

The Up Side of all of this Crazyness

I have been having a growing sense recently that there is a positive side to this pandemic. Has there ever been a time in the history of the universe where every human being was on the same side? Every person, every city, every town, every country, everyone in the whole world is together at last. Your color, your religion, your sexual orientation, your political affiliation, your gender, your nationality, your disabilities....none of it matters. We are truly all the same. There is no one side or the other. It is all of us connecting on a very profound level hoping that we are staying safe. The world has been divided forever and especially in the last few years, the divisiveness has been horrific. And now we realize that we are truly all the same...all vulnerable, all hoping for the best, trying to help each other to see our way through this crisis. We are all in this together. This new realization has led to a new level of empathy....looking out for our neighbors and friends and worrying about how other people are doing in this crisis.

And we are realizing how important our friends and our relatives are, even when we cannot touch them. We took for granted being able to be with whomever we wanted to be with, whenever we wanted to be with them. This forced separation is making us appreciate and acknowledge our need to connect. And when this is over, connect we will. And we will rejoice.

Also we are being mindful, cautiously yes, but mindful of everything we do....or at least more things than before....assessing if it is a good action to be taking for that moment. We are being asked to be more in the moment. We are learning to be fully present. The virus has given us the time to pause and....to see what the moment holds for us.

This crisis is going to help many people become grateful for many things they took for granted. It is sad that a tragedy had to bring us here, but it did. Each of us has different things to be grateful for, even in the midst of this crisis. And how lovely it will be afterwards...to go to the movies and to hug a friend.

And we are finding that we do not need to be productive all the time. We are being called to slow down. We now have more time to develop a spiritual practice, to seek new wisdom, to learn new skills, to listen to music, to dance, to sing, to grow in unexpected ways. We have been asked to pause and go deep within to find the strength to not to succumb to fear....to even possibly find the blessing in all of this.

Perhaps when all is said and done, we will witness a profound priority shift from worrying about our own needs, to thinking about everyone everywhere in the world, and from concentrating on accomplishing things to slowing down and truly being present to each moment of life whatever it holds.

**Going outdoors
is not cancelled, listening
to music is not cancelled,
quality time with our
families is not cancelled,
reading a book is not
cancelled, sharing with
friends is not cancelled,
singing out loud is not
cancelled, laughing has
not been cancelled,
sharing **HOPE** with others
has not been cancelled.**



**Kelly's
Treehouse**

Let's **EMBRACE what
we have.**