

## Lying Dead & Deaf

April 3<sup>rd</sup>, 2020



Quarantine is commonly an unpleasant experience for people who endure it. Separation from valued ones, the loss of liberty, ambiguity over disease status, and tedium can, once in a while, create dramatic effects. The potential benefits of obligatory mass quarantine have to be weighed sensibly against the possible psychological costs. The role of sleep is that everything that happened during the day gets filled into some long-term memories. As your mind works through processing that, it works through what to hold on to and what to fling. With the pandemic, what we are seeing may be a long-term play out of hysteria, stress and pressure. Our mind is trying to work out, 'Is this is often something I'm visiting must adapt to? Or is that this something I'm visiting be able to go from?'

## Sub consciousness living in Consciousness

April 4<sup>th</sup>, 2020



“Think about consciousness as rungs on a ladder that you’re descending. the highest of that ladder is closer to consciousness, while the underside rungs of the latter are deep sleep” said by Youngblood. Anxiety which trauma keep you above thereon ladder, closer to consciousness. And when you’re closer to consciousness, you evoke your dreams more vibrantly. But it also means you’re never sinking into a deep, restful sleep which explains why you’re also likely sensing extra tired nowadays, while you’re technically sleeping through the night once you aren't actually sleeping within your nous. The work is painted in an exceedingly hyper realistic style along with his distinctive limit color pallet, both of which create a way of dream like reality.

## Wild

April 5<sup>th</sup>, 2020



“Wild” dreams don’t mean bizarre or accidental. In fact, science has revealed that we generally dream about things that we often experience in our way of life (socializing, doing a project for work/school, playing sports, having sex, etc.). So, when our regular routines get fundamentally altered during a scourge, then our dreams get into overtime in a trial to assist us adjust. In this sense, our dreams may imitate the mind’s coping process.

Since the COVID-19 pandemic started sweeping through our country, people are enduring unparalleled changes to their existence. The way we habitually eat, work, shop, or play has

been turned the other way up. And this is often why such a big amount of folks say that their dreams are running wild. for example, one participant visualized that her ex-husband embarrassed her ahead of friends. She then felt a desire to maneuver on from him within the dream and was subsequently “in remission” (no longer plagued by depression). this suggests that even moderately painful dreams can have a healing influence.

## Free & Easy Wandering

April 6<sup>th</sup>, 2020



Primitivism, a viewpoint on human affairs that perceives history as a decline from an erstwhile state of excellence or holds that salvation lies in a return to the simple life (cultural primitivism). Linked with this is the concept that what is natural should be a standard of humanoid morals. Nature may mean what is intrinsic, impartial, normal, healthy, or generally valid. Various senses of primitivism hinge on whether the natural is set over, in contradiction to historical development; against artifact and contrivance; against law, custom, and convention; or against rational mental activity.

Primitivism is termed as an artistic movement than a traditional attitude that has put into notice various aspects of Modern art. As understood by the modern artists, primitive art not only provided innovative aesthetic forms, it also offered a deeper and more compound emotional and spiritual model that the artists employed to evaluate the modernization of Western society. Tinged with nostalgia, Primitivism sought networks to a pre-industrialized past in which people were more associated with nature and each other. More or less we are observing the primitivism era once again during this pandemic being in quarantine where nature is free, evolving and returning to their simple life from the long period of salvation.

## Being Nostalgic

April 7<sup>th</sup>, 2020



Guilt mixed with appreciation. Nostalgia tinged with repentance. Fear combined with anticipation. These are just a few of the emotions we might acknowledge in a given day or maybe hour, while sheltering in a home or being quarantined in a place. This wild mashup of intense emotions may make you anxious of your sanity, but according to mental health experts, this is all part of the sequence of living through a pandemic.

During regular times the people who suffer from anxiety often feel out of place. That by product effect can compound the symptoms that are already there, making the experience of nervousness much more penetrating but in the society we are living in these day with noticeably higher numbers of people facing severe anxiety for the first time- a percentage of those who already suffered from anxiety before the epidemic no longer have that 'out of place in society' feeling. It's definitely important to note that those experiencing a decrease in their anxiety indications are in the minority, but the phenomenon is fascinating them.

## Food or Just Day Dreaming

April 8<sup>th</sup>, 2020



Do you know this sense, when you're sitting somewhere, maybe at work, you're speculated to do a task but you merely can't concentrate and your mind wanders off. All of a sudden you discover yourself during a totally different place, far-flung from here and now. For a short moment you are feeling entirely relaxed. You're daydreaming. Evidence suggests that the content of your daydreams can interfere along with your memory, even when you've paid attention to the data you're trying to be told. However, the recurring process of daydreaming is fairly unaccustomed me, and got me wondering why my mind is drifting away most lately: Am I too focused on work? Am I stuck in routine? Do I want to alter something? I actually do have to change this pros and cons of pandemic situation.

Maybe I'm just craving a touch more "real life" off from those screens. A "real life" which incorporates alimentation, those sittings in luxurious restaurants and ordering your meal. Since quarantine it's been a long time that I've got ordered a pizza or a burger. That's why in line with philosophies those that were told to imagine themselves in very different circumstances had poorer memories than those that were instructed to daydream about someplace close.

## Being Spiritual or Religious

April 9<sup>th</sup>, 2020



Spirituality is linking to the Divine through your own individual experience. it's primarily concerned with finding, feeling, and personifying one's true spiritual nature. Spirituality means various things to different people. For some, it's primarily a couple of belief in God and active participation in organized religion. For others, it's about non-religious experiences that help them get in grips with their spiritual selves through quiet reflection, time in nature, private prayer, yoga, or meditation.

Spirituality may be a mode of life within which a private seeks to bond to the Divine or their True Nature. If someone tries to state that their spiritual path is that the "one true way," they're adopting a spiritual mindset, not a spiritual mindset. (And as we've seen, religion relies on dogma and spirituality relies on personal experience.) During this pandemic I more over encountered the difference between a faith and being spiritual. Where I feel i'm more on the way of constructing reference to the Divine Nature.

## Synopsis

April 11<sup>th</sup>, 2020



Like the majority who have time to think in these stressful days, i've got been pondering life after the COVID-19 pandemic has passed – mostly at a private level, but also a touch about the planet at large.

Going through such a traumatic experience will change lives in ways in which despise thinking. While mankind is looking forward to science, uncertainty will take hold of the planet. Everything - social interaction, work, education, health, entertainment, sports, travel, politics, business, and media - will change such a lot at this point that it'll not be difficult to travel back to the old ways. But the changes won't be the identical everywhere because the conditions and cultures vary such a lot across the planet. Of course, if some style of economic ventilator may be found to stay the planet economy breathing until an answer emerges, things may go very differently, but that's the dull stuff of management and policy. This piece should be read as an exercise in imagination – a synopsis for a semi-dystopian novel that may never be written.

## Non existing, Existence

April 12<sup>th</sup>,2020



The world and its inhabitants are in a very difficult place at this moment in time. There are people who have decided that they'll not be ready to tolerate isolation and involvement and go further in complete denial of the danger that surrounds them. People who are afraid to isolate themselves from society due to pre-existing conditions or elderly relations who would really like to avoid wasting their lives are equally frustrated.

It's natural, that in an age of uncertainty like this, people, all folks are searching for clues on what's coming. Plagues, locusts, cyclones are all events that are written about in divine sources and have caused humankind to return up with explanations of varying merit but unified in their apocalyptic doom and gloom. This moment isn't any different, the emergence of the Covid-19 pandemic has seen the proliferation of all varieties of prophecies and theories regarding why the virus has struck.

What is the unthinkable of our moment? What new world can we see through the haze of this virus that appears imminent but approximately real?

In my view, the pandemic will completely transform the way we work, where we live and the way we relate to the globe. The virtual world that has been gradually encroaching on the 'real' world will become the locus and center of our activities. Physical presence will not be required for many work. This successively will transform the globe making all the borders and visas entirely irrelevant to what an individual does for a living.

## The Immortality

April 13<sup>th</sup>, 2020



In philosophy and religion immortality have different meanings. In many philosophical and religious societies, immortality is specially mentioned as a continuation of the soul or mind which is not in the body of the mortal body.

It can be a superstition that comes from dreams or other natural experiences. Therefore, the question of its usefulness has been raised philosophically since the earliest times people began to engage themselves with artificial intelligence. Aristotle conceived of reason as eternal but did not prevent the immortality of man, as he thought that the soul could not exist in a corrupt state.

The truth of the immortal soul by asserting that humans will have no moral motive unless they believe in eternal life where good is rewarded and the wicked are punished. The related argument is that the denial of eternal death by reward and punishment can lead to the unpleasant conclusion that the universe is unjust.

The idea of immortality for me at the time of isolation came from this reality of primitivism in which human nature was taken for granted but those who used to hold it lived within it.

## Revealing Own Patterns of Behavior

April 14<sup>th</sup>, 2020



Virtually every source of wisdom in the entire world and in all generations promotes self-awareness. The Buddha showed the connection between meditation and enlightenment. Jesus promised mercy when we confess to violating holiness. In different ways, they teach us that self-knowledge is the foundation upon which we can build any kind of spirituality.

But knowing them is a vague concept. How can we, and perhaps, assess it? Another important thing I learned as a child was to look for myself in times of adversity. The problem is, after all, it exposes the human traits - the good and the bad - that are often hidden in the way we usually do for others during unfortunate times.

During observing myself, it may be helpful to ask: What did I do, what did I say? How have others treated me, what do they say? What was bothering me, how did I feel when I faced this problem? Did I

act in a non-divisive or divisive way? It often helps to write down the answers, at the same time to clarify what you have seen, and to reveal our own patterns of behavior.

It's time to call on others, to test their skills in the face of adversity. But there is value in spending an equal amount of time looking in and deepening your knowledge.

## **Triggers of Mood Swings**

April 15<sup>th</sup>, 2020



"Mood Swing" is a general term used to describe rapidly changing and changing emotions. People often describe mood swings as a "roller coaster" of feelings ranging from joy and satisfaction to anger, discomfort, and depression.

One can see something that "triggers" a change in their mood, such as a stressful activity at work. But it is also not uncommon for mood changes to occur for no apparent reason. People can experience these changes in actions over the course of a day or even a few hours.

The inner change that happens throughout our lives influences our feelings, but it is not something that happens inside that determines how we feel; we also respond to what is happening around us. External changes in our lives and our environment, such as increased stress at home, at school, or at work, can also influence our feelings.

## Nature through Window

17-4-2020



Despite an outsized body of empirical results, the relative importance of varied sorts of exposure to the plants for well-being remains elusive. watching the plants from the window is also considered a "micro-restorative" experience that per the attention Restoration Theory (ART) can fend off frustration and boost enthusiasm about one's job thus promoting employee well-being. it had been discovered that residents in apartments with windows providing views of nature are more relaxed, more practical, and fewer distracted compared to residents who had no windows that provided nature views. it is also suggested that because windows attract

people's attention, they increase the possibilities of individuals exploring through, thereby, providing micro-restorative experience which successively facilitates brief breaks from tasks and engender relief even in such an outbreak or pandemic circumstances. It is indicated that viewing nature alone is beneficial to human health like stress recovery, improved concentration, increased productivity and psychological wellbeing. It shows the importance of visual access to nature when urban-planning.

## Healing Power

April 18<sup>th</sup>, 2020

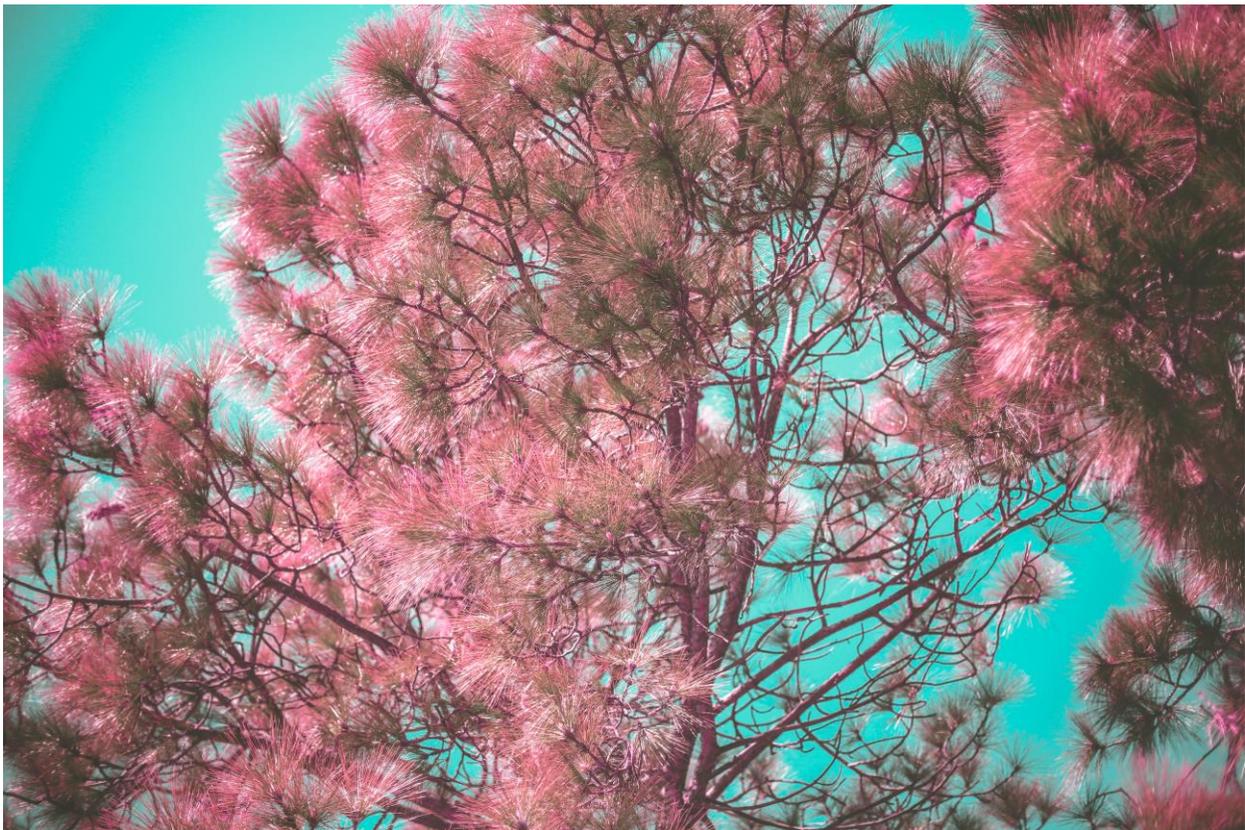


Our current crisis has transformed us from a normal life into a survival mode. At the time of closure, I already know my green spaces nearby. Instead of being bored, as I thought I might, I found that my home environment feels like a new place every day, even for an hour, because nature is constantly evolving. Bird songs are very rich in hair and hair. Wild garlic smells nice when the soil is warm.

Our lives are made up of things we care about. Scaling down and looking - these are the sensible things to do in our fast-paced world. It was only after being locked in that I saw new treasures that I had never looked at before: bright pink shades of larch tree, blue wheelchairs, red velvet pants. We see more when we observe more. Covid-19 brings extraordinary environmental benefits: clean air, low carbon emissions, a wildlife resting place.

## **Eco Therapy**

April 19<sup>th</sup>, 2020



Irrigation in the plant helps us appreciate the power we have to feed it, and gives us a sense of accomplishment when the plant grows, which Dr. Jorgensen says is very important for those who struggle for their mental health. The additional senses we use - not only sight and sound but also smell, sound and taste - are the main benefits.

Evidence that contact with nature - or vision through a window - can inspire healing continues to grow. The environment can be even brutal for those who suffer from loneliness. In an Eco therapy group I attended while researching my book, a man shared how observing plants in daily walks helped him to feel sad. Many of us are scared, bored, or lost loved ones, and watching a spring break can be a good kind of dismemberment. When stories feel overwhelming during an epidemic, the sounds and patterns outside can be a constant arm: the return of the storm, the beautiful syncopated collections of wildflowers, the trees are filling.

## Restorative Nature

May 1<sup>st</sup>, 2020

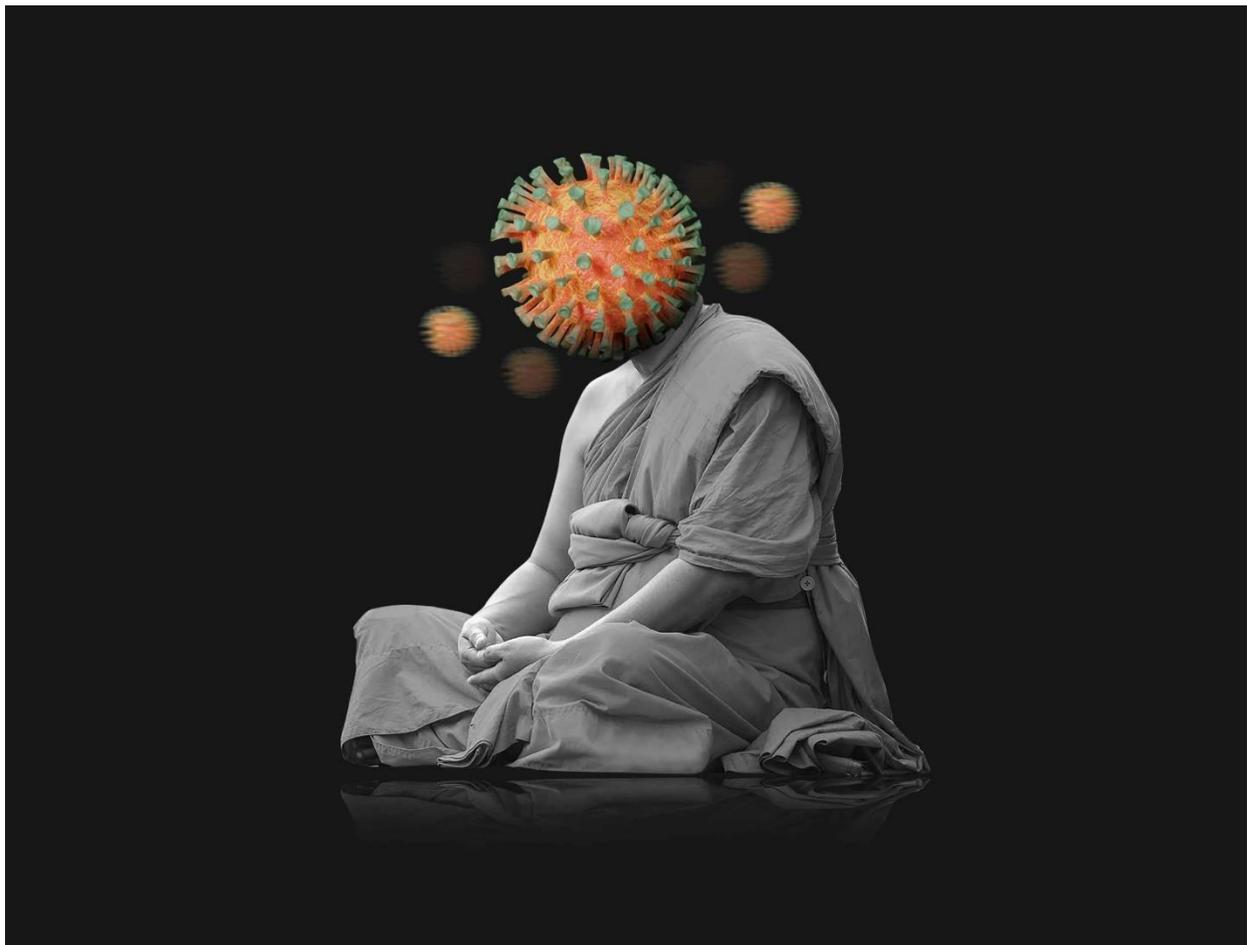


The earth has been restorative itself while we stay quarantined in our homes. While it's debatable whether this may be an outcome of the coronavirus pandemic only, for the shortage of any stronger correlation it's safe to assume that a minimum of partially it's. And hence, if all it took for the earth to heal was a month and 1/2 no human intervention, it shows the power nature possesses to create things right; and thus the facility humans possess to merely make them wrong. what's possible may well be a tiny low bit from all people, a call within the ocean but nevertheless a contribution to the total. Can we waste a small amount bit less water? Can we use a small amount less paper? Can we feed that stray instead of throwing food within the trash? Can we walk and cycle a tiny low amount more and drive a tiny low amount less?

Recycle? Be saw tourists and clean up after ourselves? Not throw garbage in our water bodies? Or on the roads? Can we all learn to co-exist with all types of nature with a tiny low amount more responsibility? We can all contribute to this . Small acts, very small which could all add up to sustain the earth that's getting created now.

## **Myths or Researchers**

May 2<sup>nd</sup>, 2020



Viruses can change over time. In some cases, outbreaks of disease occur when a virus that is common in an animal such as a pig, lump or bird falls to and passes to humans. This is probably how the new coronavirus happens.

Researchers are studying this new coronavirus to learn more about how it is transmitted to humans. As of this writing, the World Health Organization (WHO) states that the likelihood of COVID-19 infection

from commercial packaging is low because it is likely to travel over multiple days and is exposed to varying temperatures and conditions during travel.

Vaccines, bleach and soap and water can be used to clean the surface, an important preventative step to stop the spread of coronavirus and COVID-19 - a coronavirus-causing disease that has led to a global epidemic. When during the epidemic we have some people spread myths about finding a Covid-19 remedy including having ritual gatherings, rubbing or bathing with bleach etc. This should not be followed but were believed by some people, leading them to death.

## **Profound Guilt**

May 3<sup>rd</sup>, 2020



This smaller world we discover ourselves in might remind us of our childhoods, and that we may be drawn to things we've not thought of in a very while. Paterson also observes people feeling "regret for opportunities not taken." We lived in a very world of thousands of restaurants, parks, activities, friends we could have invited over, vacations we'd have taken, changes that we could have made in our lives after we had more security and freedom, and so on. For now, at least,

many of those opportunities are limited. People feeling profound guilt together with a way of gratitude are grateful for all that they need, but like everyone else, have uncomfortable feelings about the changes in their lives or feel fearful about what's happening. Then they remember that there are folks that are really scuffling with health, financial issues or basic needs. Their mind tells them that they shouldn't feel bad thanks to all that they need. It is sensible. they're human and scuffling with the scary things happening and therefore the major changes in their lives. At the identical time, they know that they're fortunate for all that they need.