

Pause

When life turns everything upside down.

Pause, reflect, think, reconsider.

We had future hopes, dreams, expectations but events have knocked things off course. Uncertainty and doubt prevail, unknowns are ever present.

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New ways of living develop fast. We adapt, we adopt, we adjust. The power of old truths ebbs away, our world changes.

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What matters we ask? The answers are clear. Family, friends, health, society. Distancing is the order of the day, but connection is craved. Technology provides that link. We are not alone.

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Our mindsets change, the world feels different. The birds bring more joyous song, the sunshine heat is tangible, the air is sweet as we breath deep. Nature inspires, it gives us hope.

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Voices are held in the hand as we chatter to illuminated screens, bringing family and friends from afar. Plans are changed, concerns are shared and laughter is created.

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Small and passing things of days long gone are now relished in their simplicity and newly found significance. Desires to help flourish, society grows. We are not alone.

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A new world order, will emerge. An appreciation of what we have, rather than that which we do not. Locality will grow in it's beauty. Sharing will predominate.

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Caring, kindness and generosity fosters our love of others. Insights never considered emerge as a new era dawns. We are not alone.

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