

## Freedom and Corona Virus Messaging

**We are in the midst of world governments recommending to “we the people”,** what we need to do and think in order to be safe, healthy, and survive, in the wake of information about a new Coronavirus being added to the roster of Coronaviruses in the world.



Since we are Americans, let’s talk about Freedom. And let’s talk about Health Freedom. And let’s protect freedom.

### **What is Health Freedom?**

*Health freedom is the internal and intentional steering mechanism within a person and within a community that guides us in life and death decisions regarding health. It is the freedom to make decisions for oneself and one’s community about health and survival. It is rooted in the naturally occurring drive and commitment within people to keep themselves and their loved ones alive and healthy. Health freedom is a fundamental natural right of survival and personal sovereignty. DMM*

**The relationship between** the freedom of individuals to thrive and survive on their own terms, and the freedom of communities to thrive and survive, has forever engendered age-old discussions: how do people live independently and also impact one another, and what is the role of government in serving the people?

**Studying and working with the dynamics of freedom in the United States** over the years has brought me to the conclusion that freedom is not just something to be “had”. Rather, freedom is an active ongoing conversation requiring a constant discussion about life issues in the context of oneself and others and in the context of one’s own community and environment. Freedom is an energy all of its own. It is a living conversation. A conversation that continually keeps us taking in new information from each other and making continual assessments, as we search for ways to thrive and live in harmony.

**As the Coronavirus issues unfold, let’s keep that freedom conversation going.** It is essential that we honor the freedoms of individual citizens and that the voices and perspectives of the people are being heard and considered. Let us make sure that no freedoms are permanently altered or legislated out of existence. It is easy for governments to take away freedoms when crisis happens and constituents are overwhelmed with fear, but once freedom is taken away it is an uphill battle to get freedom back on track.

**Recently I spoke with a person who works with elderly persons in nursing facilities.** She described the elders as sad and distressed because the things that lifted their spirits during this stage of their life had now been discontinued due to rules regarding Coronavirus precautions. No longer could they have visitors. They had to sit one person for each table in the dining room.

Their hair salon was closed. They could not play cards or games together. One woman said that her Aunt had a ground floor room, so she went to talk to her through her window from the lawn. My friend felt that those limitations on their freedoms would be worse than illness for them.

**As the world enters the remarkable technological place** of being able to discover new viruses, molecules, and even new planets, moons, and stars, lets move into the future bravely and still maintain our individuality, our souls and autonomy, and our hearts' desires.

**Change and discoveries are happening at lightning speed and we have decisions to make.**

Thomas Jefferson's words displayed on the Jefferson Memorial say it well:

*I am not an advocate for frequent changes in laws and constitutions, but laws and institutions must go hand in hand with the progress of the human mind. As that becomes more developed, more enlightened, as new discoveries are made, new truths discovered and manners and opinions change, with the change of circumstances, institutions must advance also to keep pace with the times. We might as well require a man to wear still the coat which fitted him when a boy as civilized society to remain ever under the regimen of their barbarous ancestors.*

**As change happens, if we are to remain a free people, we need to remember that any activity that squelches the freedom conversation**, the voices coming forward in the debate, or activity that dominates the freedom conversation or prohibits information, whether for financial gain or the seeking of power and dominion over others, will gravely and negatively impact freedom for all. Freedom, as an eternal conversation, is the bedrock of our country, and is essential for survival.

**In this time of government and media sending messages that can promote fear, let's keep breathing**, let's keep conversing, let's keep bringing in new information from the people's voices, let's be open to new truths coming forward, to shaking the shackles of fear, to working to protect individual freedoms in the face of the domination of governments grappling with crisis and poised to limit individual freedoms.

**Freedom of the individual person is being challenged right now** and we need to keep balance in mind. Our country was founded on principles that preserve the conversation of freedom in society as well as within the branches of government including the participation of citizens in government. **Let us lead with the preservation of freedom and liberty in mind.** Let us preserve the foundation of our country and our world.

[To Read the Principles of Health Freedom Click Here.](#)

Note: Below you will find additional links to wonderful informational articles from many of our colleagues in the health freedom movement.

[CCHC: In Coronavirus Emergency, Be Persuasive, Not Coercive](#)

[Dr. Norm Shealy: Dealing with the Corona Virus](#)

[Organic Consumers Association: Right to \(Healthy\) Food in a Pandemic](#)

[Verkerk ANH-Intl Special Report: COVID-19 - fearmongering born out of uncertainty](#)