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Meditate with Virginia

Wednesday April 7, 2021 at 7:00 pm MST

Vaccines for COVID-19 are at the forefront in combatting effects of the world-wide pandemic. Like most everything else surrounding the pandemic, the vaccines are also a source of controversy.

Many Americans believe that the vaccines are a fraud. That they are just another way for big business and politicians to make money and assert control over the people of our nation. They do not trust any of the COVID vaccines and have no intention of getting one.

Many others believe that the COVID vaccines offer hope as an invaluable tool to fight spread of the virus, and reduce instances of serious illness or death in those that do contract it. They believe that everyone should get the vaccine.

Of course, the beliefs of many others lay somewhere between these extremes.

This is another perfect example of the contentious issues in our world today that threaten to divide us. Both extremes have every right to believe as they do and to choose their actions accordingly. Yet people from both groups focus on their differences and judge those who do not hold the same beliefs as they do.

Dividing against ourselves because we disagree never serves any of us.
No one is ever completely right and no one is ever completely wrong. There are just differing perspectives. We would be so much further ahead if we accepted

our differences, and as a united people turned our focus toward reaching a common goal – perhaps ending the worldwide pandemic.

Reflections

Listen to: “Get Together”, by the Young Bloods

Link: <https://www.youtube.com/watch?v=7xGxQXmu7Os>

Reflect on the following:

1. Write for 10 minutes on: “What do I believe about COVID-19 vaccines?”
2. Write for 10 minutes on: “How have I reacted to those that have different beliefs about the vaccines? What thoughts, words and actions have I chosen toward them? How have my thoughts, words and actions promoted unity? How have they promoted division?”

Meditation

On Wednesday April 7, 2021 at 7:00 pm MST

Listen to: “Get Together”, by the Young Bloods

Link: <https://www.youtube.com/watch?v=7xGxQXmu7Os>

Then meditate on the following, or just let yourself drift if you prefer.

1. Set a timer for 30 minutes. Make yourself comfortable in a quiet place.
2. Move out beyond yourself until you are able to see the “bigger picture” of the COVID-19 pandemic and its effects on the world.
3. Observe areas where people are divided because of differing beliefs about the pandemic.
4. Next, observe areas where people share similar beliefs about the pandemic.
5. Now expand your vision to encompass both areas. Imagine each group being true to their own beliefs while they also accept the beliefs of others. Imagine one united group with two different aspects, combating the COVID-19 pandemic together, each from their own unique perspective.
6. After 30 minutes, gently come back.

Differences among us do not have to divide us - ever. There is always a higher perspective from we can view a situation. A perspective that encompasses all differences simultaneously, to lovingly reveal the higher truth of our unity.

With Love,

Virginia

* Please note: I am, and always have been, nondenominational, interracial, nonpartisan and multicultural. I love and support *all* people equally. I choose particular songs and videos only to help communicate aspects of a broad, all-inclusive message of Unconditional Love.

Get Together

Performed by The Young Bloods

Written by Jesse Colin Young

Love is but a song we sing
Fear's the way we die
You can make the mountains ring
Or make the angels cry
Though the bird is on the wing
And you may not know why

Come on, people now
Smile on your brother
Everybody get together
Try to love one another right now

Some may come and some may go
He will surely pass
When the one that left us here
Returns for us at last
We are but a moment's sunlight
Fading in the grass

Come on, people now
Smile on your brother
Everybody get together
Try to love one another right now

Come on, people now
Smile on your brother
Everybody get together
Try to love one another right now

Come on, people now
Smile on your brother
Everybody get together
Try to love one another right now

If you hear the song I sing
You will understand, listen
You hold the key to love and fear
All in your trembling hand
Just one key unlocks them both
It's there at your command

Come on, people now
Smile on your brother
Everybody get together
Try to love one another right now

Come on, people now
Smile on your brother
Everybody get together
Try to love one another right now

I said come on, people now
Smile on your brother
Everybody get together
Try to love one another right now
Right now
Right now