

REMEMBERING WHAT IS IMPORTANT



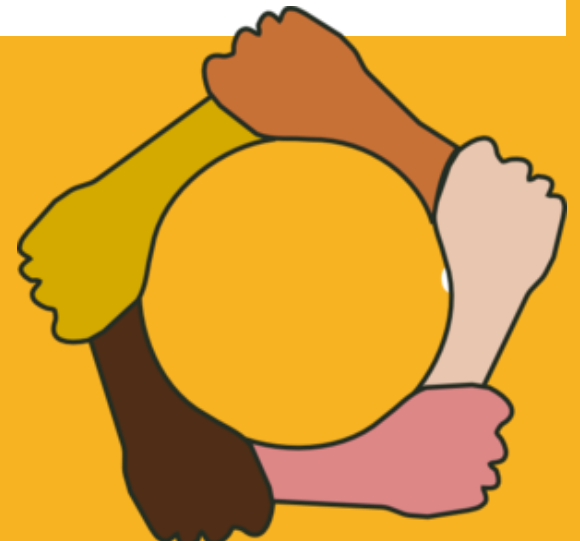
Waking up to see
another day is
blessing. Don't
take it for granted.
Make it count and
be happy that
You're alive.

GOOD MORNING

DURING THESE TESTING TIMES, IT IS IMPORTANT TO REFLECT AND REMIND OURSELVES ABOUT WHAT IS IMPORTANT.

- *Bill Gates summed it up recently when he said: “I’m a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad. As I meditate upon this, I want to share with you what I feel the Corona/ Covid-19 virus is really doing to us...”*

1) ***It is reminding us** that we are all equal, regardless of our culture, religion, occupation, financial situation or how famous we are. This disease treats us all equally. If you don't believe me, just ask Tom Hanks.*



2) *It is reminding us that we are all connected and something that affects one person has an effect on another.*





3) IT IS REMINDING US OF HOW PRECIOUS OUR HEALTH IS AND HOW WE MUST LOOK AFTER OUR BODY AND ENSURE WE HAVE A BALANCED NUTRITIOUS DIET. IF WE DON'T LOOK AFTER OUR HEALTH, WE WILL, OF COURSE, GET SICK.

4) IT IS REMINDING US OF THE SHORTNESS OF LIFE AND OF WHAT IS MOST IMPORTANT FOR US TO DO, WHICH IS TO HELP EACH OTHER, ESPECIALLY THOSE WHO ARE OLD OR SICK.



**5) IT IS
REMINDING
US OF HOW
MATERIALISTIC
OUR SOCIETY
HAS BECOME.**



**We remember that
it's the essentials
that we need (food,
water, medicine) as
opposed to the
luxuries that we
sometimes
unnecessarily give
value to.**

6) It is reminding us of how important our family and home life is and how much we have neglected this. It is forcing us back into our houses so we can rebuild them into our home and to strengthen our family unit.



7) *It is reminding us that our true work is not our job, that is what we do, not what we were created to do. Our true work is to look after each other, to protect each other and to be of benefit to one another.*





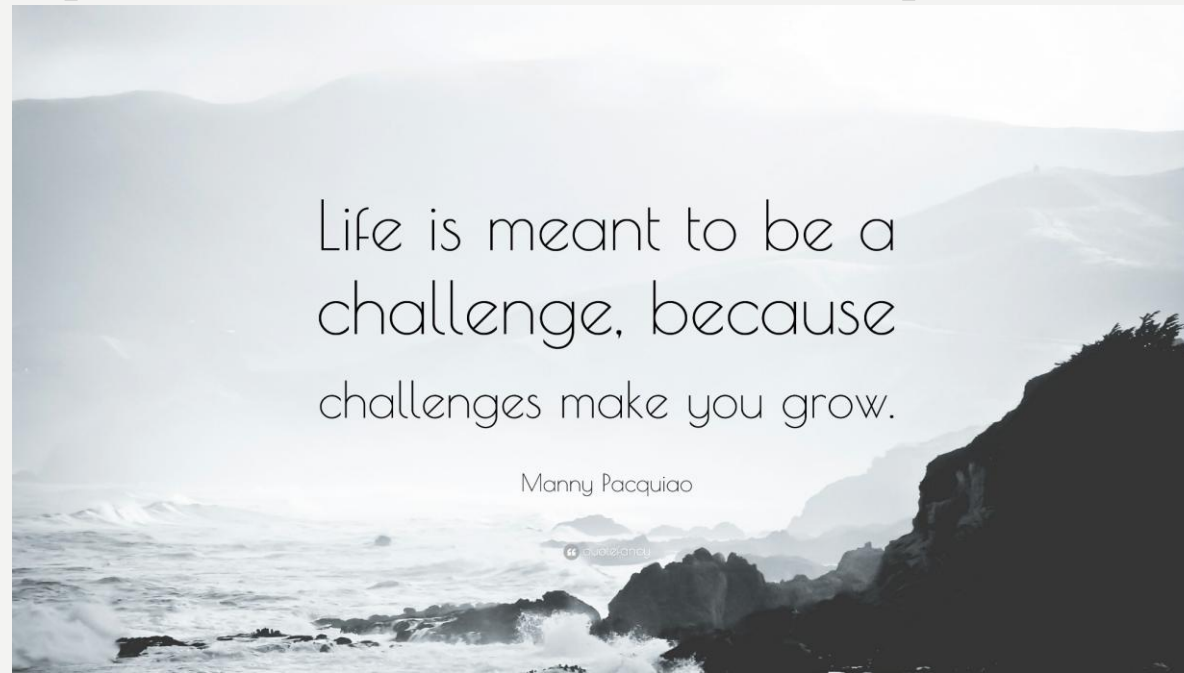
8. IT IS REMINDING *US* THAT THE POWER OF FREEWILL IS IN OUR HANDS. WE CAN CHOOSE TO COOPERATE AND HELP EACH OTHER, TO SHARE, TO GIVE, TO HELP AND TO SUPPORT EACH OTHER OR WE CAN CHOOSE TO BE SELFISH, TO HOARD, TO LOOK AFTER ONLY OUR SELF. INDEED, IT IS DIFFICULTIES THAT BRING OUT OUR TRUE COLOURS.

9. It is reminding us that this can either be an end or a new beginning. This can be a time of reflection and understanding, where we learn from our mistakes, or it can be the start of a cycle which will continue until we finally learn the lesson we are meant to.

A MISTAKE IS
ONLY A MISTAKE
IF YOU DON'T
LEARN FROM IT.



10. It is reminding us that after every difficulty, there is always ease. Life is cyclical, and this is just a phase in this great cycle. We do not need to panic; this too shall pass.

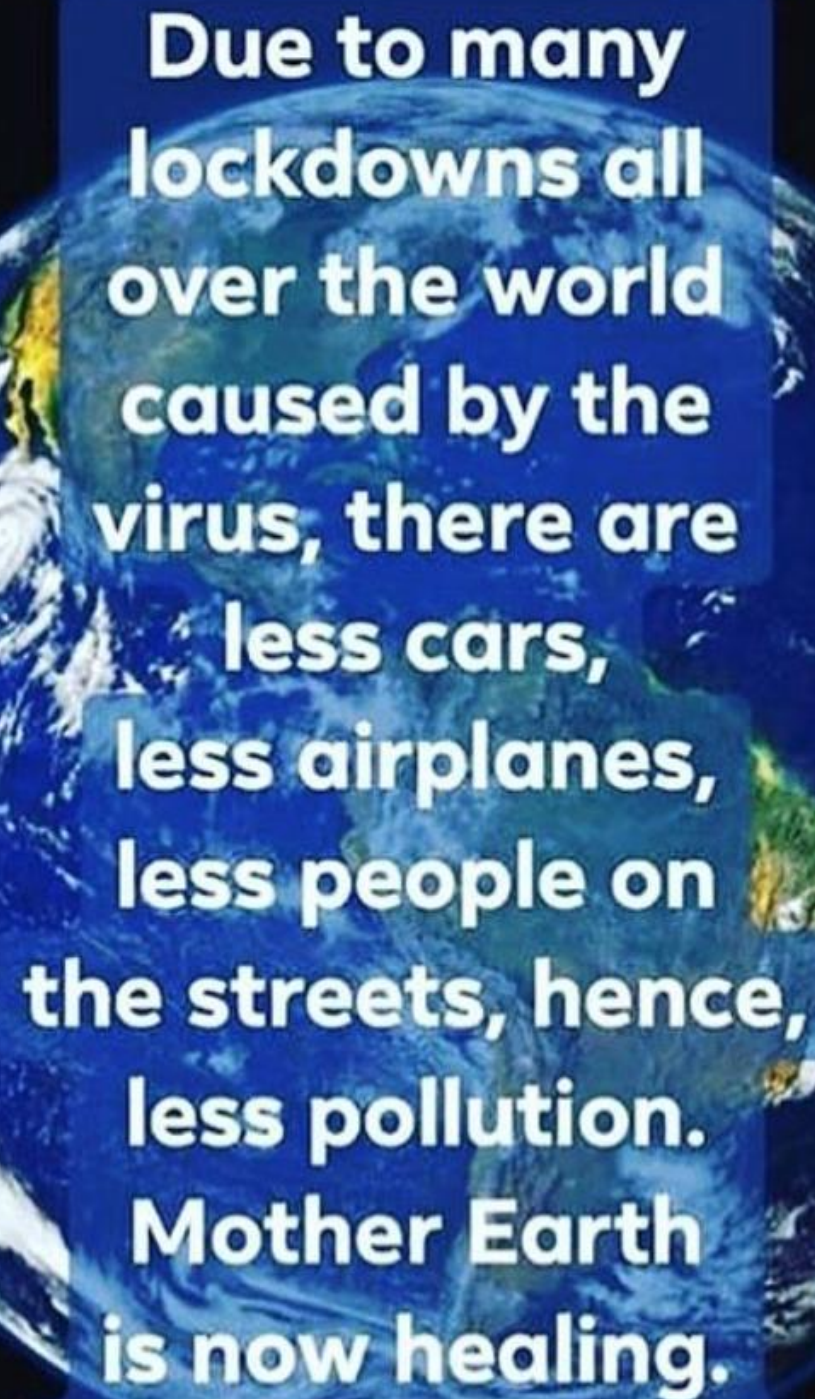


11. IT IS REMINDING US THAT THIS EARTH IS SICK. IT IS REMINDING US THAT WE NEED TO LOOK AT THE RATE OF DEFORESTATION.






BUT...



**Due to many
lockdowns all
over the world
caused by the
virus, there are
less cars,
less airplanes,
less people on
the streets, hence,
less pollution.
Mother Earth
is now healing.**

LET'S REFLECT

As you go about your weekly tasks, take some time to reflect and be thankful for what is in your life.



List 10 things you are grateful for. Write them post it notes and stick them around your room/house so you are reminded of them every day.