

## The Latest Modes of Behaviour that Ptaah Recommends

### Excerpt from the 738<sup>th</sup> contact from 10<sup>th</sup> of May, 2020

**Ptaah** ... But today, dear friend, is the time when I promised to mention our latest modes of behaviour for you:

#### **Introductorily I have the following to say:**

- A)** For the following period until the end of May, we, from our committee, have worked out a series of explanations, necessities, information and advice for you regarding the necessary modes of behaviour in relation to the rampantly spreading corona disease, wherefore we recommend that you align yourselves with them, as you have done so far also on your own initiative. The safety measures, which you rationally thought up of your own accord at the right time and which you have been voluntarily following for months already, were and are absolutely right, as it was and is also good that you also included my personal advice in your own good and right decisions about your self-determined modes of behaviour, as the external core group members and passive group members also did to a large extent and therethrough protected themselves from harm.
- B)** However, in order to now make some recommendations from our side for all KG-members in the Center as well as for all external KG-members and passive group members of the association worldwide, we have now worked out a few further things for you. These recommendations, however, should not only be valid for all of you who reside in the Center and who separate yourselves from the persons around you in an appropriate and rational form, wherethrough you can guarantee a certain security against an infection, but also for all FIGU association members, as well as for all human beings of Earth who are willing to bear their responsibility for themselves and their fellow human beings.
- C)** That which all of you in the Center voluntarily carry out as a result of intellect and rationality, and according to which you direct yourselves and observe the safety measures, should also apply to all external core group members and passive group members, as necessarily also to the entire Earth's humanity in general, whereby the majority, however, has not followed this advice and therethrough will have to endure harm, suffering and misery.
- D)** These necessary modes of behaviours that we are recommending, however, now correspond to different measures than those which, due to unintellect and irrationality, will be henceforth irresponsibly enacted by the various terrestrial authorities and state leaders in the near future, by relaxing their ordered safety measures, that are halfway effective, far too early and too extensively and, in some cases, by ending them. And this will happen in the coming days and weeks in a completely irresponsible form, just as, according to our calculations, in the same form, around 44 percent of the population – irrationally and irresponsibly and inconsiderately due to being driven by egoism, self-importance and consciencelessness – have an irresponsible mindset and will disturb public order by demonstrating and rebelling. As a result of their lack of intelligence and irrational low intelligence, these 44 percent of the populations of all countries have, in complete irresponsibility, not recognised the danger of the rampantly spreading corona disease since its beginning, nor have they even considered any preventive or safety measures; consequently many of these are deniers of the truth who, as a result of their low intelligence, spread the rampantly spreading disease, however, will also fall prey to it themselves and die. It is overall these terrestrial human beings without intellect and rationality who will now, worldwide, by means of demonstrations, uprisings and Gewalt, evoke damage to health and many other things everywhere. And the fact that this will come about will be the responsibility of the majority of the ones of low intelligence in the authorities and governments who are incapable of their office and act completely irresponsibly, opposite to that which would be right and which would have to be done – whereto, instead of making loud-mouth speeches of low intelligence, extensive clarifying information would be needed in order to comprehensively educate the populations.

- E) With regard to the coronavirus and the existing pandemic as a whole, it is also to be mentioned that the threat in this regard will continue to persist and will not be averted for a long time. Therefore the risk of infection in normal as well as special cases continues to exist and remains large and unpredictable, whereby an infection occurs especially through speaking, as I have already mentioned in other conversations. This is because, while speaking, the virus is transmitted from one human being to another human being, namely by the expiratory droplets that are expelled while speaking and are transmitted through the air to other human beings and them becoming infected therethrough, in which case the wind also plays a decisive role depending on the circumstances. However, this fact can only be counteracted by wearing suitable protective masks which prevent the free expulsion of the breath and expiratory droplets into the open air, thus they cannot be carried further by the air and wind. However, such protective masks must correspond to a professional standard and be specifically equipped for this purpose. However, in this respect and also otherwise I have further explanations to give.

**I will personally recommend:**

Do not allow yourselves to be misled into wrong, inadequate behaviour-measures by inconsiderate, negligent and reckless orders of a kind which are official and governmental or organisational-based as well as private. Seductions in relation to wrong modes of behaviour of any kind can lead to dangerous health consequences, and in this respect, it can also be that half-way effective safety measures are relaxed and repealed too early. Effectively the coronavirus is extremely insidious, and can, as a result of wrong modes of behaviour that can be of a personal nature, otherwise recommended or officially and governmentally ordered, bring about a completely wrong and health-endangering conduct, as well as convey a false sense of security; consequently, the coronavirus, in its unpredictability, can then unexpectedly and suddenly become far-reachingly active again in a deadly form.

**Other things that still need to be explained are the following aspects:**

- 1) The very first protective measure, which must be maintained under all circumstances in every case, refers to maintaining a safety distance of at least two (2) metres from one human being to another.
  - a) If there is no certainty with regard to another human being's infection by a virus, bacterium or micro-organism, then, on one hand, one should absolutely consider and maintain a safety distance of two and a half (2.5) metres to him/her, as one should also consider and observe wearing a suitable protective mask, in which case a protective mask, depending on the need, ought to correspond to the type FFP2 or FFP3.
  - b) A safety distance of at least one and a half (1.5) metres must absolutely be maintained when dealing with persons who belong to the outer circle of one's own family or a group, if with them a certain certainty of an innocuousness regarding not being infected by a virus, bacterium or micro-organism exists.
  - c) A protective distance of one and a half (1.5) to two (2) metres from other human beings should absolutely be maintained, such as while walking on roads, paths, squares and places, as well as while using means of transport and shopping centres and so forth, in which case wearing of a suitable protective mask – FFP2 or FFP3 as required – should be mandatory.
- 2) Simple protective masks must be made of a suitable non-woven filter material which does not allow the breath and expiratory droplets to either escape or enter.
- 3) Protective masks must not be made of paper or simple filterless materials, just as such masks should not be made by oneself – not scarves, handkerchiefs, neckerchiefs, bras, napkins, and so forth – because they are absolutely unusable and useless and can neither filter out the breath nor expiratory droplets. Such products offer no protection whatsoever, and above all offer absolutely no protection against viruses, bacteria and micro-organisms; therefore they are not suitable for anything, but lull those who make or wear such products into a false sense of security.

- 4) Industrially produced, cheap paper masks or reject masks of all kinds usually do not contain any filtering material and therefore do not comply in any form with any standard of an effective protective mask, consequently they are absolutely useless and endanger the health of those who entrust themselves to the alleged protection of such pseudo-protective masks.
- 5) Transparent face shields, so-called visors, are not only useless but also misleading regarding safety and are thus dangerous to health. Such visors are open at the bottom and on the sides and therefore do not hug the face but only the forehead, and therefore do not seal. Therethrough both the breath and expiratory droplets are expelled from the mouth uninhibitedly and spread all around. This also happens from elsewhere, that is to say, from other human beings whose breath and expiratory droplets can penetrate under the visor, which can then cause an infection in the person who inhales these particles.
- 6) Only professional FFP2 non-woven protective masks and effective FFP3-filter-protective-masks, which are effectively purposive and contain appropriate filter materials, can be worth recommending, in which case FFP3-filter-protective-masks quite especially and solely are suitable for protection against viruses, bacteria and micro-organisms to a high percentage of over 90-96 percent.
- 7) Simple but professional and recommendable protective masks of the FFP2 type can be used only as disposable masks, depending on the type and material, while other better and good protective masks can be used several times and washed and disinfected; in which case no chemical substances should be used for washing, rather natural products such as natural soaps and so forth. Also, for disinfection no chemicals should be used, but only a natural substance, for example, 70 percent alcohol.
  - a) Simple, washable, non-woven fabric protective masks should only be worn until they become uncomfortably wet as a result of moisture produced by breathing and speaking and must be replaced.
- 8) Simple but professional and recommendable protective masks of the FFP2 type are only useful with regard to the expelling and deflection of breath and the spread or absorption of expiratory droplets, however, they provide absolutely no protection against viruses, bacteria and micro-organisms.
- 9) Disposable filter protection masks with built-in filter correspond to an FFP3 product that contains a breathing filter which cannot be replaced; consequently, the mask can no longer be used after a certain number of hours of usage, rather it must be disposed of properly.
  - a) Depending on the case in relation to persons in close proximity who, with a certain degree of certainty are not infected with a virus, bacterium or micro-organism, a disposable filtering protective mask can be worn and used for eight (8) to ten (10) hours, after which it ought to be disposed of properly.
  - b) Depending on the case, in relation to persons – one or more – in close proximity who, in the case of uncertainty, may be infected by a virus, bacillus or micro-organism, a disposable protective mask is only to be used for up to four (4) hours, however, up to five (5) hours at the most, after which it ought to be disposed of properly.
- 10) Filter-protective-half-masks of the FFP3 type that firmly seal around the face, or full-face filter protective masks with replaceable protective filters against viruses, bacteria and micro-organisms can, in their application, be used for as long as the environment of the persons present all around allows, according to their health.
  - a) Normal use is eight (8) to ten (10) hours when there is a certain degree of certainty that no persons infected by viruses, bacteria or micro-organisms are moving about in close proximity. After this time, replace both filters with new ones and dispose of old filters properly.

- b) Normal use is four (4) to a maximum of five (5) hours if there is uncertainty as to whether persons infected by viruses, bacteria or microorganisms are moving about in close proximity. After this time, replace both filters with new ones and dispose of old filters properly.
- 11) Carrying out the daily work that has to be done in order to earn a living is normally unavoidable, therefore normally it is inevitable that one must leave one's personal living area and own rooms in order to fulfil one's work duty away from home.
- a) The performance of one's daily work to guarantee one's livelihood requires that all conceivably possible safety measures and precautionary measures are taken and maintained to guarantee one's health and to guarantee the prevention of an infection with viruses, bacteria, microorganisms, fungi and parasites.
- b) Special factors must be taken into account while performing one's daily work outside one's personal living area and home, such as: 1) wearing of protective masks when necessary; 2) keeping 2 m distance from the next person; 3) no physical contact, hand shaking; 4) exercising other general caution.
- 12) The performance and carrying out of certain activities in which many persons usually form groups simultaneously should be avoided and carried out at times when there is no congestion of persons, for example, in the early or late hours of the night.

**For general information and for understanding the manifold facts regarding various health-related factors I want to explain the following:**

- x) Around and on human beings as well as around and on mammals, animals, fowls and all kinds of other life forms, there is an abundance of manifold small life forms and smallest life forms, as well as mysterious viruses, which do not correspond to life forms, rather to inanimate organic structures in a number of 2.7 million known to us, which are of both good and malicious nature, depending on the case, whereby these, however, can only become active via a host and can cause good things or bad things. These manifold small and smallest life forms are viruses, bacteria, fungi and parasites, which are, to some extent, good, necessary and indispensable for the existence of all life, while others are up-building and constructive, yet others are dangerous, pathogenic and deadly.
- All life forms of every genus and species are, on the inside and on the outside, completely and a thousand-million times covered by benign and vital bacteria. These bacteria, however, not only live on the skin, invisible to the normal eye, but also in the intestines and mucous membranes, in the mouth and everywhere else, where they uninterruptedly make sure that other and disease-causing bacteria cannot penetrate the body and organs and cause any diseases. The mere thousand-million-fold presence of vital bacteria residing in the entire body is sufficient to repel and destroy individual or larger quantities of pathogenic bacteria before they can settle and nestle on the skin or in organs. The body's thousand-million-fold bacterial defence protect it and its entire organs as well as the primary immune system, and indeed regardless of whether the attackers are foreign bacteria, fungi, parasites or any other micro-organisms. The body's own skin-based, organ-based and immune-system-based thousand-million-fold bacterial defence army can also hold its own against certain 'mild' viruses, however, there are virus types against which the entire bacterial defence system of the body has no chance at all; consequently malignant viruses can break through the bacterial defence system, penetrate it and wreak havoc/cause disaster in the organism. This is the case, for example, when a person is already helplessly susceptible to illness due to some kind of pre-existing condition and therewith due to a weakness of the immune system, or if, as a result of a senseless chemical body cleansing mania, he/she harms the bacterial protective layer of his/her body and destroys it with lasting effect, because therethrough the body's own external bacterial protective shield collapses, wherethrough a malignant virus can penetrate the body and its organs and lodge itself in the cells and begin its destructive work.
- xx) Altogether, the small and smallest life forms – except for viruses – are generally referred to as germs, which, however, are to be divided into several groups of which the most important ones are the bacteria and micro-organisms that can also be dangerous to human beings' health and even be life-threatening or simply damage-inflicting. Amoebae, for example, are responsible for intestinal disorders, while parasites, such as plasmodia, cause malaria. Whereas fungal spores, for example, establish themselves on the skin, cause annoying skin diseases, as well as foot fungus and nail fungus and

dandruff and fungal eczema, and so forth, spread widely and also cause all kinds of suffering and diseases.

**xxx)** In contrast to the living bacteria, microorganisms, fungi and parasites, viruses do not correspond to independent life forms, rather to lifeless organic structures that consist merely of a lifeless shell in which their genetic material is contained. The virus can only unfold this genetic material by using a host and then also bringing about a corresponding effect, namely only by way of a cell of an organ of a living body. Once the inanimate virus connects with a living cell then its sole purpose is to multiply and rapidly spread its genetic material, which, as a rule, contains cell-infecting pathogenic factors of a particular kind. On the one hand, these multiply very rapidly, while, on the other hand, they rapidly infect more and more cells and spread the disease contained in the genetic material and allow it to become effective. Therefore the viruses require living cells in which then the genetic material of the viruses is multiplied and spread extremely fast. If a human being is infected, that is to say, contaminated with a virus, then the affected body cells are beaten into slavery by it, so to speak, and are abusively forced to the proliferation of the genetic material – similar to a copying machine, into the reading device of which a text template or image template is fed, after which the machine endlessly produces copy after copy, copy after copy, and so forth.

**xxxx)** Through the action of the virus in the cells of the human body, the organism becomes ill because the cells attacked by the virus and its destructive genetic material can no longer carry out their normal function, wherethrough the body's own primary immune system is weakened and must summon up all its powers to be able to confront the infection, if the opportunity for it still exists at all.

**\*)** There are no medicines whatsoever to defend against viruses, because viruses are not life forms, but only organic structures, which therefore have no metabolism whatsoever as is inherent to all those life forms that take in food or even medicines and can process them and live – or even die – as for example, bacteria and microorganisms.

**\*\*)** With regard to very few viruses, there are indeed individual medicines that inhibit a virus proliferation; however, these medicines cannot be absorbed by a virus because they possess no possible digestive system apparatus and therewith also no metabolic cycle. Consequently, it is only the cells which absorb the corresponding medicine and use it in a changed form in order to paralyse the virus, render it ineffective and let it perish.

**\*\*\*)** Viruses in relation to colds exist in large numbers, against which certain vaccinations preventatively offer a good possibility that no infection arises, just as it can equally be the case with regard to influenza and hepatitis.

**xxxxx)** If the diversity of the groups of bacteria is observed and considered, which are also called bacilli, then these tiny protozoic life forms act, on the one hand, as vital factors, however, to a small degree also pathogenically. Therefore bacteria can also trigger diseases, while others, in contrast, are benign and helpful for growth as well as for the protection of health; therefore it is important to distinguish between them strictly and to pay attention that no vital bacteria are killed by means of any kinds of medicines, such as antibiotics.

**+) An antibiotic is a strong bactericidal drug which, due to an intolerance, can lead to an antibiotic defence block or to an antibiotic immune attack, which, as far as I know, is not yet known by terrestrial medical science. Furthermore, if used too frequently it can lead to a complete resistance to antibiotics, and an intolerance to antibiotics can also occur, which can lead to the ineffectiveness of the drug or to health complications.**

**++) An antibiotic corresponds to a strong drug that kills all bacteria; therefore it does not just kill only the disease-causing bacteria but also the benign and important bacteria without exception, and therethrough the immune system is also weakened, wherethrough a susceptibility to any kind of other pathogens arises all the more.**

**+++)** If an antibiotic is taken as a medicine against any kinds of pathogens, the healthy intestinal flora can therethrough be damaged to such an extent that it collapses completely, wherethrough the entire digestion and therewith also the body's own primary immune system is impaired, which inevitably also involves a continuous disturbance of the secondary immune system. This in turn inevitably impairs the entire community of bacteria and, with regard to the digestive system, leads to a disorder of all organic functions. This can then lead to the permanent settlement of unfavourable bacteria in the intestine,

which leads to chronic intestinal inflammation and to an irritable bowel syndrome and to endless intestinal illnesses, whereby the so-called Crohn's disease is an illness in this regard.

**Now the following should be considered as general recommendations  
and rules of conduct/behaviour:**

- 1) The burden on the overall health system should be kept to a minimum and therefore it should not be overworked.
- 2) An appropriate adaptation to the situation of the rampantly spreading corona disease is absolutely essential and should therefore be paid attention to, whereby these adaptations particularly require one to remain as much as possible in one's own living area and home and to separate oneself when outside of it personally as much as possible from normal contact with other persons.
- 3) If a separation from other persons is not possible for important reasons, then it is absolutely essential to keep a necessary distance of at least two (2) metres from them and also to wear a suitable and purposive protective mask.
- 4) Especially persons burdened by ailments and diseases as well as an otherwise weakened immune system must be careful not to come into close contact with persons living outside of their own living area and home, namely also with regard to the outer circle of family, friends and acquaintances, because only therethrough can a limited protection against the coronavirus be achieved.
- 5) In order to maintain and care for one's private environment and external family life, direct contact ought to be avoided; but – if necessary and unavoidable – they are to be maintained only at a distance of two metres and under some circumstances only by wearing a protective mask.
  - a) Wherever possible, contacts and communication with family and relatives living outside the personal living area and own home, as well as with persons who are friends and acquaintances, ought to be maintained only by telephone, mobile phone, e-mail, chats or radio, and so forth.
- 6) Visits to hospitals and other care facilities ought to be strictly avoided.
- 7) With regard to the personal hygiene, strict attention must be paid to the fact that this is also of great importance and to be maintained during the separation period, which also includes proper hand washing and hand disinfection with absolutely chemical-free soaps or other cleaning agents. Chemical products damage the skin, penetrate the pores into the body and damage the organs, right up to suffering from cancer and so forth.
- 8) While coughing and sneezing, it is important that this is not done into the hands, but into the crook of the elbow or in special handkerchiefs and nose-cloths/tissues.
- 9) Also in one's own living area and home, care is to be taken to ensure that a sufficient distance is maintained to the other residents living in the household if they show symptoms of illness, such as fever, cough, malaise, sneezing fits or flu and so forth.
- 10) If a person falls seriously ill in his/her own living area and home, then it must be ensured that a spatial separation can take place; a regular airing of all rooms in the living area and other rooms of the home should also belong to the daily routine.
- 11) With regard to the procurement of food, that is to say, groceries, one ought to pay attention that purchases are only made at times when there are few customers in the shops, whereby retail shops are only visited out of absolute essential necessity and only rarely; and if so, then also only if appropriate protective masks are worn and the necessary distance to other persons is maintained.
  - a) As you have said and practice yourself, the possible solution is – in order for you not to have to leave your personal living area and home to buy the necessary groceries yourself – to contact sales and transport companies by phone or via the internet in order to have groceries – prepaid or with an invoice – delivered to your doorstep, where the goods are deposited without coming into contact with the delivery person.

- 12) Unavoidable contacts with persons living outside one's own living area and home ought to take place at a sufficient distance only, whereby touching – for example, shaking hands or hugging – ought to be taboo.
- 13) Of course one can be permitted to relax by oneself outdoors, such as by walking around outside, taking a walk or doing sports, if the rule of keeping a 2-metre distance to other persons is maintained and, if the situation requires it, a suitable protective mask is worn.
  - a) ... walks can also be taken in twos or threes, if in this regard persons from one's personal living area and home are included, if they are quite safe with regard to one's health.
- 14) Consideration should also be given to helping fellow human beings in the neighbourhood of one's own living area and home, as well as elderly or sick family members living out of town, and elderly or sick neighbours who need help, in order to, under some circumstances, provide them with groceries and so forth. In that case, with the neighbours – except for family members in need of assistance and one taking all necessary precautions – one should not enter their living quarters but leave the food that is intended for them and purchases for daily requirements and so forth, at their front door.
- 15) Private meetings with outsiders ought not to be organised and should therefore be omitted, namely also in relation to any kinds of celebrations, such as birthday parties, play dates for children or adults, film evenings, sports activities or group events and leisure activities, and so forth. Such things ought to be carried out only with the persons living in the household.
- 16) In the event of illnesses occurring with children, under some circumstances, unavoidable visits to the doctor are necessary, in which case, however, such visits ought to be arranged by telephone before going to the doctor.
- 17) If mental health/psychical/psychological problems occur, then telephone services offered by hot-lines of psychological services ought to be used and, if necessary, an appointment for a visit to a psychologist or psychiatrist ought to be made by telephone.
- 18) If essential visits to the doctor or other necessities are pending in order to attend to any arranged visits or meetings, then no public transport ought to be used, but only your own means of transport: car, bicycle or on foot. However, if only public means of transport are possible, then they ought to be used only in accordance with all safety rules: keeping the distance, wearing a mask, not touching fellow human beings.
- 19) Travel of any kind for entertainment purposes, such as holidays, weekends and so forth, ought to be avoided. Travel of any kind in general ought to be foregone as much as possible.
- 20) 20) If public transport has to be used on the way to one's daily work, then suitable mouth-nose-protective masks are to be worn.
- 21) In a public space, a meeting should take place with only one other person at the most, namely compliant with the observance of the safety regulations at a distance and with a protective mask if necessary.
- 22) Gatherings of human beings ought to be avoided.
- 23) Public institutions of any kind, such as offices, authorities, police, administrations, insurance companies and other institutions ought to be visited only if absolutely necessary.

These, Eduard, dear friend, are my and our committee's recommendations and advice, which are recommended to be followed by all of you in the Center and all core group members outside the Center as well as passive group members, as well as by your friends and acquaintances worldwide, and also by all human beings on Earth.

**Billy** Thank you, my friend. Your long explanation now only needs to reach the ears of all who get to know your recommendations and advice. However, I would like to further raise my word, namely with regard to all those who are of low intelligence and are simple-minded, who invent conspiracy theories which lack intellect and rationality and which are of low intelligence and simple-mindedness and cannot be more idiotic. All those brainless and unbaked ones, such as those pompous, consciousness-ill ones and brain-amputees as well as intellectual idiots, who morbidly-stupidly believe the nonsense and codswallop of the conspiracy inventors, also fall into the same category. This is because they are incapable of any cognition, but are just sloppy templates, an image of an absolute nothing. And these are, according to your explanations, 44 percent pathologically brain-burned, sheer irrational ones, who in every regard are mentally incompetent and stupid throughout their existence, becoming dumb through and through and increasingly simple-minded. Therefore, in their idiotic semi-conscious state, they do not become aware that they are of bean-straw-like low intelligence and simple-mindedness to such an extent that they put their own lives at risk when they demonstrate against the safety precautions which are implemented by the authorities and governments – and which are only halfway correct and therefore only partially valuable – such as going out and wearing protective masks and so forth. These earthling-specimen, which are of bean-straw-like low intelligence and of a roaring imbecility-Ausartung, are actually pathetic creatures of a denial of the truth, which never brings them profit, but only disadvantage, harm and decline throughout their lives. Fundamentally, one should actually feel sorry for this kind of earthlings; however, they are also unable to understand this in their low intelligence and simple-mindedness, because this would require intellect and rationality, which they do not have. Therefore brain amputees continue to invent imbecile conspiracy theories that could not be more idiotic and imbecile, while the triple brain amputees believe all this imbecility and shout their sick dumbness and simple-mindedness out into the world or reveal their imbecile ridiculousness with written posters that they carry on their chest and back.

**Ptaah** How right you are, and how you find words for it, I find impressive. But now, Edward, I have the following to discuss with you ... ..

#### **NB. Billy: Addendum 17<sup>th</sup> May 2020**

As is well-known, dumbness and simple-mindedness knows no limits, because since the rampantly spreading corona disease has been spreading, some “very clever thinking” conspiracy theory believers – who scour our FIGU website – find it necessary to pester us with stupidly brazen and effectively idiotic e-mails and phone calls and so forth due to their lack of intellect and rationality that is characterised by thoughtlessness, insanity and simple-mindedness. They do this, for example, by literally saying or writing the following:

**‘Dear FIGU-Team, I [NB: the donkey always mentions himself/herself first, because he/she is the wisest and wants to stand right at the front] am very disappointed in you? [really with '?!] Do you also fall for this pandemic 8simulation (really '8')? Wearing masks is very harmful for us human beings, already after half an hour the blood chemistry changes to our own detriment. See appendix**

**I [NB: the donkey is, as said, always mentioned first] never wear a mask and will never wear one! The biggest imbecility. With that I only harm!**

**I [Note: And of course the donkey is in first place again, because he has to play his unintelligent and low-intelligent la-la trumpet ..., that is to say, ‘I, am here and trumpet a little bit’, yes, loudly and demandingly trumpet out into the hereabouts to attract attention and to put myself in the foreground, selfishly and yet stupidly-dumbly, in the hope to appear more clever and more knowledgeable than the real reality and its irrefutable truth] ... rather strengthen my immune system, [NB: A strengthening of the nous as well as of intellect and rationality would obviously be more important] because then I am healthy and possible viruses or bacteria cannot harm me at all!**

**That would be the right way. That is my opinion on this panic simulation. [NB: Question: Where is one’s own opinion, if the conspiracy nonsense is picked up imbecilically from conspiracy theorists who have obviously gone gaga and is being copied?]**

**Kind regards from...'**