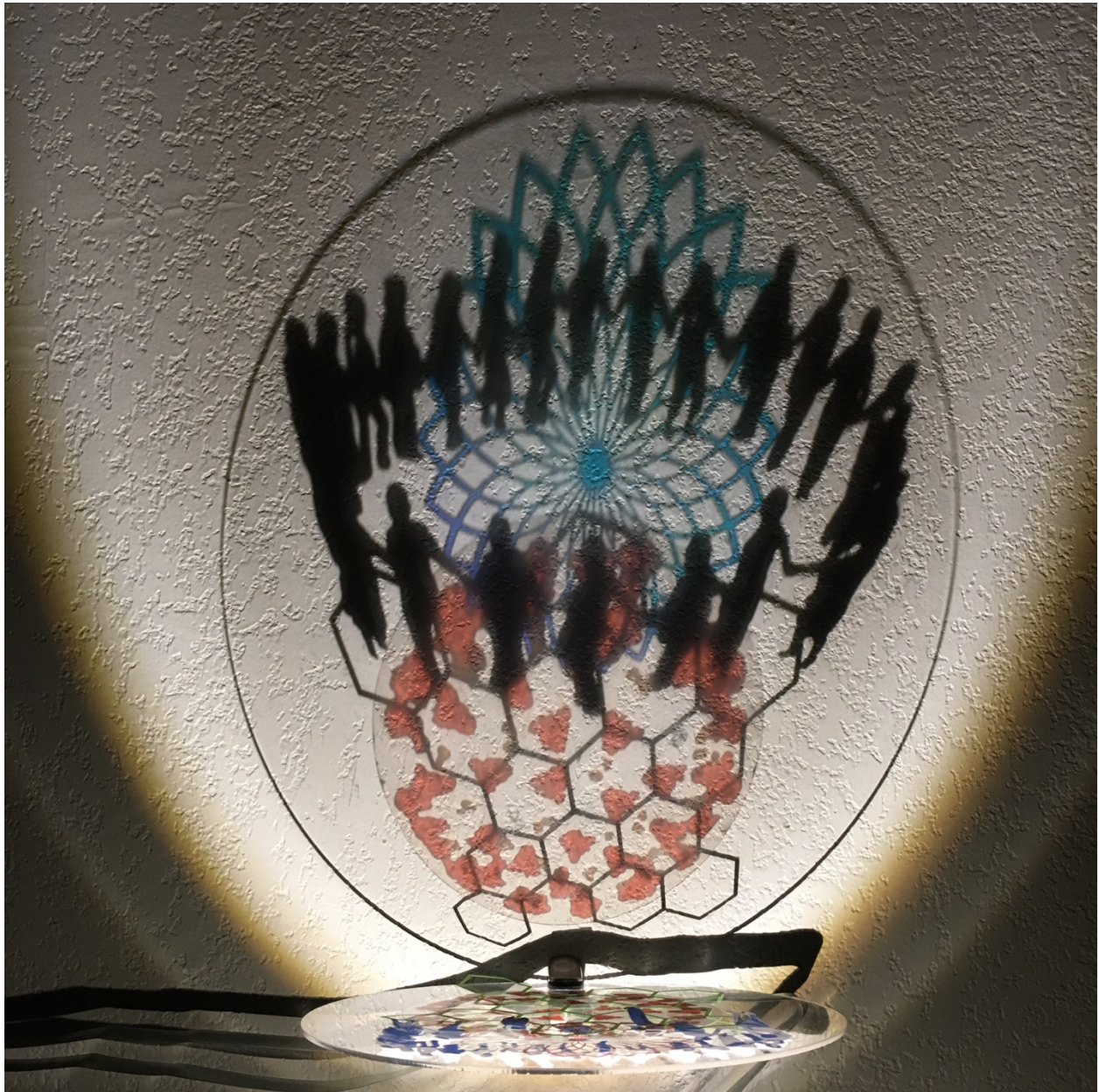


A COVID-19 Antidote - Dismantling the Crown
Cheselyn Amato – July 15, 2020



Vanquishing COVID - Healing COVID – Finding COVID's True Mate

On July 14, 2020, I worked until the wee hours with the COVID-19 coronavirus image, seeking to find what can vanquish it. The image above comes from that exploration.

It has come to me that COVID-19 must be seeking a partner; something has changed for this coronavirus that it needs to find company, connection. I am asking myself what is it that humanity can become that will satisfy/assuage the “yearning” that COVID-19 signals.

In the provision of bereavement support, I have found the concept of making friends with all the thoughts, emotions and sensations including very difficult ones that accompany grief and mourning to have powerful healing effect for my clients: Invite all of your thoughts and emotions to your table, acknowledge them, let them know that you hear their voices, just listen, non-judgmentally. Meet your thoughts, feelings and sensations where they are and just be with them. Out of a place of pause often arises exactly what is needed in order to move forward in a now unfamiliar world to gradually make it anew.

The Hawaiian concept of *Ho'oponopono* is another healing tool in which we are invited to recognize, acknowledge, thank, apologize, and forgive ourselves and others in order to encourage liberation of the mind, heart, body and spirit – to rediscover and affirm the centrality and triumph of love. When we have been wounded, we have the opportunity to release those whose words and actions have caused us hurt from the negative role they are playing in our lives, including the scripts in our own heads and hearts that hold us back. We do not have to remain at the mercy of our wounds and we can say to those negative forces: I now release you. Go in peace.

Perhaps there is a way to assist COVID-19 to dismantle its crowns by which damage of catastrophic proportion is resulting. If we imagine that the hurt is not being perpetrated by an intentional malevolent will, but by a craving, misguided sovereign, then what might we do to show it another way? What decoys and diversions might grab the attention of these reckless, lost entities? In those entities becoming re-directed, perhaps we too shall become healed and directed anew.

Imbalance has been threatening to fully tip, and so it seems it has.

May we be healed and may we find the path to liberation.