

How to create a 24/7 corona of love and warmth around the world?

Dear IMO colleagues

In March 11, 2011 – 9 years ago – a great earthquake triggered powerful tsunami waves at the coast of Japan, causing the nuclear accident of Fukushima.

Scientists of the Disaster Research Center of the University of Delaware (US) made research work on the behavior of people after a natural disaster. They looked at 700 events over a period of 30 years and found out, that after the first wave of rescuing ones life, always a second wave of compassion and unselfish help occurs.

Today the corona virus is running like a wave around the world. In a way it is like a natural disaster with the difference, that we as human beings with our thoughts, emotions and fears are part of it.

Looking at this phenomenon what “we are the tsunami”, a Contemplation by Rev. Gisela Wielki reached us and we would like to share it with you. Gisela is Priest of The Christian Community in New York.

#### CORONA

*A corona is a circle of light around an object. The most magnificent corona in our universe is the corona around the sun. It is a fiery circular crown with occasional intense flare ups. Its rays extend millions of miles into space. What a majestic body our sun is, the source of light and of life.*

*Looking at the heart there is also a corona. The heart muscle has its own blood supply. It comes from a crown or corona of blood vessels that circle the heart. This corona can be defective and then one speaks of coronary heart disease.*

*And now we have a corona-virus that has unleashed panic around the globe. Borders have been closed. Air travel has been partially suspended. Millions of people are under lockdown. The corona-viruses are named for the crown-like spikes on the surface of the virus. They usually cause mild to moderate upper-respiratory infections, like the common cold. But they can also cause more severe illnesses such as bronchitis and Pneumonia which can of course lead to death.*

*For some time now people all over the world seem to have fallen under the spell of fear. Fear has entered our lives like a fast spreading virus. It has become a corona of darkness around the globe.*

*Like the crown-like spikes of the corona-virus, the dark spikes of fear drive people apart. Fear drives people into isolation. Fear contracts and constricts the heart.*

*And is the heart of humanity not suffering from coronary heart disease, from constriction, and therefore from a lack of love supply? Infectious love and life and laughter are giving way to deadly infections of the soul and the spirit. The world needs healing. We need healing.*

*As a child I used to sing: ‘The Sun is in my heart ...’ We need to re-discover this sun in our hearts, so that His corona can embrace our frightened humanity and drive away the cold and dark corona of fear, and so that we may find the courage to touch each others soul with the contagious healing power of love.*

Our suggestion is, that we start a 24/7 corona of love and warmth around the world with meditating before we go to sleep. Creating a mood of peacefulness and stillness in our souls with gratitude and love. Sending good thoughts to all the people living with fear and asking the Angels and universal powers to help us to get prepared for the second wave which means to build up an economy based on principles of solidarity and local support. Let us start to build and create a new world-economy and world-consciousness based on solidarity, caring and compassion.

Alexander and Hanjo