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Meditate with Virginia

Wednesday March 31, 2021 at 7:00 pm MST

Response to COVID-19 varies from country to country, community to community and individual to individual. What is more consistent worldwide is the controversy and conflict over what responses are “best”.

For instance, New Zealand immediately went into total lock down. Conversely, Sweden issued no mandatory restrictions, encouraging only highly vulnerable citizens to stay at home.

The situation is similar for COVID responses of communities and individuals. Just look at the issue of wearing a face mask. In some places this was mandated and in others only encouraged. In many areas the question of wearing masks sparked intense debates and conflict over human rights issues, providing us with a real-world opportunity to grapple with discerning and maintaining a balance between “individual rights” vs. the “best interests of the community”.

What about you? How have you responded to issues raised by the pandemic?

Reflections

Watch: “Sweden vs. New Zealand: How two coronavirus approaches had drastically different outcomes”, by Global News

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

Reflect on the following:

1. Write for 10 minutes on: “How have I responded to the pandemic, and what motivated me to respond that way?”
2. Write for 5 minutes on ways I might respond differently in a future pandemic.
3. Write for 5 minutes on ways I might respond the same in a future pandemic.

Meditation

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Watch: “Sweden vs. New Zealand: How two coronavirus approaches had drastically different outcomes”, by Global News

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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. Allow your personal responses to the COVID pandemic to flow freely through your mind. Then move outward until you see the flow of the responses of our nation and our world. Don't judge or become attached to any of these responses. Thank every one of them then let it go.
3. Move out further. See how the energy of humanity's responses flow out from the Earth. Watch as it interacts with other energies in the solar systems, universes and galaxies. Observe how it contributes to creating greater harmony or greater discord.
4. After 30 minutes, gently come back.

We create ourself and our life with our thoughts, words and actions. The energy of those same thoughts, words and actions also contribute to the greater creation in ways we can scarcely imagine. A good incentive to be mindful of all of the thoughts, words and actions that we choose.

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.