. And such criticism does not help the authorities either, because the authorities themselves know that what they do is bad, as they hide their sins from the people.

Such criticism of the evil intentions of the authorities is also very superficial because it does not rebuke those sins that people already have, but criticizes only evil

intentions of the authorities. It is not enough to rebuke evil intentions, because even behind good intentions, for example, giving an elderly person a seat on the bus, could be concealed bad motives of pride, arrogance, fear of unclean conscience and selfish sentiment, instead of motives of true love. By criticizing the evil intentions, one gives the impression that only people who have evil intentions are bad while the majority, who excuse their sinful motives with good intentions, remain without reproach. The prophets of God have sharply rebuked those sins of the Israeli rulers which threatened to become an example for others repeat them, however, conspiracy theorists do not rebuke such sins because then they would find themselves rebuked for those sins themselves.

If they would criticize hedonism, the desire for power and for fame, parading, unhealthy and intemperate diet, debauchery, popular opiates (popular music, alcohol, tobacco, marijuana) they would lose the approval and popularity that they now have while they criticize spraying, poisoning with depleted uranium, vaccination, etc. Due to the criticism of universal sins, the prophets of God were persecuted, while conspiracy theorists are favored, because by leading people to deal with others' accountability, they release those people from their own responsibility for their actions.

While God's prophets have criticized rulers for indulging people's desires, conspiracy theorists are doing the opposite, claiming that rulers have desires and intentions against people. It would be pointless for any ruler to have a conscious intention to ruin his people, because he has no use for it, so we have no case that the prophet of God warned of the conspiracies the king would have

against his own people. On the contrary, there are many examples where the ruler renounced the truth and God's law, seeking to please the sins and customs of the people, and therefore was rebuked by God's prophets. The only recorded biblical examples of criticism of rulers who knowingly seek to harm the people are seen when it comes to foreign rulers who hold the Jewish people in slavery. When the Jews came under the rule of the Babylonians, false prophets poisoned the people with a spirit of rebellion and hatred against the occupiers, which was similar to the work of conspiracy theorists, while God's prophets advocated the opposite admonition:

“Bring your necks under the yoke of the king of Babylon, and serve him and his people, and live! Why will you die, you and your people, by the sword, by the famine, and by the pestilence, as the Lord has spoken against the nation that will not serve the king of Babylon? Therefore do not listen to the words of the prophets who speak to you, saying, ‘You shall not serve the king of Babylon,’ for they prophesy a lie to you. ... And seek the peace of the city where I have caused you to be carried away captive, and pray to the Lord for it; for in its peace you will have peace.” (Jeremiah 27:12-14; 29:7)

As it was under Babylonian slavery, so was it under Roman occupation. Jesus called people to endure injustice meekly and humbly, while false prophets and false Messiahs stood up against the unjust Roman authority. Jesus advocated the fight against a different kind of enemy, and not against authorities, so the Jews proclaimed Him a traitor of the nation, saying that it is better that He alone should die than whole nation to be destroyed because of Him:

“And do not fear those who kill the body but cannot kill the soul.” “Ye resist not evil... When they persecute you in this city, flee to another.” (Matthew 10:28; 5:39; 10:23)

The principle of serving even unjust authorities, except in the requirements to violate God’s law, was repeated by the apostles:

“Servants, be subject to your masters with all fear; not only to the good and gentle, but also to the froward.” (1 Peter 2:18)

In this corrupt world, authorities are necessary to direct, by criminal law, to responsible behavior those who do not bear responsibility for their actions on themselves. Of course, such authority will tend to abuse its power because it is formed by sinful people. God warned people in advance about the curse of their corruption and therefore dependence on the earthly ruler:

“He will take a tenth of your grain and your vintage, and give it to his officers and servants. ... He will take a tenth of your sheep. And you will be his servants. And you will cry out in that day because of your king whom you have chosen for yourselves, and the Lord will not hear you in that day. Nevertheless the people refused to obey the voice of Samuel; and they said, “No, but we will have a king over us, that we also may be like all the nations, and that our king may judge us and go out before us and fight our battles.” (1 Samuel 8:15-20)

When Jesus said, “My kingdom is not of this world.” (John 18:36), by this He reminded his disciples that this is not His world here, but that this is a world of unrighteo-

usness because it is a world of unrighteous people. Injustice, like sickness, unhappiness and even death itself, is a temptation that one must learn to maturely endure, otherwise he will respond to it also with evil and thus equate in character to those he fights against. Fighting injustice by repression can merely produce hypocrisy and therefore cannot be compared to combating injustice by enlightenment of the people and by their voluntary consent to repentance and reform. A nation that refuses to reform is not worthy of having a better government than one that is an expression of its own mentality.

“The government under which Jesus lived was corrupt and oppressive; on every hand were crying abuses,—extortion, intolerance, and grinding cruelty. Yet the Saviour attempted no civil reforms. He attacked no national abuses, nor condemned the national enemies. He did not interfere with the authority or administration of those in power. He who was our example kept aloof from earthly governments. Not because He was indifferent to the woes of men, but because the remedy did not lie in merely human and external measures. To be efficient, the cure must reach men individually, and must regenerate the heart.” (Ellen G. White, *The Desire of Ages*, p. 509)

History has shown that a change of government without a reformation of mentality only replaces one evil with another. A well-known example is the French Revolution, which ended in unprecedented terror, where by conspiracy theory everyone suspected everyone and sent to the guillotine. So, the biggest and most dangerous conspiracy is hidden in the work of conspiracy theorists who, by their theories, discourage people from fighting their

own delusions and sins, who poison their hearts with rebellion and hatred, and make them blame someone else for their problems.

Georg Wilhelm Friedrich Hegel (1770–1831) argued that the French Revolution failed because it had not been preceded by a prior Protestant Reformation, as in German states. Freedom, he insisted, depended on a mental change; it could not be enforced politically:

“Thus Liberalism as an abstraction, emanating from France, traversed the Roman World; but Religious slavery held that world in the fetters of political servitude. For it is a false principle that the fetters which bind Right and Freedom can be broken without the emancipation of conscience—that there can be a Revolution without a Reformation.” (*Lectures on the Philosophy of History*)

The Reformation produced the assumption of responsibility of every man on himself, so the spirit of self-criticism and considering oneself as the greatest enemy could be seen as a feature of the mentality of the Protestant nations, as the following 19th century report reveals:

“No nation uncovers its shortcomings and mistakes as sharply as Germans. A Frenchman praises his own mistakes and covers them with a beautiful color. A German also doubts his virtues and speaks modestly about them. When a Frenchman praises his people, he chooses only nice words. France is the sun in the sky. An Englishman never praises his people to you; he holds that he does not need to prove that the sun is bright. A German, for every misfortune that befalls him or his country, blames only himself. A Frenchman

always blames the other. An Englishman does not blame anyone, he is silent, like a people who read the Bible a lot, he finds that these are all the paths of God's providence which must be passed, whether they are smooth or thorny. " (L. Nenadovic, *Collected Works*)

"The prophetic spirit begins not with the criticism of society but with self-criticism. To be a Protestant is to be critically self-critical. ... Protestantism cannot desire a monopoly or totalitarian control. Human nature being what it is, Protestantism requires external criticism for its own health." (John Leith, *Pilgrimage of a Presbyterian*, p. 328.)

This self-criticism is the secret of the success of those revolutions that stood up against a foreign occupier or a domestic tyrant, and to whom the freedom thus achieved did not bring chaos and anarchy which would eventually be restrained by some new tyrant, but freedom that brought every kind of prosperity. It was a historical experience of the Hussite (Czech), Dutch, English and American Revolution.

In biblical history we have one adequate example of resisting the conspiracy of the Medo-Persian emperor Ahasuerus, who, under the influence of his chief minister Haman, intended to exterminate the Jewish people. A person who provoked Haman to devise such a plot was a Jew Mordecai who refused to bow to Haman, wanting not to break the First Commandment of God — "Thou shalt have no other gods before me" and thus put Haman in the place of God. When Haman learned that Mordecai was Jewish and that the entire Jewish nation advocated such a religion, he conspired to exterminate Mordecai with all

the Jews. Soon a decree of extermination was sent all over the empire containing the following words:

“The Great King Artaxerxes [a.k.a. Ahasuerus] writes the following to the governors of the hundred twenty-seven provinces from India to Ethiopia and to the officials under them. Having become ruler of many nations and master of the whole world, not elated with presumption of authority, but always acting reasonably and with kindness, I have determined to settle the lives of my subjects in lasting tranquility and, in order to make my kingdom peaceable and open to travel throughout all its extent to restore the peace desired by all people. When I asked my counselors who this might be accomplished, Haman — who excels among us in sound judgment, and is distinguished for his unchanging goodwill and steadfast fidelity, and has attained the second place in the kingdom — pointed out to us that among all the nations in the world there is scattered a certain hostile people, who have laws contrary to those of every nation and continually disregard the ordinances of kings, so that the unifying of the kingdom that we honorably intend can not be brought about.

We understand that this people, and it alone, stands constantly in opposition to every nation, perversely following a strange manner of life and laws, and is ill-disposed to our government, doing all the harm they can so that our kingdom may not attain stability. Therefore we have decreed that those indicated to you in the letters written by Haman, who is charge of affairs and is our second father, shall all — wives and children

included — be utterly destroyed by the swords of their enemies without pity or restraint, on the fourteenth day of the twelfth month, Adar, of this present year, so that those who have long been hostile and remain so may in a single day go down in violence to Hades, and leave our government completely secure and untroubled hereafter.” (Esther 3:13, Septuagint)

What was the reaction of the Jews? Quite the opposite of that which is being produced by the conspiracy theorists. The Jews took a three-day fast without food and water and cried out to God:

“And in every province where the king’s command and decree arrived, there was great mourning among the Jews, with fasting, weeping, and wailing; and many lay in sackcloth and ashes.” (Esther 4:3)

Mordecai himself felt responsible for bringing evil to the Jews by obeying God’s law. In examination of the motives of his heart, he humbled himself before God fasting in dust and ashes. His prayer reveals his noble motives:

“Thou knowest all things: thou knowest, Lord, that it is not in insolence, nor haughtiness, nor love of glory, that I have done this, to refuse obeisance to the haughty Haman. For I would gladly have kissed the soles of his feet for the safety of Israel. But I have done this, that I might not set the glory of man above the glory of God: and I will not worship any one except thee, my Lord, and I will not do these things in haughtiness.

And now, O Lord God, the King, the God of Abraam, spare thy people, for are looking upon us to destruction, and they have desired to destroy thine ancient inheritance.

Do not overlook thy peculiar people, whom thou hast redeemed for thyself out of the land of Egypt. Hearken to my prayer, and be propitious to thine inheritance, and turn our mourning into gladness, that we may live and sing praise to thy name, O Lord; and do not utterly destroy the mouth of them that praise thee, O Lord. And all Israel cried with their might, for death before their eyes." (Esther 4:17, Septuagint)

Instead of becoming defiant and disdainful, the Jewish people humbled themselves before God and repented of their sins, so their curse turned into a blessing. God already had in His providence a solution prepared for this difficult crisis before, but it would be nothing if the Jews did not humble themselves and repent of their sins. This whole struggle and victory is contained in the prophetic dream that Mordecai had dreamed before all these events, which is the forerunner of the destiny of the people of God before the end of the sinful world:

"And this was his dream: Behold, voices and a noise, thunders and earthquake, tumult upon the earth. And, behold, two great serpents came forth, both ready for conflict, and there came from them a great voice, and by their voice every nation was prepared for battle, even to fight against the nation of the just. And, behold, a day of darkness and blackness, tribulation and anguish, affection and tumult upon the earth. And all the righteous nation was troubled, fearing their own afflictions; and they prepared to die, and cried to God: and from their cry there came as it were a great river from a little fountain, much water. And light and the sun arose, and the lowly were exalted, and devoured the honorable." (Esther 1:1, Septuagint)

CONSPIRACY THEORY ON STRENGTHENING OF THE ROLE OF STATE AND GLOBAL DICTATORSHIP

One of the more popular conspiracy theory claims that the coronavirus is designed in order to, under the pretext of an epidemic, strengthen the power of the state or even to form a global dictatorship. Such a theory is utterly hypocritical because it overlooks the much larger problem underlying the contemporary escalation of the repressive role of the state and its increasing influence on the life of the individual — and that is the general escalation of evil and the decadence of Western civilization. However, the majority wants to cover up this problem because it does not contain the essence of every conspiracy theory — shifting of one’s own responsibility for the crisis on others.

As there are persistent objections to government due to its alleged or potential abuse of political power over the threat of a coronavirus epidemic, we need to understand that each government lives and strengthens its power at the expense of the lack of personal responsibility of the individual.

The more irresponsible and worse people are, the greater the need for a repressive system that will provide them with civil security and keep them safe from “anarchy”. If people were uncorrupt, if each person were responsible for her own actions, then there would be no need for repressive measures that would force irresponsible individuals to act responsibly. But with the escalation of human corruption, both nationally and globally, there is a growing need for totalitarian rule as a source of security among people.

The people themselves seek the authority to which they will confer political power in return for provided civic security. When one man harasses another man, then the authorities send the first one to prison and provides for the latter to live safely and in peace. The worse the people, the more excuses the state has to interfere with the life of the individual and to strengthen in its despotism.

Just as there is a need at the local level that the state, by its power, will guarantee the basic human rights to each individual, so at the global level there is a need for an international government to ensure peace among nations. Just as a local authority can abuse its power, so can a global one. But at one point, when majority becomes so corrupt that every government is also composed of people who can be bought and sold, general evil brings its tragic tribute through the collapse of the legal system, because there is simply no one to enforce it properly. Both the legal system and democracy then turn into a farce of law and democracy.

Democracy functioned successfully only in the West during the Reformation from the sixteenth to the nineteenth centuries.

The Americans then did not even have a classic police force, because the huge population itself bore the responsibility for its actions, without the need for control by the state. In England it was considered a shame if any city had to have a police station on duty.

The need for repressive state intervention was then considered a sign of general corruption and a characteristic of the non-Protestant world:

“Only a virtuous people are capable of freedom. As nations become corrupt and vicious, they have more need of masters.” (Benjamin Franklin)

“The Reformation has favoured the progress of the nations which have adopted it, by permitting them to found free institutions, while Catholicism leads to despotism or anarchy, and often alternately to both. Representative government is the natural government of Protestant populations. Despotic government is the congenial government of Catholic populations. ... Catholics, unable either to found liberty, or to do without it, make despotism necessary, and yet will not submit to it. Hence arises an ever active leaven of rebellion. When the evil reaches its final limit, the country oscillates between anarchy and despotism, consuming all its strength in this struggle of irreconcilable parties. ... Only by complete submission to Rome, as was formerly the case with Spain, and now with the Tyrol, do they live in peace. If they attempt to emancipate themselves, they escape with difficulty from anarchy. ... Whence comes the evil? I believe the cause to be as follows. Regulated liberty is not possible without good morals.” (Emile De Laveleye, *Protestantism and Catholicism in Their Bearing upon the Liberty and Prosperity of Nations*, 1876. pp. 30, 31, 52,)

“Our dangers are of two kinds, those which affect our religion, and those which affect our government. They are, however, so closely allied that they cannot, with propriety, be separated. The foundations which support the interests of Christianity, are also necessary to support a free and equal government like

our own. In all these countries where there is little or no religion, or a very gross and corrupt one, as in Mahometan and Pagan countries, there you will find, with scarcely a single exception, arbitrary and tyrannical governments, gross ignorance and wickedness, and deplorable wretchedness among the people. To the kindly influence of Christianity we owe that degree of civil freedom, and political and social happiness which mankind now enjoys. In proportion as the genuine effects of Christianity are diminished in any nation, either through unbelief or the corruption of its doctrine, or the neglect of its institutions; in the same proportion will the people of that nation recede from the blessings of genuine freedom, and approximate the miseries of complete despotism. Hold this to be a truth confirmed by experience. If so, it follows, that all efforts made to destroy the foundations of our holy religion, ultimately tend to the subversion also of our political freedom and happiness. Whenever the pillars of Christianity shall be overthrown, our present republican forms of government, and all the blessings which flow from them, must fall with them." (Jedidiah Morse, *"Election Sermon"* April 25, 1799)

"The Mexicans were desirous of establishing a federal system, and they took the Federal Constitution of their neighbors, the Anglo-Americans, as their model, and copied it with considerable accuracy. But although they had borrowed the letter of the law, they were unable to create or to introduce the spirit and the sense which give it life. Mexico is alternately the victim of anarchy and the slave of military despotism. ... The great colonies which were founded in South America by the Spaniards and the Portuguese have since become empires. Civil war

and oppression now lay waste those extensive regions. ... But upon examining the state of society more attentively, I speedily discovered that the Americans had made great and successful efforts to counteract these imperfections of human nature, and to correct the natural defects of democracy. ... Thus whilst the law permits the Americans to do what they please, religion prevents them from conceiving, and forbids them to commit what is rash or unjust. ... The Americans show, by their practice, that they feel the high necessity of imparting morality to democratic communities by means of religion. What they think of themselves in this respect is a truth of which every democratic nation ought to be thoroughly persuaded. It should therefore be the unceasing object of the legislators of democracies, and of all the virtuous and enlightened men who live there, to raise the souls of their fellow-citizens, and keep them lifted up towards Heaven.” (Alexis de Tocqueville, *Democracy In America*, 1835)

At the end of the nineteenth century, the rejection of the Gospel first resulted in the disappearance of free self-critical public opinion, which is a condition that a majority can make sober decisions. Namely, the escalation of hedonism at one moment resulted in becoming indecent to be self-critical and to rebuke sin among the people. When people ceased to struggle against their character weaknesses, a mass became through these unconquered character weaknesses subject to manipulation and since then democracy has become a farce of democracy. The escalation of interpersonal evil, meanwhile, has resulted in strong intervention by the state and its entry into the

sphere of the individual's private life to the extent that it transcends all limits of human dignity.

As at the local level citizens cannot function without a local police officer, so at the global level they cannot function without a global police officer. Today, America is appearing globally as the savior of those nations who, without its intervention, because of their unenlightenedness, cannot live in peace and harmony, and who, without constant control, reveal a propensity for all dissolution and anarchy. The Bible in the prophetic book of Revelation presents America as a beast that has horns like a lamb, which reveals a repressive force that will abuse its power in the name of the lamb, that is, in the name of Christ and the democratic values which she only declaratively retained from the time of the Reformation.

Conspiracy theorists often criticize the evil intentions of the papacy and the US, while at the same time advocate their religious delusions and their authoritarian solutions, not only globally but nationally. While supposedly combating tyranny, many of them advocate the whole arsenal of inquisitional suspicions, projections, and production of enemies in everything and everyone who does not share their imaginations and fears.

Have we not noticed that religious hypocrites are the most vehement advocates of political repression on human conscience for the purpose of implementing Christian principles?!

They would forbid all formal wrongdoing by criminal law. When a man out of fear of punishment restrains the manifestation of his sin, then he cannot stand those who openly manifest this sin, because he would like to practice it himself, but must not because of the condemnation

of conscience. This hypocrisy forms in him a strong tendency to false moral condemnation, as well as a strong need to force others, in a repressive way, in the same hypocrisy under which he finds himself!

This is why the Bible book of Revelation presents the fallen church as a harlot who practices fornication with the earthly emperors. Because she does not know the power of the Spirit of God that changes people's hearts from within, she rushes to political power in order to rule over human conscience and imposes false morality.

“Despotism often displays to shallow observers the exterior of justice on the part of the ruler, and the outside show of order and contentment on the part of the ruled. Yet look beneath the surface, and injustice, it will be seen, usually usurps the throne, and covers its oppressive decrees in mystery and darkness; while the oppressed people, restrained from complaint by physical force, are compelled to endure in silence, and smile while they suffer. Despotism, is rank hypocrisy. Democracy is, at least, no hypocrite,—it is honest and frank; and if there are occasions when its waywardness and folly offend, yet its whole character is open to view, and its irregularities can be checked and radically cured by enlightened public opinion. How much better, to be occasionally pained at the unsightly eruptions which often in the highest health of the body deform the surface, than to glory in that beautiful and lustrous complexion and hectic glow, the symptoms of organic disease, and the sure precursors of a sudden dissolution.” (Samuel F.B. Morse, *Imminent Dangers to the Free Institutions of the United States Through Foreign Immigration*, 1835)

BETWEEN BIBLE QUARANTINE AND RELIGIOUS MEETINGS

“Masses must be kept at the cost of life’: The dean of the Catholic Faculty of the city of Split guest-starred on the right-wing program, saying that he first obeys ‘the laws of God’.” (Free Dalmatia, April 14, 2020)

“Serbian Orthodox Church: We will not stop communion, it is a matter that is not discussed. The Holy Synod of Bishops of the Serbian Orthodox Church announced today that there will be no interruption of liturgy and communion services.” (B92, 03/28/2020.)

Among Orthodox and Catholic believers, due to the adaptation of the requirements of religion to the form of piety and negligence of the teachings of Scripture, going to a prayer temple and worship service often has a wrong, idolatrous function. Instead of overcoming their temptations in their daily personal communion with God and receiving a spiritual blessing which then they will share in the church among themselves, believers go to a prayer temple in order to find in the psychological effect of icons and statues, magic rituals and confession only a psychological satisfaction for their unclean conscience which they have because of their irreconciliation with God.

Contemporary Protestants find the same satisfaction in the psychological effect of sermons that manipulate with feelings, in the effect of mutual sentimental closeness which they mistakenly call by the term of love, and in the intoxicating with spiritual music that has the rhythm and melody of popular music. As such believers become slave addicts of going to the church and community, they find it difficult to endure quarantine, even though it is prescribed by the

Scripture even for those who have been cured of the contagious disease, seven days after the complete withdrawal of the last symptoms of the disease (Leviticus 14:9).

Breaking such prohibitions is a sin and represents a testing of God. If some church claims to be with God, who protects it from disease during a communion, then let it show its miraculous power in healing the sick multitude in its people, so there will be no need to carry out any quarantine action against the epidemic globally at all. But the very dependence of many believers on religious gatherings and liturgy or mass reveals that they have no personal communion with God. According to Scripture, spiritual union with God is accomplished through the study of Scripture and personal prayer in one's room: "But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:6)

But people who do not reject their sins cannot receive peace from God, and therefore have the need to achieve that peace by the psychological effect of religious rituals, or by the psychological effect of the church building itself or by communion of closeness with other believers. But even though they come out of their temples with radiant faces and with sublime feelings, their character and motives of behavior have not changed. With pious feelings, they only suppressed the awareness of their spiritual vanity. The proper function of the gathering is that each believer share with others the blessings he has received in the solitude of his prayer in personal union with God, and not to seek salvation in the community with other people.

The true spiritual community is not authoritarian, but if there is some misunderstanding, then it must be brought before the majority to be shown in the debate what is really right: "In multitude of counsellors there is safety." (Proverbs 24:6) Some priests will say that such freedom would produce discussions about irrelevant issues and cause chaos in the church. However, why deceive believers that they are the body of Christ if they are not? "Is Christ divided?" (1 Corinthians 1:13)

If the church is required to preserve its unity by repression, it means that its unity is false, and that it represents the hidden Babylon (confusion and chaos) of false beliefs under one common form. This reveals her clergy's political ambition to rule over the multitude, and not the church, which, as a "pillar and ground of the truth" (1 Timothy 3:15) is the light of the world and the response to the temptations of the moment.

Let us remind ourselves of the words of Scripture that God does not live in hand-built churches (Acts 17:24), but in His faithful children (1 Corinthians 6:19). If the Holy Spirit truly lives in the church, and if she is indeed the body of Christ, then she will have the unity of the spirit as the apostolic church had, and mutual relations will have a spirit of caring for one another instead of mutual conflicts. "That there should be no schism in the body, but that the members should have the same care for one another." (1 Corinthians 12:25) Then there is no need for the priesthood to rise above other believers in order to build the unity and peace of believers by their authority, for the unity of believers will be accomplished by the Holy Spirit: "But be not ye called Rabbi: for one is your Master, even Christ; and all ye are brethren." (Matthew

23:8-11) The church must be a place where every member of Christ's body participates in the blessing of others through his spiritual gifts:

"There are diversities of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but it is the same God who works all in all. But the manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills. For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ. ... But now indeed there are many members, yet one body. And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." No, much rather, those members of the body which seem to be weaker are necessary. ... Now you are the body of Christ, and members individually." (1 Corinthians 12:4-12; 20-22.27)

"For as we have many members in one body, but all the members do not have the same function, so we, being many, are one body in Christ, and individually members of one another. Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he

who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.” (Romans 12:4-8)

“Even so you, since you are zealous for spiritual gifts, let it be for the edification of the church that you seek to excel. ... How is it then, brethren? Whenever you come together, each of you has a psalm, has a teaching, has a tongue, has a revelation, has an interpretation. Let all things be done for edification.” (1 Corinthians 14:12.26)

If a congregation of believers builds their spiritual building on Christ, then mutual relationship of its believers is not a slavish relationship and can endure without temptation their mutual physical isolation, especially when the mutual contact of believers by telephone and broadcasting of worship service over the internet is made possible.

THE TEMPTATION OF TURNING TO RELIGIOUSNESS

Even people who turn to religiosity due to such troubles are not deprived of temptations. Spiritual advice offered through various rituals (prayer repetition, confession, good deeds) or psychological techniques (breathing exercises, abuse of music, inebriating with music, etc.) provide only psychological comfort and thus suffocate a person's need for internal reform. Most believers repent superficially of their sins, because due to their misunderstanding of the meaning and sense of God's law, they do not repent

of bad motives of the heart, but only of the symptoms of sin in thoughts, feelings, and actions.

The average believer will repent for saying a bad word to you, and not for being such, because he is not aware of his bad heart motives. He regrets for not being a better hypocrite. His repentance is false because he does not repent out of love by which God leads the sinner to repentance, but repents out of fear of an unclean conscience or the shame of humiliated pride or sadness of selfish sentiment. Most believers make mistakes because they seek righteousness in themselves, instead of in God, provoking the motives of their fallen nature as drivers for religious zeal and for the taking care of health.

In order not to become aware of these delusions, they are afraid of open re-examination of the meaning of their beliefs and form a cultic attitude toward their clergymen who think instead of themselves and set boundaries against any form of criticism that would spoil their false peace. Or perhaps they rely on their own feelings or blind rules of conduct rather than to reasonably re-examine their spiritual experience in the light of the Gospel.

“Thus says the Lord: “Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord.” (Jeremiah 17:5) “You were bought at a price; do not become slaves of men.” (1 Corinthians 7:23)

In times of general deceptions, it is very important that we keep our responsibility of thinking and making decisions on ourselves. But relying on one’s own heart and feelings is no less harmful than relying on other people. The individualism of a free personality is not the same as

the individualism of the great ego, when a man listens to his heart, and not reason:

“The heart is deceitful above all things, and desperately wicked: who can know it?” (Jeremiah 17:9) “He who trusts in his own heart is a fool, but he who walks wisely will be delivered.” (Proverbs 28:26) “A fool has no delight in understanding, but that his heart may express itself.” (Proverbs 18:2) “The naive believes everything, but the sensible man considers his steps.” (Proverbs 14:15)

That is why we should constantly watch over ourselves and our spirit, because purity of heart is a condition of God’s blessing on us and protection against the misfortunes that plague humanity:

“If I regard iniquity in my heart, the Lord will not hear me.” (Psalm 66:18)

“Because you say, ‘I am rich, have become wealthy, and have need of nothing’ — and do not know that you are wretched, miserable, poor, blind, and naked.” (Revelation 3:17)

“Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you— unless indeed you fail the test?” (2 Corinthians 13:5)

“Consider and hear me, O LORD my God; Enlighten my eyes, lest I sleep the sleep of death;” (Psalm 13:3)

“Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked men.” (Proverbs 2:11-12)

As the source of bias and subjectivity is in the deceptive motives of our own hearts, our protection lies in the correct understanding and knowledge of God's law that rebukes our sinful inclinations, thus protecting us from relying on ourselves and directing us to God as the only source of righteousness. If we no longer rely on ourselves but rely on God alone, our sinful nature will no longer have dominion over us:

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.” (Galatians 5:16)

“In order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God. You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.” (Romans 8:4-10)

If through daily study of Scripture and prayer we truly focus our trust in the Lord, rather than in popular self-deceptive techniques, we will meet the love of God that leads to repentance and empowers us to bear our life responsibility:

“Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?” (Romans 2:4)

“Then the Spirit of the LORD will come upon you mightily, and you shall prophesy with them and be changed into another man.” (1 Samuel 10:6)

“I will put My law within them and on their heart I will write it; and I will be their God, and they shall be My people.” (Jeremiah 31:33)

“I will give you a new heart and put a new spirit within you; I will take the heart of stone from your body and give you a heart of flesh. I will put my spirit in to you and make you conform to my statutes, keep my laws and live by them.” (Ezekiel 36:26-27)

“If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commands and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.” (Exodus 15:26)

When we diligently live in the light that illuminates us from Heaven, we can, with a clear conscience, trust in God that He will preserve us from “the pestilence that walks in darkness... destruction that lays waste at noon-day.” (Psalm 91:6) Only then we can expect God to hear our cry and save us from disease and other calamities in accordance with the words of Psalm 91:

“He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.” Surely He shall deliver you from the snare of the fowler And from the perilous pestilence. He

shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. You shall not be afraid of the terror by night, Nor of the arrow that flies by day, Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked. Because you have made the Lord, who is my refuge, Even the Most High, your dwelling place, No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. In their hands they shall bear you up, Lest you dash your foot against a stone. You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, And show him My salvation." (Psalm 91)

"The sorrows of death compassed me, and the floods of ungodly men made me afraid. The sorrows of hell compassed me about: the snares of death prevented me. In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears. Then the earth shook and trembled; the foundations also of the hills moved and were shaken, because he was wroth." (Psalm 18:4-7)

“His glory covered the heavens, And the earth was full of His praise. His radiance is like the sunlight;” (Habakkuk 3:3-4)

“And the kings of the earth, the great men, the rich men, the commanders, the mighty men, every slave and every free man, hid themselves in the caves and in the rocks of the mountains, and said to the mountains and rocks, “Fall on us and hide us from the face of Him who sits on the throne and from the wrath of the Lamb! For the great day of His wrath has come, and who is able to stand?” (Revelation 6:15-17)

THE EPISTLE TO THE PETTISH CHRISTIANS

God did not promise that in this life, even if you are faithful to Him, no one will stab a knife or a syringe into your body, but He said:

“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.” (Matthew 10:28)

Remember how severe humiliation and injustice the Jews had to endure from the Chaldeans or Romans, so the prophets and later, Jesus, told them not to defend themselves from evil and to turn the other cheek, and that if they bless only those who love them, then they are no different from gentiles. The meek and humble endurance of humiliation was the only cure for their selfish and proud character. They were called to endure seizing and theft, abuse out of hatred, rape, murder.

And you today cannot stand being ordered to wear a mask or get a vaccine. Thus, you discover that you are already in a far worse bondage than bondage of wearing a mask, a bondage to your own pride and arrogance. And

such your pride and arrogance you defend with nonsense, due to which you lose your sanity.

You claim that God has already created you with good immunity, and thus you blaspheme God who, through Moses, commanded quarantine and a cloth on the mouth for the infected.

And you also claim that by this order your human dignity is destroyed, your personality abused. This defense of your pettishness reminds of the objections that modern pedagogues make to parents against their strictness towards children, with the explanation that the use of corporal punishment causes severe psychological problems in children.

And then I tell them: *“Tell the spoiled child: **“No, No!”** because he breaks your vases around the house or steals money from your wallet, and because of such criticism he will get the same symptoms of neurosis as if you had beaten him!”*

Also, try to order spoiled and self-willed people today to wash their hands every time after using toilet, and they will accuse you of abusing them and preparing them for loyalty to the New World Order, so they will quickly invent new conspiracy theories, maybe how fecal bacteria are healthy, and how soap removes natural fat from the skin and damages its structure.

To such, obedience to the voice of reason is an attack on their great Ego, a call to slavery and hypocrisy, because they do not have true love in their hearts that would move them to behavior that is a response to the real needs of life.

So when you are so pettish that the request to wear a mask causes neurosis, then how will you endure the out-

pouring of the seven last plagues and avoid the mark of the beast on your hand and forehead?

Even today, it is enough for someone to threaten you with a vaccine, and you lose the peace of your spirit and security of salvation.

How will you be able to endure when the mass accuses you of conspiracy theory - that you are guilty of outpouring of the seven last plagues on the earth?! When you are now so weak to endure the authority that commands you to wear masks, how will you endure the threats of murder and all other pressures on you to break God's law ?!

You are supposedly afraid of the totalitarianism of the New World Order, but your vocabulary is an inquisitorial vocabulary, adequate to the manipulative vocabulary of any repressive government which, by suspecting and accusing others, leads the masses into fear of conspiracy and hatred against the culprits which accuses as the guilty ones for all national calamities.

You are hypocritically afraid of manipulation, but you are already manipulated through your arrogant rebellion against the authorities or through the paranoid fear that someone wants to kill you, and certainly through the natural tendency of man to blame external influences for his misfortune.

You are afraid of vaccines and microchips, because through them Satan could allegedly rule your will. But Satan does not need a chip to rule the human mind. It is enough for a man to have one unrepentant sin for which he refuses to repent, and Satan already has the power over him as over his prey. And you are less afraid of your unrepentant sins than vaccines or microchips.

God's seal on the forehead will receive only those who resist cowardice, selfish fear for the body and the need to blame others for their own problems. Whoever cultivates the spirit of suspicion and condemnation, the spirit of arrogant rebellion against authorities, hatred, conflict, violence, etc., he will receive the mark of the beast on the day of his visitation, if he does not repent for his spirit on time.

And do you prepare people for such a temptation?

No, but with your fears and accusations, you lead people to fight against someone else's evil instead of against the evil of their own heart. Where evil comes from, Jesus explained in the following words:

"And He said, "What comes out of a man, that defiles a man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defile a man." (Mark 7:20-23)

You yourself are not able to soberly judge such matters until you clear your conscience of the guilt out of which you imagine that others want to kill you, until you first cleanse your hearts of fear of conspiracy and of arrogant rebellion against the authorities, of projection of your corrupt character to other people, of the need to blame others for your own problems, and of all the conscious unrepentant sins because of which Satan rules over your mind. You are doing the work of false prophets, and therefore your destiny will be theirs if you do not repent:

"Your prophets have seen for you false and deceptive visions; They have not uncovered your iniquity, to bring back your captives, but have envisioned for you false prophecies and delusions." (Lamentations 2:14)

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