

Reflection send by Ann Rich

I don't know if you agree, but something invisible came and put everything in its place. Suddenly the gasoline went down, pollution went down, people started to have more time - so much time that they do not know what to do with it - parents are spending time with their kids as a family, work is no longer a priority, or travelling or social life either. Suddenly we silently see within ourselves and understand the value of the words "solidarity", "love", "strength", "empathy" and "faith". In an instant, we realized that we are all in the same boat; rich and poor. That the supermarket shelves are empty and the hospitals are full.

New cars and old cars also stand in the garages, simply because nobody can get out. Empty streets, less pollution, clean air, the land also breathe.

The human returns to his origins, realizing that with or without money, the important thing is to survive. Today, health is the main thing, even in spite of wanting to have or possessing. It took 6 days for the universe to establish the social equality that was said to be impossible.

Fear invaded everyone. At least this happened to realize the vulnerability of the human being.

Nature is forcing us to clean up the mess made by ourselves.

Our overthrown gods:

- Money
- Sports
- Fame
- Politics

What the coronavirus is teaching us:

- Our best protection: GOD
- Our best refuge: HOME
- Our best company: FAMILY
- Our real-time: TODAY
- Nature's call: STOP US
- Its message: WAIT, RESPECT

We are not kings, we do not have the power of controlling everything. We are part of a whole, fragile, brittle and vulnerable something. Part of a whole something that we wanted to dominate & today is telling us:

Stop, breathe, respect.

Go back to the basics, to the essentials, that the peace of your soul guide you towards what you are: A CREATION.