

Love will prevail

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Just like you I'm wondering about this pandemic.
Especially at these challenging times!
A Chinese proverb states: "May you live in interesting times!"
Indeed friends, we are living in a very interesting time!

Pandemics have been occurring throughout our existence.
We have survived Influenza, SARS, Swine flu, cholera,
Typhoid, MERS, and Chikungunya, among other diseases.
What is unique this time is our global fluidity,
over population, global fever, and seemingly open,
but sometimes false information from politicians.

Of course, we are learning basic hygiene,
borrowing Asian greeting practices
of bowing our heads with hands in prayer at our hearts.
I'm overwhelmed with the number of emails,
and social media messages I receive
on how to wash my hands, and how to exercise social distancing.

Don't you know that we have already isolated ourselves socially?
We no longer need to leave our homes, even for basic needs.
Food from restaurants is delivered.
Groceries and bottles of water are placed at our doorsteps.
Laundry and cleaning delivered,
and social media has reinforced
social voyeurism and distancing!

People are at the edge of their emotions,
ready to explode instantly,
repeating the news incessantly,
which has challenged the sanest amongst us.
Lack and scarcity have frightened people
to very frantic and unhealthy levels!

Remember that everything is energy.
News and fear have plagued our globe,
especially from China, Italy, Spain, Iran, and the USA!
Fear is an energy constrictor.

It overwhelms and weakens our immune system.
We are busy fighting the unknown
while our immune system is unprotected
and exposed to all kinds of new diseases,
biologically and energetically.

Egomaniacal male leaders are comparing
the size of their organs through their tweets,
instead of focusing on global pandemic protocols.
Meanwhile, you and I try to calm the masses
through positive affirmations,
focusing on love, which is essential for our survival!

World atrocities continue as the Turkish army bombs Syria.
People die from bombs and starvation
in Yemen and Africa.
Children are abused and used in Asia.
Women are discriminated and raped around the globe.
Muslims are being targeted in many parts of the world.
Global fever destroys the flora of Mother Earth,
promoting more viruses to spread globally!

Crises brings opportunities,
for those who search for cures!
Although this crisis may look like
a Black Swan effect
—a metaphor that describes an event
that comes as a surprise while the main reason is hidden—
Let's increase our faith, love ❤️ and compassion,
focusing on what we CAN do, not what we cannot do.
let's keep a balance between safe practices and paranoia.

Let's count our blessings, instead of focusing
on the limitations placed on us.
Let's transform despair into hope.
Let's embrace Love and mindfulness to
Restore our health and naturally
Vaccinate ourselves against darkness,
and a pandemic of ignorance.