

Hello Dear People,

Now that things are calming down a little as people get used to our new, temporary way of being together, there is less fear and more coming together in new ways. we humans are very creative, and i know that new forms of togetherness will come forth. I just saw a youtube video of Italians singing and playing music from their balconies - all together, smiling, clapping, and laughing. we can come together in new ways. Life goes on and we adapt. look at how civilians adapt during wars, famines, floods, earthquakes, fires, etc - we all come together to help each other out. lets remember the beauty and love that is inside each of us, and share it!

This is an opportunity for our world to reset it's priorities and remember what is important. Maybe we will all lead a little simpler life. new forms are coming forth. hopefully, we will all remember what is truly important.

What do we have to share? ourselves. We each have our gifts and skills, even though some times we doubt ourselves. this is a time to trust ourselves and what we have to offer. How can we help? we can find a way to offer something - help out the caretakers in some way, or simply call loved ones, or those who have no one, or elders, old friends we have not seen for a long time, even those with whom we have conflicts - we all need that human understanding and kindness. bring food or flowers to someone who has trouble getting out. volunteer. there is always a need. write poetry or notes to people, draw, paint, sing, play music - create!

When we are in need ourselves, reach out to someone we trust - that is a gift to them too.

I really appreciate you all and my connection with each of you. I thank you for being in my life. I am grateful for all my life experiences, including this one.

thank you all for being part of this world and my life,

I am sending love to you all,

Bert

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