

COVID-19: AN INVITATION TO SPIRITUAL AWAKENING

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COVID-19 is giving us the opportunity to find ourselves once again, learning how to die to our past and be born again spiritually every moment of our lives. During the COVID-19 pandemic, most of us have been challenged to have more time for prayer and reflection. Many of us who were so busy before, have been slowed down by an extreme organism with a huge amount of power yet each day is unique when we live one day at a time putting energy into it knowing that a Divine force guides us. We can take time to see the blessings and recognize new opportunities in the quietness.



The pandemic has brought the greatest spiritual awareness the world has ever known and we are still part of it. It has affected people of all walks of life, every religion, country and every person in the same way. We are one. These times have given many of us different lens with which to see the world and know that each day is precious.

Being spiritual intent gives hope, hope amidst pain and suffering caused by the COVID-19 pandemic. We can be a light to others who need our help especially those who are losing their hope in God. Getting through these testing times will require a lot of spiritual innovation. We can offer support to those who are depressed or fearful by praying for them. This has aroused the spirit of union of hearts and minds as we are all praying for the end of coronavirus.



The great awakening knows that love is the one emotion that will overcome all. It is about cultivating love in everything you do, love of Jesus and love of one another as Jesus said, “love your neighbour as you love yourselves.” Let us take advantage of this unique time to glean the wisdom of connecting with our spiritual source in prayer, examination of consciousness and

meditation. Let us see the blessings that were previously unseen and know that mercies are new each day.

To sum up, the reality of Covid-19 has also shown us how fragile we are regardless of how developed we are as human beings. We ask ourselves, who are we? What is our purpose? And Where are we going? The answers to such questions only come when we get in touch with our inner self.