

What Comes After the Global Pandemic?
An Emotional, Ecological and Spiritual Transformation

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As after any pandemic multiple changes are inevitable.
This time the changes are coming at us
like waves, hitting us with vigor,
vengeance, persistence, and strength,
with the destructive force of a tsunami.

It's a perfect time to ask yourself:
'How do I change my life?'
'How do I stop the old patterns?'
'How do I take charge?'

First know this:
Yes, you can! Yes, we can!
We are all in this together.
We cannot continue using our old ways,
trying to pretend change.
We can keep asking incessantly,
"How long is this going to last?"
Or we can ask:
"How long am I going to continue
resisting real change?"

It is time to Stop!
Get off your robotic treadmill
and connect quietly and honestly with-yourself!
Stop! Do not judge yourself.
Remember that our worst enemy
lives between our two ears!
Evict it and move to mindful action.

Move to action with reflection.
Move in the right direction
towards self-love, self-care,
self-compassion, and transcendence!
Start nurturing your emotional intelligence.
Diversify your assets by engaging in loving kindness.
Stop searching for happiness outside of yourself.
Everything you need lies within.
Take this journey to discover your essence.
There you will discover a deeper meaning in your life!