

Coming Out of Lockdown

Part Two: Hugs

In Part One I looked at the nutritional aspect of the lockdown. It is also necessary now to get past our fear of being too close to one another. At least four dear sisters have told me recently how hard it has been for them to have no physical contact since the lockdown and social distancing began – and that isn't surprising.

This current social distancing experiment is an extremely callous and inhumane form of social engineering (as well as it actively assisting physical and mental illness *and* being very selectively applied) and if we are not to succumb to permanent behavioural modification, but desire to resume our normal, God-created, God-blessed human interactions, we must pluck up the courage to learn to hug one another again.

Yes, I know this must be done carefully – purely because of the physical damage done to our immune systems and the psychological damage done to the confidence of many folks by the lockdown and social distancing policies – but we should not fear to begin.

Perhaps we can make a start by actively letting others know that we are prepared to begin to undo the social distancing measures and, if anyone is especially vulnerable or fearful, by reassuring them that we won't push them faster than they feel comfortable with but will go with them at their pace.

We can consciously reduce the (arbitrarily-determined) 6-0ft distancing guideline when we're standing, sitting, and speaking with one another – as a neighbour and I did when we met in the high street a week ago and chatted for a while no more than a foot or two apart – and when visiting our

family and friends, or when queuing to enter the supermarket, or when passing folks inside the shop or out in the street - as two policemen walking toward me some days ago were doing and I likewise did as I passed between them with just a few inches between the three of us.

We can touch one another's arm when in conversation with them as we are used to doing. We can agree to shake hands when we meet. We can even greet one another with a kiss if this has been our practice hitherto and both agree. We can certainly give someone our hand if they need some support up and down steps or help from their chair or are unsteady on their feet.

An example of this occurred at the beginning of the week... As I was entering the supermarket, a lady leaving the shop tripped and fell. I immediately rushed to her as did several other folks, and helped her up from the ground asking her if she was ok, continuing to hold on to her as I did so.

Social distancing? Nobody gave it a thought – and rightly so.

There is a myriad of ways in which we can begin to break the pernicious spell of social distancing. And very soon, with the Lord's help, our immune systems will recover, and our confidence will return, and we will soon be hugging one another again.

For a number of articles and videos discussing social distancing, please visit:

https://www.bayith.org/Covid19_SocialDistancing.htm

For *Part One: Rebuilding Our Immune Systems*, please see here:

<https://www.bayith.org/ComingOutOfLockdownRebuildingOurImmuneSystems.pdf>

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind”

Elizabeth McDonald
28th May 2020