

## Stonewisdom's Coronavirus Advice for Overcoming Fear

### A Spring Equinox Meditation

Yes, times *seem* scary. The vulnerable are moving into great fear: fear of illness; fear of safety for loved ones; fear of death; fear of financial ruin; fear of job loss ; fear of auto repo: fear of foreclosure: fear of travel; fear of the unknown: fear of the future; and *all the other fears that we can plant and grow in the fertile conditioning of our minds.*

Now, **please envision all these fears as one entity**, seemingly *huge*, standing outside on your door step and knocking to come in. Boogeyman fears arise! *You do not have to answer the door!* Open your voice instead and say **"You bully! You're not the boss of me! Now go away!"** And Fear, gathered on your front stoop, rages and growls and threatens.

Your neighbor sees it and starts to go fearful. She or he calls you on the phone to warn you. You tell your neighbor, "It's OK. I've got this. *I'm more powerful than fear*, who is a blustery fool. Just an old pattern of mental manipulation. Please don't you engage in this." You hang up, but your neighbor begins to call other neighbors and your community is soon spreading fear and dis-ease.

*Oh, no you don't*, you think about Fear. *You are **not** going to frighten my neighbors. Not the seniors, and not the children. Why, even my pets are hiding under the bed. I will not stand for that!*

Powerfully, you wrench open the door and step out (for you shall not allow Fear to enter!), and you shake your finger under Fear's big, bulbous nose, for Fear is ugly, indeed. You demand, **"Get away! Scat! There is no room for you here."** Fear laughs in surprise. Fear also begins to deflate in size.

**"I Am healthy. I Am prepared. I Am praying for myself, loved ones and all the world."** You step closer, advancing on Fear in your innate courage. Fear steps backwards, and deflates in size a little bit more.

Now you reach out and *shove* Fear completely off your doorstep. **"You are not allowed. You are never welcome!"** Fear whimpers and backs down. It deflates a bit more. *You are empowered!* You keep pointing your finger and poking fear in the chest. Fear stumbles backward, toward the public sidewalk. You advance on it because you are now in your Divine Warrior mode, being the Earth Angel you truly are. *...and it feels so good!*

**"You-shall-not- bother-our-newly emerging-world-any-more. Your time is over!"** And you point to the sewer. Whimpering, Fear, now the size of a small naughty child, begins to melt, for even that much fear is an illusion. Fear slithers into the drain and down into the great belly of Gaia, our Earth Mother, where fear shall forever be lovingly contained.

Your neighbors have been watching. Doors and windows open and they cheer and clap. They honor you, but that is not the point. **You have mastered fear and protected your piece of the world** this day. You are satisfied. You feel humbled.

In deep gratitude, you wave to everyone, then go back into your home, because social quarantine is still hanging on, as the "pandemic-that-need-not-be" disperses from our global environments. You *turn off* the TV news. You *shut down* your cell phone news feeds. You *unplug* your computer from apocalypse ads and then realize...*the birds are singing*. Spring is blossoming! The sun comes out to shine. And remarkably, *you feel great!* You create a daily mantra, which you share:

**"I AM a divine being who lives in joy. I Am content & at peace, for all is well. I now hold the Light for myself and all others and invite the World to join in with me. Aum. Aum. Aum."**