

A View from an Indian Doctor

“Social distancing is a privilege. It means you live in a house large enough to practise it.
Handwashing is a privilege too. It means you have access to running water.
Hand sanitisers are a privilege. It means you have money to buy them.
Lockdowns are a privilege. It means you can afford to be at home.

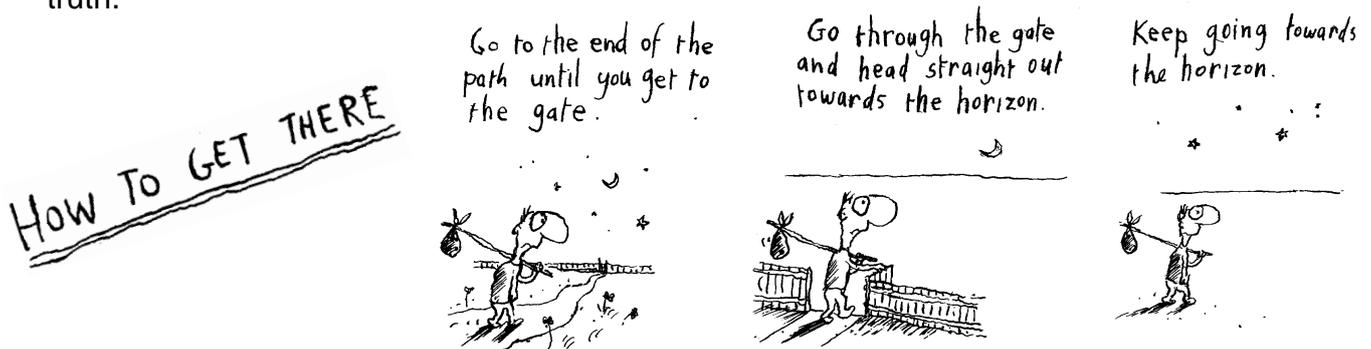
Most of the ways to ward the Corona off are accessible only to the affluent. In essence, a disease that was spread by the rich as they flew around the globe will now kill millions of the poor. All of us who are practising social distancing and have imposed a lockdown on ourselves must appreciate how privileged we are. Many Indians won't be able to do any of this.”

Thoughts from Richard Rohr

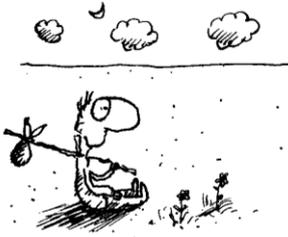
To be in control of one's destiny, job, or finances is nearly an unquestionable moral value in Western society. The popular phrase “take control of your life” even sounds mature and spiritual. It is the fundamental message of nearly every self-help book. On a practical level, it is true, but not on the big level. Our bodies, our souls, and especially our failures teach us this as we get older. We are clearly not in control, as this pandemic is now teaching the whole planet. It is amazing that we need to assert the obvious.

Learning that we are not in control situates us correctly in the universe. If we are to feel at home in this world, we have to come to know that we are not steering this ship. That teaching is found in the mystical writings of all religions. Mystics know they are being guided, and their reliance upon that guidance is precisely what allows their journey to happen. We cannot understand that joy and release until we've been there and experienced the freedom for ourselves.

For many of us, this may be the first time in our lives that we have felt so little control over our destiny and the destiny of those we love. This lack of control initially feels like a loss, a humiliation, a stepping backward, an undersired vulnerability. However, recognizing our lack of control is a universal starting point for a serious spiritual walk towards wisdom and truth.



Sit down and have
a rest every now
and again.



But keep on going.
Just keep on with it.



Keep on going as
far as you can.
That's how you
get there



Jesus did not once tell us to worship him; he only told us to follow him on the necessary three-day journey that Christians celebrate during Holy Week. And “three days” did not necessarily mean Friday to Sunday. It is a classic initiatory phrase for going the distance or the full cycle. The transformational journey of death and resurrection is the only – and always denied- message. It really is the way we are saved.

As Eckhart Tolle says, “You do not need to be Christian to understand the deep universal truth that is contained in symbolic form in the image of the cross.”

For Contemplation:

- What word or phrase resonates with or challenges me? What sensations do I notice in my body? What is mine to do?



When Shadows Fill Our Day

<https://www.facebook.com/fox13newsutah/videos/viral-video-the-prayer-by-mat-and-savanna-shaw/3167090823516999/>

“Let nothing disturb you, nothing frighten you,
all things are passing, God is unchanging.
Patience gains all;
nothing is lacking to those who have God:
God alone is sufficient.”
(St. Teresa of Ávila)

Wishing you and your families the inner joy, peace and hope that is Easter’s gift to us.

Elaine