

TOGETHER IN THE COVID-19 PANDEMIC

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Few situations in my adult life have made more visible the bonds between us than the covid-19 pandemic. As I grapple with fear, uncertainty and powerlessness, I put together some antidotes that I hope will be helpful for others as well.

1. CLEANING OUR HANDS AS A GESTURE OF UNIVERSAL LOVE

Cleaning our hands not only keeps us (and our families safe), it also keeps the people around us (and their families safe). Here is something we might consider saying to ourselves to make this now regular activity an offering of our love. It takes about 20 seconds.

I wash my hands for the physical & spiritual well-being of myself, and my loved ones.

I wash my hands for the physical & spiritual well-being of those with whom I have a difficult relationship, and their loved ones.

I wash my hands for the physical & spiritual well-being of those whom I do not usually pay attention to, and their loved ones.

2. PERSONAL & INSTITUTIONAL BIAS

Panic and uncertainty act like UV-lighting, revealing to us our personal & institutional biases. This is an opportunity to understand ourselves and our systems better, to practice loving curiosity of needs that are not being served, and experiment with new strategies. Are we directing blame to a people? How will the pandemic impact those of us who are incarcerated, who need to be physically present at work to pay our bills, whose wages have been impacted, who have no/inadequate healthcare, who are already immuno-compromised, who are homeless or refugees or without immigration status?

3. COVID-19 & THE CLIMATE CRISIS

Emissions around the world are dropping as a result of the covid-19. There has been suggestion that this is good for the climate crisis. It is not. We need a wholesome path that particularly cares for the economically and physically vulnerable for sustainable change.

4. RELINQUISHING THE MYTH THAT WE ARE NOT ENOUGH

Grief and fear are times to challenge any small sense of self we might have. Even caring for our own health is a powerful act of communal love when the medical profession is under stress. The math of how the virus spreads exponentially can stimulate fear. I believe that our love and creativity can spread just as powerfully, maybe even more so. If we are NVC or spiritual teachers, this might also be an opportunity for us to start/increase our online offerings so we can serve people who may not normally have access to our offerings. This is a time for us to trust in our skills & abilities to support our and others needs.

5. RELINQUISHING THE MYTH THAT WE CAN DO IT ALONE

There have been challenges to knowledge-sharing between communities and countries. A collective crisis needs a collective response. No one person or big pharmaceutical company or even country can do it alone. This is a compelling situation for us to change historical patterns of mistrust, and to work respectfully with peoples and countries.



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