

## COVID-19 Message from Dr. Aung

April 2020

To all my dearest students, patients, colleagues, friends and their families,

I am so grateful for the profound privilege to offer my heartfelt blessings to you and your families during the COVID-19 pandemic. Please remember that the only distance between us is physical. My heart and spirit are with you, hand in hand, and heart to heart.

I thank all of our front-line workers, medical associations, professionals, governments, and international coalitions like the World Health Organization who are working around the clock to save lives and forging new paths to handle this pandemic. My heartfelt thanks to them. They are clearing a path to a healthier world even though we do not know the answers...yet.

Can a new modality for healing be born in the heart of a storm? Is it possible to see this as a time for growth that comes from the darkness when Mother Nature is out of balance? Nobel prize winner, physicist Marie Curie, once said, "Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." Our global experience of an unstoppable virus may be like being in a frightening, raging storm on the ocean. We are stuck on the ship and can't get off, so we journey all the way to the other side, together, and discover what we do not yet know.

Light follows dark. Calm always follows a storm. I am confident that once we recognize we are the source of what is possible, there will be infinite beginnings ... a Nirvana of new relatedness, loving experiences, compassion for suffering, and rebuilding.

In her recent message to the World, Her Majesty the Queen emphasized Unity and I am of the same opinion that being united, being one in action and spirit, is the only way to counter the magnitude of health, economic and social disruption. As the world swirls, cleanses and changes, we must stand together and begin the healing from the 'inside out', united for the good of humanity.

The circumstances out there in our World show commitment globally and many are looking at how the community can make a difference. As well as physical healing, there is another layer emerging that connects people to people and empowers the ability to be the source of our own healing. I see humanity uniting as one consciousness and healing for our Planet and COVID-19 and connecting. I was honored to participate in a worldwide meditation with more than a million people from around the world. Recently, 22 million listened to songs of hope as Andrea Bocelli's voice rang out from a virtual concert in Milan. Another worldwide virtual concert, *One World Together At Home*, lead by Lady Gaga, with musicians, artists, billionaires, major corporations, the World Health Organization and Global Citizen, brought awareness to our interdependence and connection.

What we are experiencing now is the clearing of an old way of being that must happen so that the new can enter. We need change. We are choosing to move toward the birth of a healthy, happy, healing paradise. This is an act of love and healing for future generations based on who we are being now.

It's time to recycle our loving kindness and compassion daily to those who have been impacted, who are ill, or faced with death. As a Canadian national television news anchor said, "Love is not cancelled." Love is the most powerful healing in the world. Qi Gong is a healing modality and our quantum leap to loving kindness, self-care, self-cultivation and loving care of others in our global community.

Being of service to ourselves and others, with Qi Gong and other self-cultivating practices such as yoga, Tai Chi, and meditation, is crucial to creating a smooth direction of well-being for future generations. I encourage all who practice Qi Gong to be engaged in being the source of your own well-being, beginning with a daily Qi Gong practice. This is especially important to boost our immunity and strength as calls to reopen the economy get louder. I have designed and shared, on this website, a sequence of Aung Vital Energy Medical Qi Gong practices for my Qi Gong students during the COVID-19 pandemic.

The future becomes healthier with today's self-care and self-cultivation. My dream is that our future is a place where our focus shifts to enhancing wellness. This can be a reality beginning with each one of you.

Aung Vital Energy Medical Qi Gong and other self-care modalities are the place to start. Your self-care will establish the groundwork for a healing paradise of good health in a restored environment for future generations. It is possible if we take action now.

We have time. The world has stopped to give us a chance to catch our breath. I encourage you to wonder what is possible for your future and get into action with Qi Gong and other self-care activities. Precious wellness begins with you from within.

May you be free from all the viruses, free from all the Corona viruses, from all diseases and all the suffering and be in good health, prosperity and happiness. Send blessings to those you love and to the stranger next door.

**SADHU SADHU SADHU AMYA AMYA AMYA**

*Dr. Steven K. H. Aung, CM AOE MD PhD FAAFP*