

Musings in lockdown...

Movement constrained,
Thoughts liberated,
Physical interactions curtailed,
Meaningful social interactions abounded,
Beginning right here in the home,
Extending to all those we lost touch with outside,
Because we had no 'time!'

It is so wonderful to reestablish real connections,
With people, be they acquaintances, long lost relatives,
With our support staff or helpers,
As all of us are in this lockdown together!

The reconnecting with ourselves,
Journeying inwards, when we can't step outside,
The reaffirming of our core beliefs, values and existence,
In the continuum of energies, with the Universe.

Bringing back to focus the little things,
The joys of togetherness,
The joy in the lack of personal space,
The joy of being an infinitesimal speck,
Yet, an integral vital part of, the whole!

Rejoice in the sheer joy of existence,
Re-evaluate the chosen path of existence,
Reconnect with the immediate surroundings,
Return to conscious living, grounded in reality!

Positivity, hope and peace will see us through.