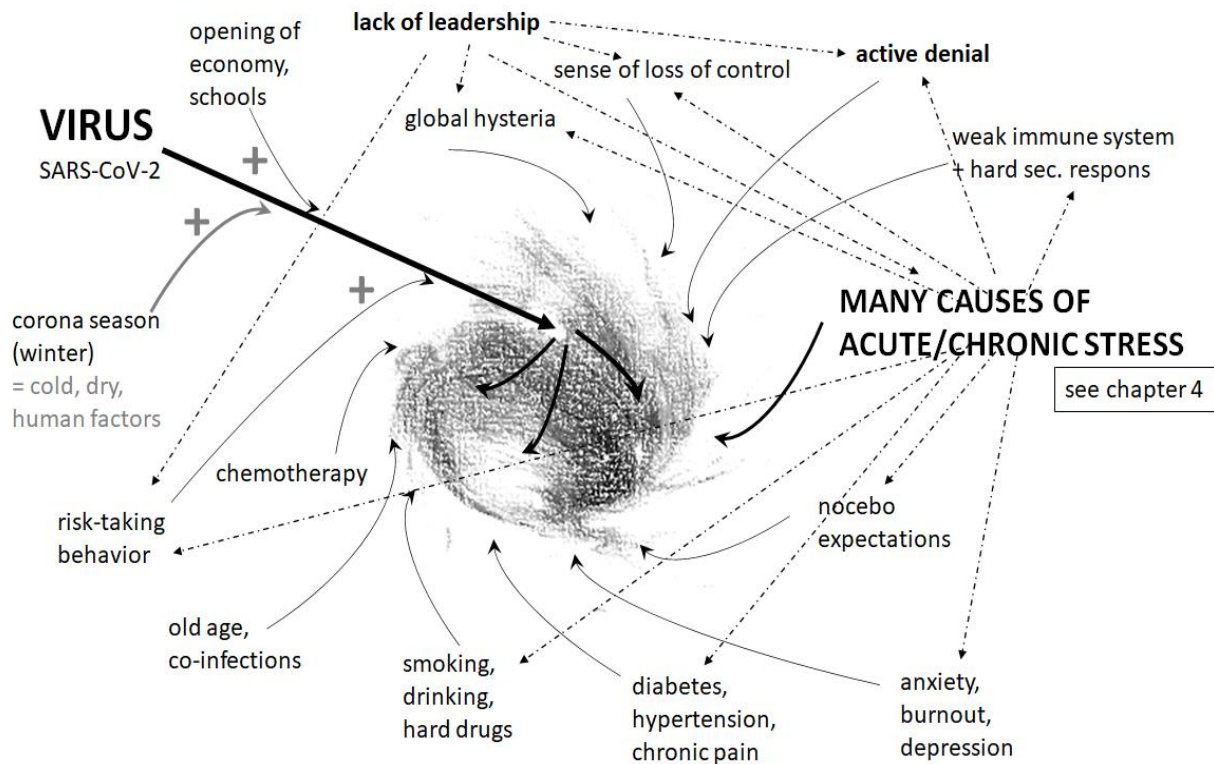


The COVID-whirlpool

(From [Minding Corona](#), Jean-Luc Mommaerts, MD, MSc, PhD. This page is also [here in pdf.](#))



Many elements mutually enforce each other within a self-enhancing whirlpool that individuals and groups are sucked into. The 'energy' within the whole is exponentially much larger than the sum of the distinct elements. Thus, the structure may astonishingly quickly appear, disappear, and reappear. The mind plays a direct role in the whirlpool, as well as in several other factors.

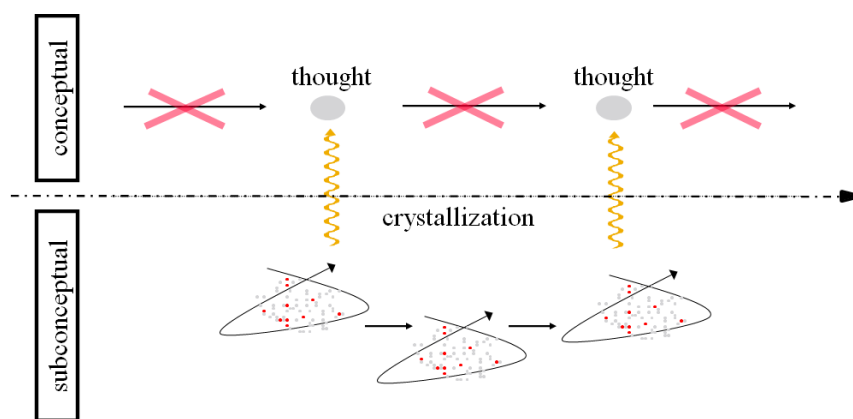
Consequences

- Many health problems (including deaths) and economic mayhem in Europe/US were and are preventable through properly taking the mind into account. Instead, with eyes wide shut, we have collectively fallen into a whirlpool.
- The risk of a second wave in Europe/US is very high, even more so in case of a persistent lack of proper insight into important mind-body influences. Will we fall into this whirlpool again?
- The second wave will probably be larger. We can prevent this by taking appropriate action.
- Disasters in the rest of the world can also be substantially alleviated through the same.
- A more profound lesson about who we are can be learned this way to alleviate and even prevent other disasters in the present and the future.

A primer on nonconscious, subconceptual processing

For more, I refer to the first part of my *Compassionate A.I.*-book and *Your Mind as Cure – Autosuggestion for everyone*. Here's a distillation of some ideas to understand why this issue matters in the whirlpool.

Since we are not computers, we do not have concepts that resemble building blocks in our heads. Instead, we have many neurons and synapses. Each thought, feeling, or motivation comes down to many of these becoming active together, forming a pattern of activity, a distributed set of elements (each being less than a concept, or 'subconceptual'). Patterns may or may not enter consciousness, 'crystallizing' into concepts. Before they do so, they already influence each other. Any conglomerate of influences is what we perceive as 'meaningful,' or even, depending on circumstances, 'deeply

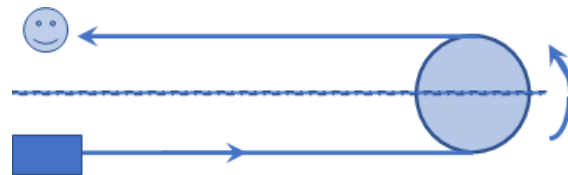


'meaningful.' This way, one cannot consciously decide what is personally meaningful, but one can work on it. Doing so in a self-respecting way is what I call autosuggestion.

Beneath the horizontal dashed timeline in this image, you see what happens in the brain/mind,

influencing the body because it is the body. Above the line, abstracting away what's beneath, you see what it looks like in conscious awareness. Note that without the lower part, there is no conscious awareness at all, nor a progression from thought to thought. Thus, also, whatever enters the whirlpool does so from below the line. But this is invisible. It is our basic cognitive illusion to consciously think it's not even there. This illusion makes people vulnerable. We think that we have a control over ourselves that we don't have. On the other hand, there is a possible control that we can cherish and cultivate, but we don't properly do so. In specific circumstances, we are thus prone to inadvertently getting caught in a giant whirlpool, collectively influencing each other deep-to-deep. This way, things may get out of control astonishingly quickly and with most dire consequences.

Not taking into account what's below the line, much effort to manage human affairs is counter-productive. One can see this in many fields of human endeavor. What is perceived as the solution becomes part of the problem. As in this image, one thinks to draw the desired result nearer, but the reverse happens. For instance, anticipated motivation becomes demotivation. Fighting stress becomes stressful. Putting more energy into such 'solution' enhances the problem. With some bad luck, this energy additionally fuels the very whirlpool. To alleviate this, or even reverse it, we need to firstly get beyond our basic cognitive illusion individually, collectively, and eventually worldwide. Secondly, we need to treat ourselves and others in Compassionate ways.



Dear reader, if many people cannot be convinced of this, and thus of a *largely preventable* disaster, I give up. In that case, the future even looks bleak for humanity in a few decades.