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## *An Imagined Letter from Covid-19 to Humans*

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This is an amazing letter. [Kristin Elyntz](#) was posted on Facebook on March 12th. She speaks of the letter as "imagined." I know it was channeled. How many of us have heard these voices? When we pause and become still, we can listen to these deeper voices which help us understand the beauty and the magnitude of the systems in which we live.

Stop. Just stop.  
It is no longer a request. It is a mandate.  
We will help you.

We will bring the supersonic, high speed merry-go-round to a halt  
We will stop  
the planes  
the trains  
the schools  
the malls  
the meetings  
the frenetic, furied rush of illusions and "obligations" that keep you from hearing our  
single and shared beating heart,  
the way we breathe together, in unison.  
Our obligation is to each other,  
As it has always been, even if, even though, you have forgotten.

We will interrupt this broadcast, the endless cacophonous broadcast of divisions and  
distractions,  
to bring you this long-breaking news:  
We are not well.  
None of us; all of us are suffering.  
Last year, the firestorms that scorched the lungs of the earth  
did not give you pause.  
Nor the typhoons in Africa, China, Japan.  
Nor the fevered climates in Japan and India.  
You have not been listening.  
It is hard to listen when you are so busy all the time, hustling to uphold the comforts and  
conveniences that scaffold your lives.  
But the foundation is giving way,  
buckling under the weight of your needs and desires.  
We will help you.  
We will bring the firestorms to your body  
We will bring the fever to your body

We will bring the burning, searing, and flooding to your lungs  
that you might hear:  
We are not well.

Despite what you might think or feel, we are not the enemy.  
We are Messenger. We are Ally. We are a balancing force.  
We are asking you:  
To stop, to be still, to listen;  
To move beyond your individual concerns and consider the concerns of all;  
To be with your ignorance, to find your humility, to relinquish your thinking minds and travel  
deep into the mind of the heart;  
To look up into the sky, streaked with fewer planes, and see it, to notice its condition: clear,  
smoky, smoggy, rainy? How much do you need it to be healthy so that you may also be healthy?  
To look at a tree, and see it, to notice its condition: how does its health contribute to the health of  
the sky, to the air you need to be healthy?  
To visit a river, and see it, to notice its condition: clear, clean, murky, polluted? How much do  
you need it to be healthy so that you may also be healthy? How does its health contribute to the  
health of the tree, who contributes to the health of the sky, so that you may also be healthy?

Many are afraid now.  
Do not demonize your fear, and also, do not let it rule you. Instead, let it speak to you—in your  
stillness,  
listen for its wisdom.  
What might it be telling you about what is at work, at issue, at risk, beyond the threats of  
personal inconvenience and illness?  
As the health of a tree, a river, the sky tells you about quality of your own health, what might the  
quality of your health tell you about the health of the rivers, the trees, the sky, and all of us who  
share this planet with you?

Stop.  
Notice if you are resisting.  
Notice what you are resisting.  
Ask why.

Stop. Just stop.  
Be still.  
Listen.  
Ask us what we might teach you about illness and healing, about what might be required so that  
all may be well.  
We will help you, if you listen.

-Kristin Flyntz 3.12.2020