

Pandemics: Wisdom Anti Fear. On the Role of Philosophy in Empowerment of Intellectual Courage.

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Threat of Pandemics

In the face of pandemics humanity unexpectedly appeared to be in front of two dilemmas: either to be isolated, even separated from each other in fear to be in the risk of getting terribly sick or even dead, or to be in search of possible ways to escape of the above, survive and even to be re-united.

If we consider the first case of fear producing inter individual or inter social isolation then we can make far going conclusions of strong possibilities of easier ways of being manipulated by the government. Fear is right that instrument which can be used in the interest of a small, but very rich top of influential people of the world.

Pandemics as an artificial but powerful world project

To control growth of demography, to minimize rapidly occurring strikes for better life among youth and people from developing countries – these are said to be the last but not least goals of the above-mentioned top. Pandemics is considered in some public talks as an artificially raised giant project to keep humanity in fear.

Isolation as an opportunity to re-organize one's life

In the second case of fear resulted isolation we can assume that in such a case people have the opportunity and time to think over the meaning of life. Fear here has its positive manifestation to re-organize one's life, control and manage in its new way.

What is fear?

What is fear? There are a lot of psychological, psychiatric, medical consideration of fear. It is often conceptualized as “a

natural, powerful, and primitive human emotion. It involves a universal biochemical response as well as a high individual emotional response. Fear alerts us to the presence of danger or the threat of harm, whether that danger is physical or psychological.”

Differences of fear

Fear differs. It is to be differentiated according to its strength, level, and its object. For example: Fear of darkness. Fear of snakes. Fear of dogs. Terrible fear. Strong fear. Light fear. Fear to do any harm. Fear to speak in front of the crowd. Fear to be happy, to enjoy. Fear of military persons. Fear of God.

Mass fear

Fear refers only to a person. It is a personal affair. But there are cases of mass fear. Mass fear of some leader in some country. As in known cases of terrible dictatorship or authoritarian regimes.

How to overcome fear?

Among our Kyrgyz people they say: If you hide the decease, the death may occur. If we hide the fear, it can provoke deceases or even deviant behavior.

How to overcome fear?

That is why when we today are talking of mass fear of pandemics, we are contributing in overcoming this quite a negative state of soul and mind, and can possibly turn it into its non-being.

Positive sides of fear

Fear cannot be interpreted as an only negative phenomenon. It has positive functions. It leads to obeying the societal rules. It controls the behavior. It minimizes possible harms for oneself and society. Fear teaches to be patient. It may become as a self-regulating inner power of a human being.

Fear and reason

It might be fear that teaches us to be wise. In certain conditions fear transforms into wisdom.

There may be a just question here: Is fear not mixed with reason? Yes, it may be so. But in its light, not panic manifestation fear may be in the cord with human reason.

What type of fear does pandemics produce?

What kind of fear is displayed by people in the time of pandemics? Is it a panic fear or reasonable fear? Is this fear not

dangerous to turn into stable phobia in front of any other human? We are to investigate these issues, openly and honestly.

Mission of philosophers in the time of pandemics

It is our mission, of philosophers, and all honest people whether this pandemic is real, true, not artificial, not for frightening people. Even more dangerous deceases occurred for example, during Soviet times. But never it was allowed to invoke panic mood among people.

Pandemics and informational technologies.

There existed a special strong medical service to organize limitations of communication among sick people. But now pandemics is more and more feared because of informational technologies.

Teaching wisdom against fear

We as philosophers are to teach people wisdom against fear. Only through teaching of practicing expanded mind, humanized heart, love, altruism we will be able to help ourselves as well as our people. Transcendental meditation, yoga system, breathing exercises, pranayama are the ways or instruments to reach the above state of mind. Thus, being intellectual, psychological even physical mechanisms of lessening fear, weaknesses in the time of pandemics.

Cultivation of vital code of life

Through the above instruments – to realize the vital code of happy life: to practice transformation of Egoism to Altruism. For fear is born from egoism. It is high time to understand it. We, philosophers, are to help people to cultivate this vital code of life if we want to survive.