A Suggestion to Combat Coronavirus Pandemic

And Prevent Future Disasters

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There are great challenges facing humanity today. Problems such as global warming, depletion of natural resources, environmental pollutions, hunger, poverty, social unrests, injustices, terrorisms, crimes, and so on.

But the most important problem the humanity is facing today is the Coronavirus Pandemic. Governments throughout the world have taken drastic actions to combat this virus and protect their people. They rely primarily on science and technology to solve this pandemic. In many countries, some people have resorted to prayers, asking God to solve their problem.

Before attempting to suggest a complementary solution for this problem, we need to explore as to why (not just how) such problem has come about.

I am in the opinion that any individual's thoughts and actions affect the livelihood and well-being of other beings and the entire universe. There is a statement that "flight of a butterfly in India affects the fire burning in Southern California". It is extremely difficult to prove this statement, or what I stated above.

There are scattered experiments to show how, for example, soft music can help the growth of plants or increase the milk production of cows. There have also been experiments to show how the thoughts, well-wishing and the love exuded toward plants have improved their growths, and hatred and ill-wishing has reduced their growths [1].

I believe we need to examine our thoughts and behavior, if we want to combat the present pandemic, and prevent the occurrence of future calamities.

I believe the suffering of people in different parts of the world because of wars and oppressions by their rulers, and the suffering of people and animals throughout the world because of the destruction of their habitats, and the drastic changes brought to the environment by people are the main reasons for the current pandemic and other disasters.

In short**, I believe our greed, selfishness, lack of love and compassion and respect for people and all life forms and nature are the main reasons for the present world calamity**.

The Muslim Holy Book, Quran, in Chapter, Alroum, verse 41, states that:

"Mischief has appeared on land and sea because of what the hands of men have earned, that (Allah) may give them a taste of some of their deeds in order that they may turn back (from evil)".

I conclude from this verse, and many experiments carried out in the world that: *the present day Coronavirus pandemic and many other disasters have occurred because of what the people and countries (particularly the wealthy and powerful ones) have been doing to the people and other living beings of the world and to the environment and nature as the whole.*

We all need to examine our thoughts and behaviors, and make necessary changes in them, if we want to really combat the present pandemic, and prevent future disasters from happening somewhere in the world.

To combat the present day problem that all people are facing, and in order to prevent (or to reduce the likelihood of the occurrence of) future disasters, I suggest the people throughout the world, while following the scientific and technological solutions proposed and implemented by their governments to combat the Coronavirus, do the following:

1. **Render the most effective and selfless service to those who need it most**, **irrespective of the people's color, religious belief, nationality, national origin and life style. This includes an effort to eliminate the suffering of people and other beings due to wars, tyrannies and the destruction of their habitats.**
2. **Cultivate human values of love, compassion, forgiveness and respect toward all people, and all beings, and eliminate hatred of one another**. **Replace hatred with forgiveness, love and compassion.** This way, we can secure a happier life too [1].
3. **Think positive, seeing goodness in every one and every event.**
4. **Express our gratitude towards God (or the Universe) for all we have. Re-examine our lifestyle and make sure we do not waste anything and we are using the minimum of everything we need.**
5. **Make the governments of the world to eliminate any expenditures on war equipment and use their resources to bring peace and happiness to all living beings in the world.**

With these efforts, and the changes brought about by people in their life style, the wealthy and powerful nations will take pride on their healing capabilities, and not on their killing power.

Reference

1. Mehdi N. Bahadori, Love to be Happy, the Secrets of Sustainable Joy, 1994, Blue Dolphin Publishing, Inc., Nevada City, CA. See also www.happinessyourhome.com and www.mehdibahadori.com.