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## **Lessons from Global Slow Down in times of the Corona Virus**

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The relentless technological explosions with very little attention to the larger cosmic forces at play is finally forced to pause the Corona Virus. The knock on effect of a system-shock is here to stay much longer than anticipated. The false sense of perpetual growth and consumption is hit hard. While the world's richest are scrambling to live in germ-free cabins and pods, with private yachts, jets, island get-aways, the ordinary people in dense urban settings have no where to flee.

The prolonged imbalance of the external immune-system (our living environment) is proving to be a fertile ground for mutations manifold. The mutating viruses are just a tip of the iceberg. Aggressive mutation at cellular level with cumulative collusion pathways of multi-factorial variables from compromised internal immune system is a story that is yet to be captured.

The measures to close down borders, travels bans, quarantine etc is not proven to be fool-proof. There is a great deal of confusion around how the virus spreads. Viruses are oblivious, know no boundaries or difference between race, gender, rich, poor divisions. Intelligence of the virus is something our coders have not been able to decode.

### **New doors opening**

I want to argue in this article that humanity is finally being forced to reflect on the very choices of life and death; living well or living ill. The forgotten collective memory of how to live well is resurfacing. Perhaps the mutated consciousness is a new beginning and the end of the old ways of living.

The 'Great unravelling' as I like to call this phase we are entering into, is pushing the short term memory of perpetual consumption out of the equation. This is the time to plug into the forgotten ways to survive the unravelling. This is the time to resurrect the cyclical solutions, forgotten common-sense wisdom.

The collective consciousness is being recalibrated as I write this sequel to my first article on Corona Virus. Strangely, the un-intended outcomes of the virus is already proving to be a blessing. Small joys of life, of sharing, slowing down is beginning to show results - from blue skies in China, to family meal times, inward looking reflections all contribute to taking back simple joys of life as anti-dote to any mutating virus.

The internal healing from simply slowing down the global metabolism is a protocol that virus's intelligence is forcing us to follow. Perhaps the billions of dollars set aside to develop vaccines is not enough. A localised strategy, preparedness at community level might well be the game changer that can create new pathways towards healing at local level.

Perhaps the new mutation will force the world to move towards localism, self sufficiency and inter-dependence at micro-level while still being connected to the world at large.

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