

## After-thoughts from 2010 Haitian Earthquake

- by Dr. David Coppola, Holistic Doctor, DC, Author

[www.DrDavidCoppola.com](http://www.DrDavidCoppola.com)

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Mother earth has released some stress accumulated along a geographical fault line and the Haitian people were the enigmatic sufferers of this reality. But this earthquake has given us, as humans, an opportunity to re-enact the powerful force that holds this universe together by showing **compassion**. This reality however, is certain to perpetuate our questioning, "Does everything really happen for a reason?"

This disaster has affected all of us, but our sub-conscious minds, which are a part of the collective unconscious, will respond to protect us. These acts are solely based on survival. We tend to inadvertently disconnect, deny or internalize toxic emotions such as fear. This is one way we protect ourselves from psychological traumas. But now is not the time to act out of defense. Now is the time to send food, medical assistance, clothing, and thoughts of loving kindness to a nation in dire need of accessing feelings of hope. This living, breathing planet appears brazen to relieve stress on such a poor nation. But is any country worthy of a national disaster?

Many of us recognize a "fight or flight" response and understand the bio-physiological functions associated. But this disaster has given us little warning and barely time to rationalize. Why did God let this happen to such a poor nation? Elisabeth Kubler-Ross, a Swiss-born psychiatrist and author of the groundbreaking book "***On Death and Dying***" said, "Most of us view nightmares and losses as a curse, as a punishment by God, as something negative. But we

must realize these are opportunities to learn and grow.” Well, what are we supposed to learn from this?

It is times like this when we must give attention to the interconnectedness we all maintain through consciousness. Scientists have proven through quantum physics that the flapping of butterfly wings in Malaysia can cause a tornado in Texas. Modern science has shown us that music, words, and even thoughts can change the geometric formation of ice crystals as water reaches its freezing point. What more evidence do you need to know how powerful your loving, caring thoughts can be? After all, our human bodies are 70 – 90% water! Let's put aside our limiting beliefs on the effectiveness and benefits of prayer and on the power of positive thinking. Take a few moments right now to forgive this beautiful planet for erupting.

Thoughts matter. When we are thankful for opportunities to grow and learn, we realize our infinite potentials. We are powerful beyond our beliefs, but it starts with forgiveness, cooperation, and serving our fellow humans, especially in times of crisis and unexplained tragedy.

This is an awakening to the necessary actions we must take to clean up the environment and this planet. This year 2010, will be filled with Zen if you allow it to be.

Meditate for a moment on how fortunate you are and how grateful you are for this opportunity to enrich yourself by practicing compassion. Remember this is the force that keeps this universe together and thriving. The least we can do is realize that we can create world peace through inner peace.

Infinite Love & Gratitude!