

A Letter from the Coronavirus– claimed by several authors: unknown

"Stop. Just stop. Don't move. It's not a request. It's an obligation.  
I am here to help you. I am like a supersonic mountain that has covered everything. No  
trains, schools, shopping centers, or public meetings.

I've broken the crazy whirlwind of illusions and obligations that were stopping you from  
turning your eyes toward the sky.  
Look to the stars. Listen to the sound of the sea and chirping birds. Roll on the meadows.  
Cut an apple from the tree. Smile at an animal in the forest. Breathe in the mountain air.  
Listen to your own voice.

You are forced to pause. You cannot replace God. You have a common obligation—like  
you always have. You have just forgotten about it.  
We (the virus) are pausing the ominous broadcast of divisions and distractions to make this  
announcement.

You are not doing well. None of you are. You are suffering.

Last year, all of those fires that took place, put the lungs of the earth in flames. But it did  
not stop you.  
Neither did the melting of the glaciers.  
Nor the realization that you are the sole culprits of the 6th mass extinction.  
You didn't hear me out.

It is difficult to listen when you are so busy climbing the ladder to get the most that's  
possible for your own comfort.  
The world's foundation is collapsing due to your own materialistic desires.

I will help you.  
I will bring those fiery storms to your body.  
I will plunge deeply into your lungs.  
I will isolate you like a polar bear on an iceberg in an open sea.

Can you listen to me now?  
You are not doing well.

I am not the enemy.  
I am a messenger—an ally—a force that will restore balance.  
Here me out. I will be howling until you do.

Stop. Remain silent. Listen.  
Turn your eyes to the sky. How does it look? There are no airplanes.  
What else does it take for you to be grateful and mindful of the oxygen you are given.

Look closely at the ocean. How does it look?

Look closely at the rivers. How do they look?  
Look closely at the Earth. How does it look?  
Look at your own self for awhile. How do you feel?  
You cannot remain healthy in such a sick ecosystem.

Stop.

I know you feel scared in the moment.  
Do not give into fear. Do not let it overpower you.  
Listen to what it has to say—to its wisdom.

It's time we all learn to smile with our eyes.  
I will help you if you listen to me.  
Listen."