

**Self-Care and Clarity of Mind...a weekly column
by Princess Lakshman (Sister Iqra)**



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Every global event brings with it valuable lessons for humanity. This Covid-19 breakout is also teaching us something. We've all been sick before and we all know that the only certainty of birth is death.

But what we keep forgetting is that thing that lies between birth and death - LIFE.

We keep taking LIFE for granted. And we keep inflicting unkindness to self and others. Covid-19 is affecting everyone. There is medicine for it and we can use this medicine every moment, every day.

The medicine of Love and Compassion. It's time to recognise that love and compassion is not only for the rich or the celebrity or one's own family and friends. Love and compassion is for everyone.

The body and mind feels better when we practise love and compassion. If there is anything that Covid-19 is teaching us right now, it's that we need to replace fear with love and compassion.

Fear will only breed anxiety, judgement, unkindness, and hate.

Love in the time of Covid-19 is our only way. It is the only way that will illuminate us to think better thoughts, speak better words, and perform better deeds.

Those who feel anxious, know that, like everything else in life, this too shall pass.

Self-isolation is not about the world ending. It is about you stopping so that the world can heal. If you haven't yet isolated yourself, now is the time to seriously consider it. And for those who are in self-isolation, use this time to reflect on your life's priorities - health,

relationships, vocation, and spiritual growth. This time, of less doing and more being, is a gift of healing.

The world needs us all to pause and heal a disease which is far greater than the Covid-19. It is the disease of unkindness.

Today, just for a few minutes, try to be in stillness and feel your intuitive self...feel why you have been created. With all the excessive doing, take this time to pause and reflect. Breathe. Drink tea. Listen to your favourite music. Sit on your balcony and watch the birds and the trees.

The need of the hour is self-kindness and self-compassion. Do not be consumed by worry. The worry is not worth it. In the bigger plan, the greater good is what matters. And the greater good starts with how you are treating your mind, body and soul right this very moment.

Love, light, peace, joy, wisdom, courage and clarity be with you always. May you be blessed with optimal health and well-being.

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