

# Turn Self Isolation Into Self Liberation! Covid-19 and the “Law of Unintended Consequences”

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Theme: [History](#)

*One of the most famous paradoxes of this blessed experience called Life, is known as ‘the law of unintended consequences’; and we are at this very moment of time, in the midst of a manifestation of cosmic Lila which exactly fits this paradox.*

*Under the unprecedented blanket regulatory lock-down imposed by governments all over the planet, a highly unlikely opportunity has arisen to fundamentally redress our life circumstances. An opportunity which will positively equip those who need to become aware, to face the uncertainties that lie ahead with courage and fortitude.*

The number one opportunity which being stuck in one’s home for most of the working day presents, is to do some long overdue thinking; the kind that taps into that region of ourselves which has been/is particularly starved due to being heavily preoccupied by the daily chores of the standard working week. That part of ourselves which gives genuine direction to our lives, and brings us face to face with the plethora of superficial activities that preoccupy us, most of which we have, up until recently, taken as gospel.

We are being supported in this vital pursuit by changes underway in the natural environment which surrounds us. Changes for the better that result from a sudden flux of a high percentage of the frenetic hustle and bustle which forms the basic daily pattern of our materialistically centred life, and which brings with it a heavy load of pollution, noise and stress, choking both our planet’s natural environment and our own health and welfare.

Pause to consider, how remarkable it is that the impositions imposed by mostly clueless governments, would have the unintended consequence of enabling much of nature to finally take some decent deep breaths! Enable her sinews to be at least temporarily cleansed from the antithetical materialistic pursuits of the modern world. Pursuits so misguidedly hailed as ‘progress’ and so crassly utilised for achieving the bloated ambitions of corporate giants.

Nature can breathe because motorways are largely free of the noise and pollution caused by rushing cars and trucks, and the air largely free from the constant passage of disruptive commercial jet airlines. The sky is blessedly blue and the sweeter than usual air is full of the sound of Spring inspired birds. It is generally calm – even peaceful. I remember a state like this from my childhood.

Something is happening. Something unusual. And it is coming about due to the ‘law of unintended consequences’ which is actually a cosmic/universal law and not unintended at all, but a direct reflection of Divine Lila. It has provided us with this opportunity- right in the midst of an unprecedented deep-state engendered global crisis – to join in this natural healing process so as to recharge our spiritual batteries and shed our worn-out life styles in favour of a more integrated and conscious sense of purpose.

It's an opportunity we should not ignore.

Listen carefully: the circumstances facing all of us in the immediate two to three years ahead are going to present a quite unique challenge. Not least because they are being conducted by people either ludicrously unfit for the tasks they find themselves responsible for – or who wish to deceive and exploit us so as to acquire powers to control events which they have no legal right to control.

This means that the first call on our meditations about our immediate futures will be to raise and appraise some very practical considerations; the first of which involves taking a big step towards a much more robust and self sufficient life style. Bear in mind that a return to typical easy access to the 'daily conveniences' many have become accustomed to, is no longer a secure bet. Even if governments might make it appear that 'everything is under control' and/or 'things will soon return to normal'. Clearly it is not – and they will not, as by now we are surely well aware – and wishful thinking will not change this situation.

As I mentioned above, we must use this brief open window to shift ourselves towards a much more self sufficient and simple life style. A largely self sufficient life style involves knowing how to cultivate the ground so as to grow our own basic food requirements. And/or if not doing this directly, making sure to be closely associated with supporting colleagues who do – and who are willing to share the harvests that result.

This is not going to be possible within an urban environment at this point in time, given not only that there is insufficient cultivatable land available, but that urban environments are largely uncondusive to mental, spiritual and physical health. They do not enhance one's immune system and ability to build the inner and outer strength vital to staying strong throughout the challenges in store for us.

So to make best use of this period solitary confinement, plot the course that will provide a practical way of taking control of your – and your family's – destiny. Recognising, of course, that under the imposition of a quasi dictatorship there is only 'x' amount of room in which to move.

In this article I am taking a deliberately positive line concerning making maximum use of our largely untapped potentials as creative beings. So let's recognise this as exactly the moment to tap these blessed creative powers – since many have been far too preoccupied with selfish pursuits instead of dealing with necessities. 'Necessity is the mother of invention' so use this one in a million opportunity to meditate on exactly what your key necessities are and how to best manage them.

This should not be an anxiety based exercise. On the contrary, we are in a time of great energetic cosmic support due to the Earth now being in a particularly powerful alignment with the centre of our galaxy, resulting in the rapid growth of heart based empathetic instincts throughout humanity. It is because dark directed forces know about this, that such an intense effort is being made to block the rising-up which is already well underway in us.

Draw upon this gift we are being sent. It is to strengthen the heart beat of mother Earth and human kind.

If you are not already doing so, start each day with Yoga. Hatha yoga exercises, for example, that have been honed over millennia to bring nourishment to every part of the

body and mind. This practice, by co-ordinating breathing and movement, revitalises the chi (energy) of one's whole being and provides a clearer insight into what is the best and most true action to take each day. A Theseus thread to guide one through the chaos which has been deliberately invoked on this planet.

Couple such practice with a diet rich in immunosupportive foods, preferably direct from the farm.

Yes, the farmers you have linked-up with and offered your support. Hands in the soil and the company of (farm) animals is immensely curative. For millions, it is the life-line to earthed, reawakened health. The forces intent upon pulling us down cannot do so once our spiritual and physical energies are awakened and maintained. Truly vital right now.

This means, for example, we can devote our new found 'freedom' into actions specifically targetted at stopping the roll-out of the microwave radiation 5G weapon. A brutal technology of human paralysis and planetary ecocide, increasingly implicated in playing a covert role in the current 'Corona Virus' scam.

The family of man is ONE family. Our fate is inextricably linked to the fate of all others, as theirs is with ours. Selfishness is a disease far more deadly than any Corona Virus. Make use of your period of isolation to rid yourself of narcissistic tendencies, as the 'Real I' in each one of us is not the one that seeks self-satisfaction or indulgence in vanities. It is the one that liberates us into recognising our oneness with all life and all peoples, regardless of colour, race or creed.

Treat the domestic imprisonment being forced upon us – as an opportunity – not as cause for fear. In fact see it as a hurdle being placed in front of you so as to make you reach deeper into yourself for the solution! Because that's what it actually is: a wake-up call without which you might never have the opportunity to discover your divine eternal flame of greatness, of Godliness.

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*Julian Rose is a writer, organic farmer, international activist and holistic practitioner/teacher. Two of Julian's books 'Creative Solutions to a World in Crisis' and 'Overcoming the Robotic Mind – Why Humanity Must Come Through' are particularly prescient reading for this time. See [www.julianrose.info](http://www.julianrose.info) for more information.*

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