

I have condensed my thoughts. They are impressions, perceptions and observations, also of myself and the outside world.

A poem!

## A Virus Uncovers



A virus spreads far away.  
Suddenly it's there and everywhere.  
It shows us we are all connected.  
It makes no distinction between rich and poor.  
It shows us we're all the same.

We don't believe it and wall ourselves in.  
The wall around us is getting tighter.  
The uncertainties however get far bigger.  
The cry for even more rules gets even louder.  
And our values are an easy sacrifice.

The fear spreads through our thoughts.  
The fear is noticeable, the energy field is charged.  
The fear is contagious and steals strength.  
Fear separates us from ourselves.  
Fear makes us even more sick.

The new culprits are quickly found.  
It is the others, whether young or old.  
We deny our reflection.  
Because the others are us, too.  
Take a look at humans with nature and animals.

Words like idiots are easy to say.  
The anger is within us and it is old.  
It speaks only in a new form.  
We spread coldness instead of warmth.  
Unconsciously shadows instead of light.

We want to get back to the usual as quickly as possible.  
The uncertainty about tomorrow is unbearable.  
Our external identities come to light.  
Who are we without all that is suddenly missing?  
We're still here. How can that be?

The past is over, the new has started.  
Mindfulness has been teaching us for a long time.  
The new is in every moment.  
The new is within us and within our trust.  
The new drives away fear and gives strength.

A virus disappears far away.  
Suddenly it's gone, everywhere too.  
It shows us we are connected.  
It makes no distinction between rich and poor.  
It shows us we're all the same.