

LOCKDOWN DIARIES

Never before....

In the last century or so, save a few from the blue zones, none of us have lived the experience of these times. As we navigate through this, there is a new set of vocabulary now ingrained in one and all across the planet, in different languages – almost universal of sorts. So while the virus forced the human race to take a pause, almost like a call for action to brake the tempestuous freight train of global conflict, environmental destruction, political anarchy, economic inequalities and so on, it gave us the human race to take the never before **global time-out**.

So while the human race is so locked up in the intellectual, rational philosophizing of the situation by the doctors, the experts, economists, thought leaders, etc, if for a moment we stopped to see what this meant for each of us What if we universally chose to sense make and go within, rather than speculate and objectivize.... a never before mass consciousness elevation would happen.... And with this thought last evening at 11.00 PM and fell asleep into deep slumber. In a very lucid dream where a learned being in white flowing robes and a long beard is providing a discourse to a following of curious learners. The Being says....

Wielding the language around this crisis as a bridge to dive deep within, the **Pandemic** could very mean the scourge of hedonism that prevailed across. Almost like a disease eating countries, economies, races, income groups.... there is a strong need to level the playing field, to bring some parity to the highly skewed off-charts.

What better way to bring that about than a **lockdown** which forces one to shut shop on all the distractions we indulge in – be it shopping, travel, eating, drinking and other unnecessary excesses; to push one to just be with one self, with what and those who matter, to reprioritize, realign, focus and turn the lens within - a **quarantine** is the only way!

This is work, because it is an active ongoing moment to moment reflection and we begin to do this from the confines of our homes, which philosophically could mean **work from home**, wouldn't it?. As we are forced to change course, to realign to our sacred, the situation intensifies... first wave, second wave they call it. There is a compelling need to reflect, introspect and purge the old, the redundant, the pervasive – there is a need to **sanitize**, a lot... all the time, every hour, every day for sometime to come.

This meditative **Being** time in the confines of our sacred spaces ironically reminds us of who we really are – Human beings. And while we may be a gregarious lot, the beingness of our very existence comes with **socially distancing** and staying with oneself. Clearly this has been **unprecedented** for the race to **slowdown** and **self-isolate**. In hindsight **2020** this is just what the doctor ordered (no pun intended). Never before has the word **Positive** had such a nuanced and deeper sense...

And as I wake up this morning from this lucid dream and the realizations of what is, I am reminded by the world of the ongoing metrics of Covid 19 cases, I sip my black coffee and smile.... **'I wonder what it would take for us to take the symbolism of this crisis.... "**

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