



## **The Energy of Viruses**

With the current Coronavirus Pandemic it felt like a good time to write a little about the energy of viruses so we can all bring awareness and learn from this experience. Viruses have much to do with over-doing. The go,go,go mentality leads to imbalances in our energies which eventually result in imbalances in our bodies and viruses then manifest. Over-working, over-doing, over-extending is, simply put, not healthy. When do you allow yourself time to just be, to have nothing on your plate, let your mind be free and just be? Worse, when do we let our kids just be? There needs to be balance with work, play and rest for health to be optimal. I know for me personally its during those quiet times that I can actually hear myself think and gain clarity.

My teen daughter came to me when we received the announcement that her school would be switching to remote learning for a couple weeks due to the Coronavirus and she said, "Thank God they are realizing what we all need. Mom these kids right now, school age and college kids, NEEDED this break! This is coming at the right time. We all needed this break and it's different then other years. I'm so glad they are giving it us." She's very wise and never stops amazing me with her insight.

In my Homeopathic practice, I treat mostly children and teens and I see this often. These are the children who run from activity to activity, to homework, to work and then try to squeeze in some social time with friends. These are the children who crave down time and time for creativity (although they rarely express that to their parents). These are the children who end up shutting down at demands or shutting down in general. These are also the kids that say they are bored when they finally get some down time! Whether its playing 3 sports, being in 3 plays or spending all day online, the "keep them busy every second of the day" approach does have an effect on our children and our society as a whole. It seems as though, in many cases, immune systems become over-worked allowing more and more viral issues. These are also the children not clearing viruses which typically leads them to my practice.

### **Some signs that you're not clearing viruses:**

Complaints of being tired (unexplained exhaustion)

Tics

Frequent sicknesses

Reoccurring canker sores  
Reoccurring viruses  
Difficulty settling down  
Feeling “wound up”  
Reoccurring rashes or breakouts

In a healthier person, the solution can be quite simple. Allow time to just be and just relax. Creativity flows when we allow ourselves this time and creativity leads to many great things including family cohesiveness, individual joy, problem solving and innovation. We know that allowing children time to free play has many benefits including reducing anxiety and improving cognitive functioning and interpersonal relationships. When we are having downtime it allows our brains to process all it has taken in and make sense of it all. It can't be constant input there has to be processing time and rest periods or imbalances are bound to occur. In an age of constant media input and some many demands from our schedules its needed probably more than ever. We also know that vacation time improves workers performance and we also know that that is short lived - which is likely due to the need of consistent time for rest and relaxation and downtime not thinking of work. We know the benefits of down-time from numerous, NUMEROUS studies yet we have difficulty implementing it.

I suggest working this time in daily, even if it's 30 minutes and then try to work in larger amounts of time on a weekly or monthly basis; for example, freeing up 30 minutes daily to just relax and then maybe half a day on the weekend even if it has to be every other weekend or a whole weekend with nothing planned once a month. Putting dinner on hold for 30 minutes while you all step outside and go for a walk or just lay on the grass can prove very beneficial. The amount of time needed will vary for each person and each family and it's ok to just start small and bring awareness to how much go go go you have in your life. In a healthier state just allowing time to just “be” can be enough to avoid many viruses. For those who have reoccurring symptoms or tics, homeopathy may be needed to heal the imbalance. For those who just cant bring themselves to allow this time may need homeopathy to help balance why that it. A nice Homeopathic example of that is in the Nux Vomica client who often has the need to go go go and be a success at work (or school) because they may feel that is how they are worthy or loved. Nux Vomica dosing in a case such as that may be fitting and allow a more balanced approach to life and work.

Currently we are experiencing school shut downs, and closures of many businesses due to the Coronavirus. While I do not necessarily support the fear that is based in many of the recent decisions, I do feel as a society we are starting to provide exactly what we need right now. We are being forced to take a break, to take some down time and to rest. Our bodies and our energies need

down-time and quiet time to remain balanced. If we are not giving that to ourselves and our children eventually we will be forced to wether its in bed sick with a virus or being on nation-wide shut downs for a short period of time.

Please view this time as a time to give yourself what is needed. In the end it will all work itself out and the inconveniences of today will fade away and hopefully we can practice more of a balanced approach to life in the future.

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