

Transcript of Interview with Christopher Sequeira By Kit Heintzman

Interviewee: Christopher Sequeira

Interviewer: Kit Heintzman

Date: 09/14/2022

Location (Interviewee): Daly City, California

Location (Interviewer):

Transcriber: Angelica S Ramos

Some of the things we spoke about include:

Living without health insurance until 60 years-old; trusting the body to take care of itself. Getting sick in 2019; felt like a flu or being poisoned; vitamins and herbal treatments at home; superfoods, zinc, quercetin, Povidone silver. Finding a place in SF's New Age communities. Personal and planetary wellness; health as a whole. Quantum physics and multiple dimensions. Hoop jumping for unemployment benefits; earning more from those benefits than had at work. Commuting to see a long-term partner pre- and mid-pandemic. 90-year-old father's failing health and death from a stroke during COVID; FaceTime visitations and in-person visitations; a small funeral; father's immigration to the USA from Asia; the American Dream. The colonial mindset and medicine; crony capitalism. Comparisons between COVID deaths and anthrax/ebola. Vaccines and BigPharma avoiding liability; CDC adverse reaction database. Small businesses destroyed by the pandemic, while Amazon and Walmart thrived. Vaccine mandates, sovereignty, and personal choice. Different trigger responses to danger and safety. Not being able to attend some students' funerals due to vaccination status. Having different ideas than partner about vaccination; wellness communities and vaccination. Severing social and professional relationships; self-censorship. Death coding, PCR tests, and inflated COVID numbers. Anger management when there is justified anger. Shifting from the left to libertarianism; seeing Republicans doing the right thing during COVID. USA looking more like China with social control of the population; surveillance, eg. facial recognition. American military spending in Iraq and Afghanistan; the war in Ukraine. Propaganda and mind control. Fear's impact on the immune system.

Kit Heintzman 00:00

Hello, would you please state your name, the date, the time and your location?

Christopher Sequeira 00:05

Okay, my name is Christopher Sequeira. The date is 9/14/2022. I'm in Daly City, California. Was there another question?

Kit Heintzman 00:21

Yes. Could you tell me the time?

Christopher Sequeira 00:23

Oh. It's 2pm.

Kit Heintzman 00:27

And do you consent to having this interview recorded, digitally uploaded and publicly released under a Creative Commons license attribution noncommercial sharealike?

Christopher Sequeira 00:37

I do.

Kit Heintzman 00:39

Thank you so much for being here with me today. Would you just start by introducing yourself to anyone who might find themselves listening? What would you want them to know about you and the place that you're speaking from?

Christopher Sequeira 00:52

Well, I'm I came to San Francisco as a four year old in 1957. So basically, I've been mostly in the Bay Area, only with small amounts of time elsewhere. So basically, I've been in the San Francisco Bay Area. So, I've seen it all in terms of the Summer of Love, and all those kinds of things, all these changes. So, even though I was just a four year old, I'm pretty much like a native San Franciscan, most people think that. I started practicing Tai Chi in 1973, and it was through that community that I met older people that were involved in a lot of the cutting edge of more of the new agey things, and also things about natural foods and all those kinds of things. And so, that really colored my my lifestyle choices, and it is an ongoing journey. It's never like a settled, even my personal science is not settled. So as far as I know, science is never settled. It's an ongoing process. And true scientists want their hypotheses tested. And so that for the greater good. And that's just a hint as to anything else I might be saying, but but there are so many elements that I've found through found in terms of what makes wellness, not only personal but planetary, or even the health of the ecosystem, it's multifaceted. There's never like one, one thing you can target to solve a problem. And there's, as we know, now, even quantum physicists are pointing out that they're multi dimensions to reality. So, it's not just like, solid. Third dimensional, is the only thing to consider when talking about healing or health. And also, it's gotten to the point to for me that when I teach now, I always keep the sovereignty principle that any anything that I say to the people, I want them to run it to their own direct experience, which in actuality, if I was teaching, from my experience, it would be the same thing. I never really followed any teacher to the letter. And so, my first teacher was kind of like that too; I studied under many teachers, which he was kind of against the tradition already. And I'm not a traditional teacher though, so but I'm blessed that I was able to be with people and share what what I do.

Kit Heintzman 04:17

What does the word pandemic mean to you?

Christopher Sequeira 04:21

It would mean uh two things, it would mean. It would mean something that was actually quite deadly and widespread in terms of when that's referring to something like a pathogen or a germ or something, but I mean, we can also have a pandemic of, of, of mental illness, too. And yeah, I mean mental illness putting it mildly.

Kit Heintzman 05:03

Would you tell me a story about your, during the pandemic?

Christopher Sequeira 05:08

Well, initially, my gut instinct was that there was nothing for me personally to be afraid of, from what I saw. But yeah, it took me a while to just kind of go along, and you know, just be a good citizen and kind of follow along. And, you know, there's pictures of me wearing masks and sunglasses, hats and everything early on. And, you

know, I didn't really think anything of it, because nobody really fully knew. They couldn't really say what was going on. So, even though I something deep down, and from a standpoint of facts, and figures, and data and everything, you know, nobody knew anything, but I truly believe there's other ways of knowing, and then knowing what's best for yourself. Because as we've seen, now, not everybody is equally at risk.

Kit Heintzman 06:16

To the extent that you're comfortable sharing, would you say something about your experiences with health and healthcare infrastructure, pre-pandemic?

Christopher Sequeira 06:25

I basically, I didn't even have health insurance until I was 60 years old. I haven't taken antibiotics since childhood. Yet, I've had dysentery of all kinds of things. You know, when I was in Hawaii, we were drinking the water. And when we were in the, in the wilderness and stuff, but but I always trusted my body would just take care of it. So, so the only reason that I, I started getting these little flashes in my eyes, and that then I thought, Oh, I better see an eye doctor. It turned out to be there wasn't anything to worry about, but that motivated me to actually. And then the Obama Care kind of made it like a thing where you had to get health insurance or pay a fine with some kind of thing. So, that was somewhere around I don't know what it was. I don't know if I was 60 yet, or what. I mean, I'm almost 70 now. And so, yeah, my history is really stay away as much as possible from, from, from pharmaceutical drugs, and that whole thing, but you know, if I had a gunshot wound, of course, or you know, that type of thing, or car accident or so, you know, that's where I'd go. I think drinking some green tea isn't gonna help me with a gunshot wound. But, you know, I mean, I just I walk my talk. That was pre-pandemic. But, I don't know if I got off the subject.

Kit Heintzman 08:07

Pre-pandemic, what was your day-to-day looking like?

Christopher Sequeira 08:11

Fairly simple. I taught a couple of classes through the rec and park. Had some private students, tai chi. I had, actually had a karaoke singing meeting that was through the Rec and Park that was offered free to the public, which was great. But, two of my classes were, well, actually, all my classes were offered free to the public, which was really great to be able to do that. And so, I had that, you know, I was working seven hours. I mean, I had like, seven hours for the rec and park a week, so it's not very much, and then, another three hours or so, so I was working 10 hours a week, but before the pandemic, I was already over, I think I was maybe 66 years old or something. And so, it was a simple life, and that's basically I always aspired to that. And I actually, it was sort of weird, but I actually kind of enjoyed the fact that wasn't a lot of traffic around. So I mean, there were like, sort of these selfish enjoyment. I mean it was just there in front of me, so I just had to honor it. I enjoyed, like, the fact that there wasn't a lot of cars around. I mean, there wasn't as much, yeah, that type of thing. And I yeah, it didn't really affect me that badly. And what was the really strange thing about it was that even though I was only working, so, here's another thing about the the use of government money. I, even though I was only working seven hours a week, I was getting like, and I almost didn't even do it because it seemed like it was so many hoops to try to fill out that, that unemployment form, and somehow it worked. And I'm still using the card from the funds I got from that. But I do use some of those funds to contribute to organizations that I think are doing good things right now, so I don't know if that's the real roundabout way of answering your question. But it, you're saying pre-pandemic. Yeah, I bi-located. I have a long term partner, but that lives in another location. So, I was

using public transportation to go over there. And then my father's health did start to seem a little bit. So I have to say it was already kind of going a little bit. Now I'm trying to remember that was pre... no, I think that might have been more in the last... yeah, my time since is a little bit off here in terms of when we started to, getting him an emergency alert thing and all that, might have been after, after pandemic. It was a simple life. Basically. Most of my family were, my father retired at 58. And you know, he was 90 when he died. My, and my oldest sister retired at 56. But you know, I've never worked full time. So I figured, well, yeah, I better keep doing something else and pension really pay into the system, so. But I basically just played music, did some massage, and I wasn't doing much massage in the latter decade or so. But some musical things that were paid. And the Tai Chi things.

Kit Heintzman 12:29

Do you remember when you first heard about COVID-19?

Christopher Sequeira 12:37

I actually think I had it, but but an earlier version of it. Oh, yeah, that's right. I guess Sorry. Yeah. Before the pandemic, I had a rock band of all men that where I was among the younger ones. And they were seasoned pros, vocal coaches. And, and so, it's a roundabout thing because I'm kind of going around about here, because we were all in a closed room together. And everybody at that time everybody was like, occasionally it would be sort of sick and just saying I'm fighting something off for months, and we'd be in closed rooms, and everybody, nobody thought about anything like that, you know, prior to this, everybody did. Even my students would do it, they'd come to my class coughing in a closed room with 30 people. But people were getting flus and things at that point. But I was in a closed room. It's not a roundabout way. And it turns out that this was our bass player happened to be the theater director, the technical director of a brand new theater, restored Presidio Theater, you can look that up, it's restored, it got \$40 million to renovate. And we had a practice room in there. And he loved it like with all our musical equipment because he was technical director and our bass player, but long story short, is that he was entertaining. I'm pretty sure now, like all kinds of people from all over the world, including people from China. You know, they even came into our practice room and watched us. I don't really know any of this. I was taking public transportation into Chinatown direction also for all the way till March, I think 15th or so. But I think I had something that was really weird. I think the peak day it was around December 14th. Something really weird that never felt really unusual, but I'm usually so healthy that even a flu would maybe it would make me, but this was weird. It was different. It was just like this feeling like I was poisoned almost and then like I had a fever for like two days, I was sweating. And this was actually before COVID ideas even though I think it was already circulating in places. I, there was a moment when like my heart, I usually can slow my heart down through you know meditative means, but it was just racing for like, almost like two days. And then, I had like a fever, I was sweating. And there was a moment I said, if I don't really have a strong heart, I could die. I mean, it was just a passing thought. So it's kind of interesting that that happened. But then after that, I was it was like a week before Christmas, and I was thinking, I hope I hope, I remember saying something like, I hope I can, I can get well enough so I can taste the food. So I might have had some taste loss, but it didn't last that long. And my family's, and you know, nobody else got sick after that. But then, so I don't know when I first heard about it was probably somewhere in late February, March or something, in terms of it being a thing, but I had actually interesting enough, it was probably going around because I was actually in a in a courthouse with 200 people in a room with no masks in February of, February 6th. And in a stressful situation, because out of the 200 people, I got put on the jury hotseat, and it was kind of weird. I, I didn't have to serve on a jury. But it was that was even kind of stressful. A lot of stressful things happened to me after that, and I figured, you know, if I was gonna get sick, it would have been that. So I have no idea, but I tested for antibodies two years later, like a year ago, and nothing showed for

antibodies. So I don't really know if that that's really means that's settled. That that means anything, that's too long or, or that means anything because I don't know. But I don't know if that's a roundabout way of asking, but it was probably somewhere in February or something when they started talking about it.

Kit Heintzman 17:00

When you got sick in December, what did you do to take care of yourself?

Christopher Sequeira 17:06

I have all these different things that I do. Like an herbal, that, the herbal thing usually works. I may have even taken some stuff that was inappropriate that could have. But you know, it's like I consider myself a mad scientist; I had a period where I was vegan for almost 10 years with largely raw foods, and I don't think it actually worked that well for my body today. So it's like we're the idea with the idea of something, and it overrides what you actually need. But so I rely on all these things. A lot of superfoods, and I'm trying to remember, at the time, you know, it's kind of interesting, because one of the protocols now is taking zinc and quercetin. And I've been taking that for over a decade, like for allergies. And somehow I took it all year round, not just in allergy season. Trying to think of anything, I basically don't, I have such a diet that generally doesn't block my system. And so, it's evolved over years, so but you know, I'm, I don't know if I really did anything in particular now that I think about it, other than the usual vitamin C, the zinc, the quercetin. Oh, you know, what I did realize too, is at the time, I probably, and there's a lot of correlation, it was I probably was not getting enough vitamin D from the sun, and I wasn't supplementing that much because I have since really increased that. And that I did get tested last year, in the fall, and my levels were over 50, so among alternative circles, and and even, not even these aren't even alternative doctors, I mean, these are doctors now that have been sharing information with each other that you want to have anywhere between 50 and 80 or so, or something like that. Whatever the measurement is in the vitamin D levels, and so by last year, I was, I was like 51 or something in October, so which is pretty good. I think I will up it beyond the 5000 a day though, because of darker skin types, but long story short, because yeah, I was I was doing that. I don't know if I increased it at the time, though, but I think I was only taking 1000 a day so that wasn't really probably enough for me. I haven't even had a cold or an allergy; I used to have a lot of like only in tree pollens just early part of the end of February, but in the last several years it's been getting less and less and the last year even less. Taking the double quercetins which is actually good for allergies and anti inflammatory too. So, yeah, yeah, it's a long story short, I didn't do anything more than I normally do is just sweat it out or ride it out. That was actually after I felt weak for about a week. But I didn't stop my activities, and today I probably would have, just because I don't know, I wouldn't have like, taught classes or anything. But I was a trooper, I never really, I think 30 years or so teaching, I don't think, I don't know if I've ever missed a class for for being sick. Even though I might have had some stuff going on.

Kit Heintzman 20:47

When lockdown happened, how did your day to day change?

Christopher Sequeira 20:56

Well, at first my partner didn't like, we didn't, she didn't want me to take public transportation after a certain point. We did it for a while until the middle of March, so it was a couple of weeks into it. When they said, I was still actually, then she was, when was this, she would pick me up or something, I can't remember now. But we didn't we didn't stop seeing each other because even though I supposedly had an elderly father, I told well, you know, they said to stay with your, you know, with your family. Well, I've been, it's been almost 30 years that I've been

going back and forth in two locations. So I just considered if I went to her place, I was just going home, this was my second home. And he was okay with that, and he never did get COVID even in the hospital with a stroke. Even though there were COVID patients in the hospital and nurses going in and out. But anyway, I just, I went with that, and nobody got on my case for doing that. And I even went shopping with my father, and we'd go out together, he'd wear a mask, and he was a trooper, he never really he would never just, in the past, he would never just go to the doctor for any just every little thing, and in general, so did anything change much, and you know, I was well, I couldn't teach my class anymore. And but, you know, I actually made more money during the, during the lockdown than I did when I was working. Because of all the government handouts and unemployment and everything. And then after two months, I was doing a Zoom meeting with my Chi Gong class from the rec and park, I had like some 20 people or so. And technically, it was free, but you know, people could send me gifts if they want. It still is that way I think I'm going to be doing that. Keep that load going. It's called the gift economy. Or something of free. And so, I think there's a lot of pioneering going on now, like and baby stages. So um, yeah, I don't know if that answers. My immediate family didn't, they had no mask rules or anything unlike other family, but I just had my sisters and my sister's family who lives about two miles away. Nothing, she has no rules in the house for anything. I always met with the family, no masks or anything. And I'm the only one that I know at this point that hasn't had COVID. I haven't even had a regular cold in three years. And I haven't shopped with the mask for like three or four months now. And I actually should be concerned as they say with the I think sometimes I think about that with the the possible shedding of the spike proteins. There's some evidence that that happens. My partner actually took some stuff, and she went to a she, she took she did take some shots. I don't know if she's going to take any more. I've had a really strong talk with her several couple months ago. Because some people they just can't take in the information. It's not like, they just can't. It's very sad to me. It's it's understandable for someone who's just normally going into a doctor and believes a doctor and all, but I've seen so many people that are yoga teachers and people that have been doing natural medicine. Just somehow it's almost like mind controlled, that's that's how, it's the only way I can describe it. To fear first, and then the constant bombarding in the mainstream media, including NPR only like one dimensional problems, reaction solution. That's a different term being used. It's the problem problem, instigates the fear, gets a reaction, and then the people to be questionable people provide the solution. And there's been so many solutions being offered but only one is the one that's being promoted by people that have the most power at the moment, but the but actually the only reason they have the power is because my feeling is the people that have taken, being taken advantage of don't know that they actually have the power. It's just really sad. It's very sad. And because I have severed a lot of relationships. And yeah, I was just feeling into the grief of that the other day with a friend when I haven't seen in three years, and she's actually open to hearing all the things I have to say, and I didn't trust enough that she would be.

Kit Heintzman 26:34

I would be so grateful if you shared more about what it was like to talk to your partner about the shots, and then also what it was like to talk to this friend who was more open to you than you expected? What did those conversations look like?

Christopher Sequeira 26:52

Well, the partner thing, it's triggering some really strong stress, especially when this was early on, this was over a year ago, got such a strong reaction when I just because she's hard Jewish. There's a very compelling woman who's for years been advocating for informed consent. And because she, she escaped concentration camp at the age of six. The name is Vera Shirov, and she has a organization called the oh, I can't remember. I think it's AHRP,

but its main thing, they've been around for a while, you know, advocating for medical experimentation. Advocating for, against the lack of informed consent, and essentially an interview with her, she was speaking specifically about what happened in New York and how, like, all those nursing home people, or people were sent to nursing homes, and they died. And so anyway, it was it was just kind of, I think my mistake was to kind of share the most scary of things to my partner at the time. And she just got so like, she never she doesn't normally cry, or scream or anything. Never. I mean, you know, and so. So for me, it was so traumatic to get that reaction that I just been censoring myself, that self censorship, it's been that way a lot because I literally spent three to five hours a day, and you do the math, it's two and a half years, looking at alternative sources of information. And so, it's still this weird, a little bit weird, like, because it's, to me, it's not even about being right. It's like seeing a clear and present danger potential. What's happening now with basically that couple of things, like they changed the definition of pandemic, they, you know, they made it like something has less than a 1% mortality rate, it's, you know, and then also, the death coding, there are people talking about that, how they change that in the hospitals. And then the PCR test, which the inventor to his dying day would say, it's not meant for diagnosing infection. It's only as a research tool to find miniscule particles of things. And so, there's all these things that make the thing more dangerous than it is and then telling people to take something or yeah, they change the definition of a vaccine because even the companies themselves call them it's not like changing your DNA, but they're called gene therapies because of how they work and, and that attenuated virus viruses, which tends to, to prevent transmission and spread. They never actually said it would get politicians, you can see it on camera saying it did, that it does, and which is total misinformation. So, so like, as I know all this stuff, and then just be taking it in and not being able to share it is actually not very healthy. And it's quite challenging to like, talk to, I talk to all my friends, and they're open to it, even my older sister was, but then somehow after the shots rolled out. So at that time, I thought, well, if they already took the shot, I better not just make it worse by telling them things. But actually, that's not the right attitude at this point because if you keep doing successive things, this is my feeling, and it's not just I'm making it up, I mean, they're credible, actually, the credible experts that were speaking out over a year ago, turns out a lot of what they said is coming true. So and these are, these aren't fringe scientists, they're college professors, vaccinologists, people that have invented the mRNA platform and all these kinds of things, so it's, it is really crazy to me, it's just it's Orwellian, I guess the term that people are using, it's Orwellian. And and so to feel that directly in your relationship is quite, can be crazy if you don't have any way to to process that. And so this friend, you know, she's she's sort of totally open, she's hearing it she's, and then she had that you know, initial reaction of kind of rage which that's another thing the anger management because there's plenty to be angry about just as if you were in the Jim Crow South, there's plenty be angry about, but like, but the anger can eat at you. And that's the challenge is there's plenty of this justification to be angry, but it's not really serving one to dwell in anger, and that's my that's been my greatest challenge. I'd be burning at night just at times earlier in this process just just knowing something was just not right.

Kit Heintzman 32:26

What are some of the strategies you've deployed when feeling angry?

Christopher Sequeira 32:29

I don't know if I have strategies other than my, there's a place to touch the core of one's being that's that sense deeper than anything, any any thoughts, emotions, or sensations, and I did have a group that I was involved with for 10 years that facilitated what's it's known as zone chain, it's just a branch of what came out of it's been held by the Tibetans, but the actual philosophy of it is deeper than Tibet. But it's just very basic, it's like, and it's actually at the core of any tradition at the core of it beyond just like, like individual practices like counting breaths and

things; it's more about the actual touching upon that part of you that doesn't change and that it's in with a group that actually helped me through my father's death quite a bit. And then, through strange means I actually separated from the group because because of the views of the actual founder, which to me was just around the COVID stuff and going along with everything was more than I wanted to deal with. It was, that was another painful element. So but you know, I walk in nature I mean, that helps a lot. I live by the cliffs here exercising to some degree, it's all it's all part of what I just said about the being more stable in that it's been challenging though the chain stable in the aspect that, that doesn't change. But then one doesn't need to do techniques either if you, if you just well, the Tai Chi has been helping a lot and walking in nature and focusing on on, it's always focusing more on the love than then on anger. I mean, it's not like I'm angry all the time, but it comes up though, at times when, if one talks about these things, with or with one feels the need to share some of these things, but it's not received too well, that doesn't happen too much though. I basically find people that I can talk, actually, what does help is actually knowing that you're not alone. And there are, there are many, there's many organizations that have presentations, videos, they're talking about it. I mean, it's all that the thing is, it's not really censorship. It's virtual censorship when people have relied on YouTube and Facebook and Google and stuff. It's virtual censorship because if it was full censorship, you wouldn't be able to see any of it. But it's become since those things have become so predominant, it's like censorship. And then the mass media, they just basically don't give airtime to anybody that doesn't fit a certain narrative. So unless you're, you know, if you're not captured by those media, then you have access. But then you have the government doing things. And I used to be a longtime lefty, and now I can really see through it all through this lens, and California is one of the worst right now, and not just that's the problem, you know, like just being separated by parties. And then like, everything one party does is wrong, but it's not that way. Around COVID, there is not at all, there's more Republicans, they're actually doing the right thing. And I say I was a longtime lefty in fact, you know, the establishment Democrats weren't left enough for me. But now that I realized a lot of the lefties they're not into natural healing, or hell. That's sort of weird to me. I never thought that, that natural healing was a right wing thing. Apparently it is now.

Kit Heintzman 32:37

When you're looking for sources outside of mainstream environments, like YouTube, where do you look? Where do you find them?

Christopher Sequeira 36:28

Well, a lot of them were already on there, but then they got they got demonetized and deplatformed. And they're really brilliant people. They're still on there, but they got demonetized. Like evolutionary biologists. The Dark Horse podcast, like they're amazing. I mean, they're very lucid. There's a calming presence, when you hear them talking, they're husband and wife. And they, they have dialogues, they present the information, they're not anti vaccine, they travel all over the world and get all the vaccines, whatever. But they've they've seen objectively, they've interviewed people look through the data, but you know, it's coming through now, that's just that, the damage is already done. I think Pfizer's made like \$5.50-4 billion, and that increases their power to manipulate people. And people don't realize that that vaccine companies are big pharma with no liability. Since 1986, and Madison Avenue techniques and Bernays and mind control, I mean, while these things for advertising are still in play, you know, but why I'm not that special. Why? Why, how do I know this? I just something, I was just very curious. Some people aren't curious, or are they just so much in survival they can't be curious. Like they, well, actually, the other thing is, I think the general populace has been dumbed down to the point where they can't really think for themselves or, you know, understand some of this data. It's it's all it's there in plain sight. There are sources that that show the data, they have source references. Well, but the propaganda campaign turns all

these people into you know, they actually never debate them on the never debate them on the on the issues. They just come up with pejoratives in Orwellian terms and anti-vaxxer and all those the large amount of anti-vax like they were either injured or they had themselves or had injured children, and they wanted to find out and get some compensation, or they've been like myself, they know how to take care of the immune system, so it's not a one size fits all situation. And there's studies out there now there's a late latest one from a doctor's own patient clientele, and he, and he had 15,000 patients, but he only had 10,000 that he had from day one. And he compared the anti vax, the vaccinated with the unvaccinated, and he has the charts out there. He's actually suing the state of Oregon for \$35 million, what they did to him. I think his name is Paul Thomas, it's ongoing just started. And his, his study, and these are direct records 10,000. There was like, I don't know, at least four times the amount of health problems in the vaccinated, doesn't necessarily prove causation, because it's possible that that the the unvaccinated kids were also treated better because the parents are educated, they're not going to just say, Well, I'm not going to vaccinate somebody, you know, they're not just ignorantly choosing not to vaccinate their children. They're very well schooled in, in how the immune system works, and natural eating and all that kind of thing. So not even serving junk food to the kids and all that kind of thing. It's a very big problem. The whole thing is very, it's all connected, so it's really not even about vaccines or not. It's a systemic problem that connects with agriculture also. And so a lot of us know this, there's this activists, brilliant scientists like Vandana Shiva from India. And she's speaking about all the GMO vaccine disasters in developing nations connected with Mr. Gates. It's, yeah, so really, it is. It's okay for people to decide, but there's no informed consent. That's the problem.

Kit Heintzman 42:16

When you think of informed consent, what kind of information would be necessary to sort of meet the necessary threshold? What's enough information?

Christopher Sequeira 42:28

Well, they can't really hide that there's actually problems with some of these inoculations, because in their own data base, that the very, it's a very faulty system. It's a CDCs vaccine adverse event reporting system database. But in one year, there have been more deaths and adverse reactions from, on these shots. And it's there in plain view; it's public knowledge than 30 years of all vaccines combined. Now, you can say it's rare, but from a medical standpoint, I think over 20,000 deaths or something is, I think one of my students actually died because I can't really reach her anymore. She, she was hospitalized the day of her first shot. And I've been trying to email, I do have daughters, I've been emailing them, so maybe I should try to call the daughter's number, but she was in hospital immediately, for a week. So I mean, just an example. But then there's other things going on now that is there's this pathologist and things speaking out now, it's out there, it's it's out there, the information is out there. Yet, I don't understand the politicians still seem to have their agenda. But the informed consent would mean, knowing the risk stratification. That's like, it's not only just being old, it's having up to four serious health conditions. And, you know, and but anything like children and infants, it's actually it's kind of appalling to me if a child doesn't have any pre-existing conditions, it's all risk no benefit, because it's especially young boys with the heart issues that could happen. I don't understand it, just very, it just feels kind of like a horror movie. That's why it is hard to take it in, and that's why I understand that spiritual practice, really, is to take that in just as much as you had to take in that there was slavery or if you're a Native American, that it's not good to be friends with the white man. Or whatever, you know, it's like it's that's, that's I actually see that as an analogy. If there was somebody that kind of sense, you know, something's arrived here, we're all that, not that would have helped anyway, but say if someone was telling their tribal leaders, you know, I don't know about these guys. And see what happened. It's just, it's more of a feeling tone that I'm kind of trying to convey. But I'm not the only one,

even if it is hundreds of millions of us, it's still I think there's hundreds of millions of us that are actively feeling this. And then more and more, more being kind of waking up, because this is something's not right here. 30% of small businesses, I believe, or something have been destroyed, yet Walmart and Amazon and everything keeps going.

Kit Heintzman 45:49

Earlier, you had mentioned applying for uninsured unemployment. Would you tell me more about what that process was like?

Christopher Sequeira 46:01

Well, I had to kind of go back and try to find all my pay stubs and all kinds of stuff. And I don't know it, somehow I, I stuck through it, I was ready to abandon it. And then I did, and then I kind of went through it and miraculously, it worked. But it was sort of kind of like, well, I could be rehired if they start opening things up again. And so therefore, I'm not looking for work, because I really don't really want to work can't really work full time. And somehow they bought that excuse, I didn't lie about it. They said, you know, I'm not really looking for anything, because I'm waiting for the, you know, the thing to open up again. And so they call me back, and then they call me back. And then there was like a vaccine with kind of requirements, so I was out of there.

Kit Heintzman 46:52

Tell me more about that.

Christopher Sequeira 46:58

Well, I, once that sealed the deal for me, because, you know, I wasn't going to, you know, be required to do that. And I wasn't going to agree to that. So I- go ahead, I think you have...

Kit Heintzman 47:17

It's not something I've heard about before, so what was the requirement?

Christopher Sequeira 47:21

I think they just wanted all employees to report the vaccine status. And I think now it's vague to me, but I think I think it was implying that there was a requirement. But that you wouldn't be, you would be released without any punitive, whatever, status or whatever the term was.

Kit Heintzman 47:57

Other than COVID-19, there's been so much going on over the last few years. 2020 had this notoriousness as did 2021. I'm wondering other than COVID-19, what have been some of the other issues on your mind and heart?

Christopher Sequeira 48:28

Well, I actually really didn't think that they were, they would go for another war. And before people, when when a lot of this COVID narrative seems to be kind of falling apart, falling apart a little bit, all of a sudden now this well, I don't know, Putin apparently did invade, so I can't really say that. But there was the strange timing. But then now all this emphasis over there and billions more money to which ultimately goes back to the military after after, you know, they abandoned all the Iraq, Afghanistan kind of things like no real success, so to speak, except success for the profits of the military. So I you know, it's just I don't even give much attention to to, you know,

supporting that war in any way. It's just... but but I'd said early on that like, you can't really win a war by bombing, nor can you win a fight against the so called disease by targeting one thing. It's like, but then there's great profit in that. So I'm bringing it back to that, but now it's just what is it? I don't know, it doesn't really end right now, you know, the there's the financial stuff going on which is weird, as well. And...

Kit Heintzman 50:33

Tell me more about that. What do you mean by financial stuff?

Christopher Sequeira 50:35

Well, I did inherit some things. And it wasn't really my way, but there it is. And, and then, I actually sold, I actually dumped a lot of the military related investments, and some other things. And it could lead to the loss of, to some degree of my, my, but, my assets, but the thing about it is that they seem to be very sketchy right now. The having no money invested in stocks, which, part of me doesn't really believe in just the idea of making money for money. It's kind of crazy, but, and so, as I say, we're all, I don't really feel all the things I'm saying. Deep down, I realize it's not when I when I speak of tyrants and people being victimized and all that I mean, we all have those qualities within us, or either way, I mean, if we're, we've been going along with it, or you know, we're still driving cars, whatever it is, it feels like I don't really have a lot of... but I did it, I did 10 years of practically being vegan. So I mean, if I guess if everyone did 10 years, if it does help anything, it would probably be like a form of service. But I don't think, I've known a lot of people that it didn't really work that well as they got older. I didn't get off the subject. But yeah, what was the question again?

Kit Heintzman 52:29

Other than the pandemic? What's been on your mind and heart over the last couple of years?

Christopher Sequeira 52:38

That's a good question because it's sort of been kind of, largely it all has the element of that, but it's more in the realm of sort of the bigger, bigger sense of, of realities, so to speak. I mean, as I was younger, I was more in the what would be called a spiritual mystical direction. But now I see that, that that's, that can be like a split. Whereas now, I'm seeing it's, it's all equally, one thing. And so, just focusing only on the current situation, there's only a small part of it. These are questions that are kind of hard to put into words at the moment.

Kit Heintzman 54:09

I'm curious, what does the word health mean to you?

Christopher Sequeira 54:23

Well, it doesn't necessarily mean avoiding, sorry about that, avoiding death at all costs or finding a cure for death, which I think is sort of the trap people are getting. It's like, they think there's a cure for death, and then that's being played as a way to control people. So that's actually more more because it's all related. Okay. It's not the pandemic, it's not COVID, it's not vaccines, it's just what's happening here. What's happening to the human... So it's a bigger picture, but it relates, yeah, what's happening to the human species? Or what's... and that's, that's the bigger issue. Like, I think what's been going on is more of a of a means to steer humanity a certain direction. And, but this has been going on for a long time, I realized too, because I actually watched a lot of TV as a child. Now I realize my view of relationships and reality was very, very much shaped by by a certain view, but it's actually a very limited and disempowering view of what the humans are capable of. And so yeah, so if anything, that's

where my direction is, is opening up to potentials that are seeming unimaginable but, but our birthright, and it's not about just a particular practice or you know, or moving energy by will or anything like that.

Kit Heintzman 56:18

What are some of the things you'd like for your own health and the health of the people around you?

Christopher Sequeira 56:27

Well, just the basic things, really, clean air, water, food that isn't, you know, in soil, it isn't depleted, it's, there's a lot of work to be done to bring that back. But I think the potential is still there, but I don't really know like, nobody knows how it's gonna turn out, but that's what health is. Really, yeah, I guess it's really having I mean, even to have the basic needs it's not really possible at this moment for a lot of people. But you know, I don't profess to be able to instantly change that.

Kit Heintzman 57:20

What does the word safety mean to you?

Christopher Sequeira 57:47

It doesn't mean a life with no risks at all. Or, you know, it's kind of hard to answer that actually because I think we all have things that for whatever reason, we we feel unsafe about and the other person doesn't have the same like I don't I don't feel scared driving a car, for example, and some people... that, I've always sort of driven, driven my car in a way that that it's almost like something, I'm convinced I would be dead by know if there wasn't wasn't a controlling factor on my part that's, that happens when I'm driving because there's all these people I know that get into accidents. It's not near misses, it's actually hits whereas I've had lots of near misses. But somehow something happens, so it's hard to explain. It's like we have these capabilities that who knows what, who's driving but but anyway, that's just, but whereas someone else like sit in the car with me could get freaked out. But when I'm by myself, I'm not freaked out. It's dangerous, interesting. I mean, I don't try to purposely freak people out. I don't like tailgate people and do stuff like that, but... And also, I'm not really always that worried about like having to lock every door all the time, and it's the end of the world if I forget or something like that, whereas other people have more of a issue with that. I'm much now, that's a complex question because a lot of us just have triggers and things that go on that make us feel unsafe, and they're, they don't really, there's no real life or death danger. And that's an ongoing process, depending on what your your background is. I'm not sure if he's speaking about safety, like, there was a period where I guess I didn't feel very safe, not because of COVID but what, more about, like being forced to do something I don't want to do was more about freedom than it was about life or death, safety. But then I stopped. I didn't feel safe from that, you know, that, like, my phone computations could be recorded, or I mean, all those kinds of things. There was a period where I felt that based on like, like, Edward Snowden, these revelations, and then on and on, all the Facebook face recognition, technology and all these kinds of things. So in a sense that, yeah, it's a different kind of thing.

Kit Heintzman 1:01:43

You've mentioned not being afraid of the virus. I'm wondering if in this sort of tiny microcosm of safety that sort of dominated the conversation about COVID itself, was there anything that you did to keep yourself feeling safer?

Christopher Sequeira 1:02:04

From COVID, or from anything? Well, I have these little things, but see all these rituals, I think have like, and now I found out, and this is a lot of documents, too, but I don't even use it that much. I've always used things like colloidal silver, and now this thing called povidone iodine, which is highly researched, I'm just buying some extra bottles to give away to my friends and family. You know, there's plenty of research on you know, on PubMed, and, you know, official sites used all over the world. Those kinds of things, occasionally, in the moments where I'm just feeling vulnerable, I'll do that. So like, you know, we're complex beings, you know? Because I've been around lots of people that have been sick. But what do I do? I do all the things that like a lot of these nutritional protocols, too, but not even everything, but you know, just some really basic things. And but fear actually weakens the immune system. And what do I... say the question again, I just want to see that I...

Kit Heintzman 1:03:21

In this, there's been a really narrow conversation about safety in relationship to COVID-19, and people protecting themselves from the virus. And thinking about that small perspective on safety, what are some of the things that you've been doing to keep yourself feeling safer?

Christopher Sequeira 1:03:46

Well, as I say, I am not super afraid. In fact, if it's almost to the point now that probably if I, the current situation, if I got something, it would probably be either very mild or unnoticeable, and that'd be fine because what I always noticed before even when it was among my students, or friends or whatever, I would, if I got anything I was, I would always be the last one that I knew that would get it. So I was like, the last person in the chain. Wasn't gonna say is, yeah, right. What I'm saying is that if this was like, I wouldn't be doing, going along with whatever if this was like some kind of a bioattack of weaponized anthrax or something, these things that are like that are really like Ebola, and smallpox has a 30% infection fatality rate according statistics. This actually has, if you take the whole population, I believe it's less than 1%, and that's even with faulty questionable PCR testing in terms of the number of cases, because all of a sudden there's no flus, and it's just, and then, you know, it's just nutty, the death coding thing. So we don't even know what the real actual figures are. But there are lawyers out there actually taking up cases now state by state and other things.

Kit Heintzman 1:05:26

You've mentioned earlier, your father having a stroke. I'm wondering if you're comfortable saying anything more about that, and perhaps how COVID regulations intersected with that?

Christopher Sequeira 1:05:42

It totally did because he was like a very blatant case in point in terms of how beneficial it is for people in hospital to have their family with them. They on the third day, and so, when when he was hospitalized with the stroke, they called us next week, we weren't allowed to visit right, but they called us to let us visit because they thought he was going to die, so so when they let us visit, he came back to life, sure he was even trying pushing me and trying to get me to take him out of the hospital and all this kind of, he was really strong, and they said they couldn't believe it. So so he came back to life, just because seeing us, and the nurses really said they couldn't believe it, so if you think about that, how, how devastating is it for, for, for people in hospital, to not have their family be able to visit, and also it relieves in the nurses admitted it too, that it relieves the pressure on the nurses, because they can't really watch everybody it's getting that worse for the for the patient because if there's visitors in there, something happens, you know, the person in the room can go call the nurse. But otherwise, they have to do the rounds and hope to catch a situation or whatever. So this is all... so a lot of these things were actually against

all the scientists and the recommendations of epidemiologists and all kinds of things, you know, like so this really, that was a clear situation. And then like having to only do, we didn't see the nurses, they were their heroes, because they actually let, they were only supposed to let us visit for an hour, but in the last two days, we actually did a total of maybe about 14 hours. They just kind of looked the other way. But if you go out to the nurse's desk and try to come back in, I went to like look at my car, I they wouldn't let me back in. So that was my mistake, but then again, my sister could stay for about another hour. And then he died the next day. Then we missed him by about an hour in terms of his final moments, but like FaceTime, and I mean, they had these iPads and everything, like two months, we had to do that.

Kit Heintzman 1:08:28

What was that like?

Christopher Sequeira 1:08:31

It was weird, because, you know, I mean, it's just, you constantly have to hound the nurse's stations and you know, do this. It kind of went by like a flash I couldn't believe it was two months or so every day calling you just to stay on top to seeing what they were doing because I think having family members advocating for patients is an important part. So fortunately, he actually had, he agreed to a feeding tube because he couldn't swallow, he couldn't pass the swallowing test, so they were required by law not to couldn't feed him or like take the chances with it. So he, he couldn't really actually eat anything for two months, which he was always a foodie and everything, and so, it was very strange, you know, because he had a great life up to that point, so funny way to, I mean a, sort of an ironic way to end it.

Kit Heintzman 1:09:46

Were you able to have a funeral?

Christopher Sequeira 1:09:49

We actually did. We had like 10 people. But it wasn't like the big celebration of life you had like a community of maybe 80 to 100 people from the all the musicians, the Hawaiian music kind of network of people he played with. So we weren't able to have the regular death ritual. Also, I was I was kind of because of my vaccine status, a couple of my students actually died during this year, actually three did but one didn't have original... your senior students and, and then even as early as just the last couple of months, and it's not based in science, either my vaccine status at this point shouldn't make any difference, but they didn't want anybody there that didn't have shots. So I didn't really make an issue of it. I just said I couldn't make it on the day.

Kit Heintzman 1:11:00

What did that exclusion feel like?

Christopher Sequeira 1:11:02

I didn't have a super strong emotional reaction, but it was, but it just felt like, like, basically unscientific, you know, ignorance at this point, because if everyone's to be tested, that's fine, but everyone... I would agree to that, I guess if, because people that have been vaccinated, have, they've been catching more and spreading more now, it's not making a difference really it seems. And so to exclude me because of that is pretty much uh misguided.

Kit Heintzman 1:12:00

Would you share a little about who your father was?

Christopher Sequeira 1:12:07

Well, I always told him that he was really my hero at the end there. I mean, he actually basically came here with nothing. And basically was a self made well, he's just gotten lucky with I guess investments and when he retired, but but he came here with nothing, though. So he actually this is the last part of the American dream, his generation, or I don't know if he was the last part. But come here, like from Asia with basically working in a typing and taking shorthand, female dominated job at the time, was able to buy a house, like within a year. This is the way things used to be. That's, that's what I'm saying. You were saying about what's going on today. He has other issues. And he, you know, he knew how to manage his money. And I appreciate him much more in later life than I did then. Then, you know, he was I think he was really brilliant, even though it was actually graduated from a junior college in China, European Junior College. Early, he was, I think he was working as a teenager, mainly for European companies. They moved to Japan Cultural Revolution, because they weren't Chinese citizens they had to get out of there. And then from Japan, is after five years or so they came here maybe six years. So, you know, that's and then, you know, just working his way up. Basically, as being a stenographer, Secretary to being kind of a mid level management to Southern Pacific Railroad. But he always played guitar, but was when he 75 He started playing with these ukulele clubs, the Hawaiian music, which they liked in China. He grew up playing Hawaiian music, for US military sometimes. And then. So at 75 He really started becoming more of a musician and I was told that that was actually his real calling. I mean, he does. He never really particularly liked his work. It wasn't like he was didn't identify with being when he was doing at work. But from 75 to 90 was able to be kind of a kind of well, the equivalent of being a rock star with these Hawaiian people, you know, really filling out the gaps and these are like ukulele clubs, largely but when he was provided a guitar element to it, and all the teachers, he outlived outlived two of the teachers. And the third one is still around. But they all really admired his playing and what he did for the overall sound of the group. And then then he also played several jobs, like with smaller combos. And he also he probably went on like 50 cruises in the last decade or so of his life. He really like to do that. But and and he, I could tell you grew as a person, but there was a little bit of the lockdown thing you know, gets to people after a while, a little bit of friction at times. But generally, we got along pretty well, but it took it was that's another thing you know, I've been here for, his wife die, you know my mother died at 63. So you lived all those years till 90 without her.

Kit Heintzman 1:16:44

How are you feeling about the immediate future?

Christopher Sequeira 1:16:51

For myself, or for the world? I mean, the myself is I mean, it's not separate, I realized that I don't live in a vacuum. That's that's why I'm called to do my part. It's like super I'm not out on the streets or anything. But, you know, to to least support what I see here causes to help steer humanity in a way that keeps our humaneness our creativity, our sovereignty or I don't know. I mean, who can say but I mean, it's, it seems like they want a model. They small group, you know, aspiring to something like China or something where, you know, everything's digitally controlled social credit scores and controlling finances and everything, but I mean, people or we don't have to go along with that. But that's the future that I don't really kind of want to live in. So I'm glad I'm old. But, you know, I mean, I really feel because to children I think I've really been damaged with creating a mode of unnecessary fear for them.

Kit Heintzman 1:18:26

What are some of your hopes for a longer term future?

Christopher Sequeira 1:18:38

Think there's, there's enough I think there's there's the ability for people to even live with the current situation. I mean, the current population if it was managed wisely, but not not when it's so that's why it's really a mixed bag. Because like, I can agree with elements of, of socialism, but not top down socialism where a few people are actually enjoying all the wealth and controlling things. You know, it has to come from simultaneously from the inside out. And so I don't know if there's an easy answer to that. But I mean, it's happening. There's more people than before, I think that are waking up to other possibilities and but it's because you're asking the question, because it's not like I'm completely hopeless. It's just a But But seems like there's a lot of work ahead but I don't know as I responded to some friends post the saying about these certain people I don't even mention the names at the moment but some of you know who should not exist. But I said well I would argue that maybe they should exist because it's reached the point where where what they're doing is becoming so obvious that we have a choice or we may be being shown that maybe we should choose something else because that's a mistake to to think that we just wipe out or do something to certain individuals is probably the same mentality of thinking you can make everybody healthy by just destroying the one virus it's the same thing of saying well, these particular people these tyrants or whatever we just wipe them out that would solve the problem. So that's dangerous and I think I need to remember so it really is it's really up to this really up to the collective really but all we can do individually is stay true to our calling.

Kit Heintzman 1:21:38

Could I ask you to name the tyrants that the post was alerting to simply because I don't know you had said like and you all know who I'm speaking about I don't.

Christopher Sequeira 1:21:49

Ok you don't I think he was particularly talking about let me look up the post. Well, can you just hang on a second, I can actually probably find the actual post.

Kit Heintzman 1:22:11

Thank you so much for doing that.

Christopher Sequeira 1:22:15

Okay, he's quite busy today. He's actually a martial art teacher in the area. China that I've known for many years. Why is it not showing up? Let's see. I don't know if they took it down here. He's been in Facebook Jail quite a bit. Like whether we get rid of him. Or like they would like ban him. But I know Jeff Bezos was one of them and Elon Musk and maybe the royal family and I don't know. Sorry, I can't really I know I actually commented on I usually don't comment much on things. Not sure if he had Bill Gates in there. But I mean, all these guys are qualified for that. But I think they're just the tip of the iceberg. Yeah, somehow it's not showing up.

Kit Heintzman 1:24:05

When you needed support over the last couple of years and moments of stress, who have you turned to who's been supporting you?

Christopher Sequeira 1:24:16

Well, it does help to have my partner I mean, she's, she's more supportive than not, I mean, I just, I just don't really bombard her with all this information. Because we have fun, we go out and take walks and we, you know, be in nature and those kinds of things. I was, as I say, I had this this group I was we had regular meetings where we could just share during my father's situation Go to like two or three meetings a week it was Zoom meetings. And it was all based on also connecting from the perspective of that timeless ground as a direct experience trying to find our we get back to our meeting here, I'm sure what, what to click on now.

Kit Heintzman 1:25:33

There should be a tab that's marked as meet.

Christopher Sequeira 1:25:38

Yeah, I found it. I just had to know what I was looking at. So many of these icons up there at the top of my just That's why I need to run off to the cliffs when I do. Because, yeah, it has been kind of a little bit obsessive at times.

Kit Heintzman 1:26:06

What are some of the things that you do to take care of yourself?

Christopher Sequeira 1:26:11

Well, I eat well, I grow my own microgreens. I was I've been slow and haven't been drinking as much of it, but I even got to brewing my own kombucha and a learning about it's kind of like integrating all the knowledge I've gained over the years. So that one doesn't have to be either one thing, they don't have to be paleo. They're not to be vegan, it can be raw foods, but you can actually combine I worked my way up the food chain, usually starting in the morning, with all of these various super food combinations, the, like medicinal mushroom extracts have been taking for over 20 years. And who knows, I mean, total, like a mad scientist thing. I mean, it's not. But, you know, it's fun. I mean, that's why, you know, I was I've been saying a lot in relation to one's own health choices, you know, my body my choice, because it really boils down to that too. And so just just that freedom to explore and to share information and, and but, but where I used to be a little more dogmatic when I was younger about veganism, or this or that, or whatever. I realized now in my older age, there's no one size fits all anything. I mean, even people eat junk food. I mean, I guess some people can, you know, that individual can survive, sometimes, it just shows the strength of their particular constitution or whatever. So I'm gonna do all the things. Very simple life. I mean, I'm blessed to be able to do I don't even follow me like real rules, you know, I can eat late at night, it doesn't seem to change anything. I'm actually the lighter weight than I've ever been right now. And that's from eating more fat. I proved that point, even though I didn't do it for weight loss. Mainly coconut, avocado oil, those type of things, of avocados themselves. There's a lot of misinformation out there in the dietary world from the past too so its like. But that's just it. It's let's say, oh, you know, the people talking about systemic racism. Well, actually, I think the one can don't have to really, like call it all individuals evil or anything. It's just like, the systemic problems with the medical system. Incident. Yeah, one can just use that, that framework. It's like a self perpetuating sort of profit machine. And, you know, the nurses are great. And you know, I mean, like a lot of people, even doctors, they don't have they don't really they don't want to lose their jobs, and they don't even necessarily have the wherewithal to question anything.

Kit Heintzman 1:29:32

I just wanted to invite more conversation about that intersection with systemic racism.

Christopher Sequeira 1:29:40

Well, you know, I've sort of gone negative but now I realized I still do, you know, the, with its comes back to the mindset of like small groups of people running the show, and that's the origins of colonialism. Or it has its origins in that colonial mindset, except now Oh, you know, some people are saying, well, the 99% or whatever or the colonized now, you know, I want, that's what that's an intersection for me, it's like, it's the mindset. One could argue that Columbus was actually an all these explorers that came here and killed Native American, indigenous peoples. So they were actually the first capitalist. They were out here, and, you know, and then, you know, was the exploited, you know, either killed or enslaved. So that that's sort of the origins of the slavery, which actually is an economic system. So that the United States was built on an economic economic system where they didn't have to pay in but and then they see the psychology is very deep, because if you grew up thinking, Oh, of course, these people, you're treating like animals, you know, they're going to be dirty, and all this kind of stuff, and then like, sort of creates this horrible mindset. And then it's still it's still traces a bit apparently, are still there in the south, it's getting better, but so, you know, there's, there's a problem there. Can't it, can't deny that. But then when you have like, okay, the people in this the people what I'm kind of waking up as to when these things get corporatize and now I question that sort of a divide and rule kind of principle going on, so that we get all these, you know, so called you know fascists. But that's that's a misuse of the term fascist, because a fascist actually could be racist, but I fascism doesn't seem to be racism isn't really fascist. From what I've seen, it's when corporate corporations and the government become one thing. We have crony capitalism. I don't know. That's kind of more. I used to be kind of anti capitalist, but now it's more about crony capitalism, not the exchange, having a rate of some kind of exchange of things and creative people. You know, small businesses making money and stuff. So it's systemic racism well it's all part of it, actually. Because well, how did a lot of corporations make money? I think that's the whole thing where you have so called you were supposed to be democratic over here, but then US corporations having supporting dictators in other countries. And getting off that, but yeah, that's a form of racism. Yeah. Like, what happened in India, British Empire. African continent. It's a min, that's what I'm saying. It's a mindset and the collective. And then people wanting to be ruled maybe by that's why it's sort of interesting. So monarchy thing. It's like the institution is questionable. So that situation, I guess it's in the minds of people these days.

Kit Heintzman 1:33:40

Do you think of COVID-19 as a historic event?

Christopher Sequeira 1:33:52

I think it's historic because of what's been it's not the virus. But what was done in its name is historic. Because apparently, they've been, you know, H1N1 or whatever it was, like 2008 or nine, whatever it was, it didn't really fly. And apparently, there's been other attempts to create. I mean, they've been really promoting flu shots like crazy, I know, for the last 10 years or so. But it's historic in what's been done in its name.

Christopher Sequeira 1:34:30

But, but if that's why I hope that history really is not just steered by the ones in power, because there are historical records now, in certain books, like Robert F. Kennedy's book, it's all it's all documented. All the different things in there. And there are other books out now are documenting this time and hopefully these things will be done as historical records in the various Senate hearings and the other organizations growing as a collective of I know they're mostly American or the worldwide 17,000 doctors, a lot of them have traded treated 1000s of patients

successfully with no deaths and so like why don't we hear about that? So I've heard about it it's out there in public so it's historic and and what's been done like that insanity.

Kit Heintzman 1:35:35

What are some of the things in your own education in history that you've wished you'd learned more about younger?

Christopher Sequeira 1:35:51

Well, I don't know if all of it's in the public domain but I mean, but it's I mean back then. But if they really taught about like, how the rise of Hitler and the US companies and people that inspired him, for example there's evidence of that now. There are books out but the origins of the CIA for example and things I mean, we didn't know about that but people have done their research think there's a lot of like, what whoever wins the battles or whatever writes the history seems like.

Kit Heintzman 1:36:50

What do you think scholars in the humanities in the social sciences, so departments like poli sci sociology literature, what should we be doing right now to help us understand and understand the human side of COVID-19?

Christopher Sequeira 1:37:11

Think what you're doing right now if you can get people to honestly talk about their experience and so it's like I had this insight to that you learn more about history by probably by reading biographies rather than like some textbook talking about Washington Crossing the Delaware or something like actually like hear in the accounts of individuals.

Kit Heintzman 1:37:53

I'd like you to imagine speaking to a historian in the future, someone far enough away that they have no lived experience of this moment. What would you tell them cannot be forgotten about right now?

Christopher Sequeira 1:38:36

Almost like too much to kind of try to process or to convey the moment other than it's when big money technology and media politicians combined to attempt to steer humanity into a direction just completely different than then what the natural human and human spirit has connected with the principles of nature with designed for and it's, it's, it's come to this we can call it now if I'm right here, I wouldn't I don't know how it's going to play out. So one can call it a transhuman vision and I don't know if the people in power We're still want to maintain their humaneness. Or they actually believe that we can have like these AI Metaverse kind of reality that's better than nature. But we were already I mean, I'm here in front of a screen too. So I grew up watching TV, but I still appreciate nature and I don't think I want to move in that direction. But it seems to be nobody's like hiding the fact they're all talking about even even say that me denying saying that human spirit or I don't even think the word soul really conveys what it actually is but just for sake of conversation, they don't believe that there's a human soul. They think we're just basically like robots, and we can just be better robots with technology. And so this is the turning point, I think, for the person in the future people use the term red pill or blue pill based on the matrix, somewhat prophetic.

Kit Heintzman 1:41:23

Are you okay with that?

Christopher Sequeira 1:41:26

Well, I don't know, I don't even know if blue pill is more, I guess going along and sort of asleep, or is the red pill, it's really being awake, or what I just interpreted as being awake to what's actually happening. And that there's actually a real world that is in the meta world. You know, we're just in screens in virtual reality, but we think it's real. But somehow our spirit or energy is being mined. Or the benefit of a few like this, that saying, you'll own nothing and be happy. But then he says, you'll have nothing, he doesn't say we all will own nothing and be happy. So, so we'll be happy, but they'll be like, ecstatic. But that's the way it's been in the past, though, even if you go back to royalty, or, you know, people were quite happy to, well, whatever. build pyramids for the king, whatever. He said on sort of a meager diet, but still sustain life. It's just an interesting. We don't know the whole picture. There's so much. That's a whole other conversation. There's a lot of people working on stuff right now. So that's what I'd say. And this is the turning point. You know, we've chosen well, we said no. People woke up.

Kit Heintzman 1:43:17

I want to thank you so much for the generosity of your time, and the thoughtfulness of your answers. Those are all of the questions that I know how to ask right now. But I'm wondering if there's anything you'd like to share that my haven't my questions haven't made room for. Please take some space and share it.

Christopher Sequeira 1:43:41

Well, maybe I didn't fully answer. It's really it's a paradox is that it's like what's happening it's not Putin, Russia or anything. This is world war three, but it can only be won by love. That that's why the biggest challenge.

Kit Heintzman 1:44:05

Thank you so much.