

## **A Way to Understand COVID**

Hi everyone, this is Nancy. Today is Jan. 22<sup>ed</sup>, 2022. How are you doing! Corona virus has been with us for over two years. It is one of the most powerful and destructive viruses in our history. Over five million people have died during this pandemic. The real number is probably much higher than this and this is still not the end of it. For sure one day, the pandemic will end and the virus will be gone or will be with us in an unharmful way.

The COVID virus is an invisible big hand. No matter how the virus appeared, either maliciously created by humans or in any other way, it is a tool that the Nature uses to regulate the life on Earth. And in the past two years, the virus has been used by some people to do business or even used as weapons, which is a crazy and pitiful thing for humans.

To our naked eyes, the virus is small, so small, but we cannot just blindly ignore it. The virus has spirit and it is systemic, or it listens to orders you may say. It is much beyond what we can see or cannot see. It is beyond the discrimination of our eyes. It is small to our eyes, but it is super delicate in a spiritual way.

In general, viruses are not just powerful in their ability to destruct, but also their ability to create and to protect. Our evolution, human's evolution, is accompanied by viruses. In a way, they shape us and make us stronger. To destruct, to create and to protect are all what viruses do to humans.

No matter to the Nature or to the virus, we all should be respectful, repentant and grateful. Our short-sight, profit-pursuing and greed have put us in an awkward position today, and we incurred everything that is happening these days. Do you agree?

Amitabha! We respect the virus, but still we should be very careful in daily life. Masks are an effective way to protect ourselves. Thank you everyone for being here, I will see you next time. Bye.