

"And the people stayed home"

And the people stayed home.

And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images

And created new ways to live and heal the earth fully, as they had been healed.

A retired teacher, Kitty O'Meara, from the city of Madison, in Wisconsin, turned to writing in an effort to curb her own anxiety amid the nerve-racking news of the COVID-19 pandemic. The result, which she posted to her personal Facebook, has been widely read across the world offering hope that something good can come out of this collective state of "together, apart."

O'Meara's poem suggests that we view this era of social distancing as a chance to undertake purposeful activities like meditation, exercise, and dancing, and result in a kind of global healing.

