



The Miracle Of The Coronavirus – Part 1

Creating authentic power requires distinguishing **love** from fear in yourself and choosing love no matter what is happening inside you or what is happening outside. Our evolution now requires us to create authentic power. The coronavirus is teaching us how to do that. The reality of the coronavirus is often lost in the fear of it (including denial). The reality of the coronavirus is that no one is immune to it, and it is extremely contagious. The mortality rate of the coronavirus is much lower than small pox or bubonic plague, yet it is a deadly threat. That reality demands that we bring our fears into our **awareness** so that we can **choose** responsibly between our fears on the one hand and love on the other. This is important because not only your health depends upon your choices, but also the health of others.

In other words, the coronavirus is the perfect teacher of **responsibility**. The coronavirus is contagious days before its symptoms appear in you. You do not know when you become infected! During that time you can infect others without knowing it and without them knowing it (because they do not know when they become infected, either), and they can (will) very quickly infect others and on and on and on and on. These are the things that make the coronavirus very dangerous. It is extremely contagious, everyone can unknowingly infect anyone else, and it can kill you. In other words, if you mindlessly endanger yourself, you mindlessly endanger others. If others recklessly endanger themselves, they recklessly endanger you. To echo Lakota wisdom, the health of one is the health of all, and the illness of one is the illness of all.

The coronavirus teaches us the most **basic** lesson about love and fear. To slow the spread of the coronavirus I must isolate myself from you and keep a distance. Yet these are behaviors of fear. How can I care for you and isolate myself from you at the same time? How can I love you and keep a

distance from you at the same time? This is the contradiction that makes the coronavirus the perfect teacher of all that is truly **valuable**. There is only one alternative to all this. That is love.

Isolation requires me to **proactively** love you (there is no other way of loving), for example, calling on the phone, waving from a window, sending a text and more with the **conscious** intention of love. It requires you to proactively love me. Individuals in fear do not love accidentally. Love requires a conscious choice when fear is present.

Do you mindlessly distract yourself with food, television, or games in your isolation? With obsessions, compulsions, or addictions? Are they satisfying? These are the things that isolate you from yourself as well as from others. Do you look for things to do that are **meaningful** and **rewarding**? When you isolate yourself because you **care** about others, you make the big choice, the most important choice, the choice you were born to make. As you make it again and again, you move beyond the control of fear and into the territory of love, beyond the desert of emptiness and into the ocean of **meaning**. We were born to love one another. That is why it feels so good.

The coronavirus makes all this evident. It gives all eight billion of us **opportunities** to choose love instead of fear (to create authentic power) in the same context at the same time. It is the **perfect** gift for an emerging human species unlike any before. We are that species.

This is the **miracle** of the coronavirus.

Love,

A handwritten signature in cursive script that reads "Gary".

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