

Time Capsule

How Will We Remember These Times 2020-2021

The World, the Universe, and Our Existential Being.

- ❖ We are in this incarnation at this time for a purpose, for great changes to be made.
- ❖ Hearts are more OPEN now, and we live in love and hope.
- ❖ Many of us are more aware of social justice issues and inequities among people of the world. The Black Lives Matters discourse has been especially poignant and impactful.
- ❖ We are used to taking existence for granted. This last year showed us clearly that we are part of the web of existence.
- ❖ We as humans have impact on the existence of everything on earth. By being forced to stop certain behavior, the biosphere has been coming back. Polluted cities enjoyed clean air and a blue sky, heard birds sing again.
- ❖ Some of us may have had a change in consciousness and a new view to look at the world.

The Great Outdoors and Nature.

- ❖ I appreciate the outdoors more than ever. I take walks in all kinds of weather.
- ❖ I've been so pleased to host friends and family on my patio.
- ❖ I merge with the sky and all of nature.

Love of Country.

- ❖ I value so much the country we live in, its democracy and its ability to deal with all sorts of issues, and with differing and diverse beliefs and cultures.
- ❖ I have hope in the new administration.

Family, Friends, and Community.

- ❖ I realize I can reach out to family members and friends, whether or not they reach out to me or reciprocate. I can offer myself without expectations.
- ❖ I appreciate mindful conversations with others.
- ❖ I'm learning a lot about relationships, and how to communicate better. The way information is communicated to others is so important – I measure my words.
- ❖ My cat and I have established some new positive routines. His idea, of course.
- ❖ I'm more aware than before that there are family members I respect who do not show the same respect for me. Some areas of increased awareness cause me to be sad.
- ❖ There's a huge growth in online meetings, with the ability to include people from other countries and other parts of our country.

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How I Am, How I feel.

- ❖ I've learned to be more cognizant of ***living in the moment***.
 - I don't get so involved in the drama.
 - I'm more supportive of others.
 - In a situation where there are different points of view, I have more respect for the opinions of others.
- ❖ I've been quite ***strong and resilient***. I can help others deal with crisis. I realize and appreciate these things about myself more than before.
- ❖ I am grateful to be able to make ***healthy food*** and eat a healthy diet.
- ❖ I realize I'm pleased with the ***work, volunteering, and acts of leadership*** I offer. These things are important to me, and important to the community.
- ❖ I'm going through old records of myself and my family. The family records go back to the 1800's. It's a personal goal of mine to organize these records for myself and my family. It's overwhelming, but it's really good work.
- ❖ I've done a lot of ***work on myself*** in the last year.
- ❖ I am more ***mindful*** in general than before.
- ❖ I often notice a state of ***peace and contentment*** vs a state of happiness.
- ❖ I consider ***my mortality*** more than before. Life is precious. I want to make the moments count, do the things that are most important.
- ❖ I notice a great deal of ***sadness*** during the last year.
 - I have been mourning my youth.
 - I'm sad that our extended family can't have the in person vacation together we typically enjoy.
 - There will be no graduation ceremony for my grandchild, and for many others.
 - There is a loss of a sense of safety. I don't feel as safe as I once did.
 - I know people who have died without the presence of family and friends.
 - It's been sad to eat by myself so often.
 - I am sad for all the 'nots'. The normal life events not happening.
- ❖ What brought us the most ***JOY*** were the *Surprises*. Whether it was bringing a surprise gift like soup or flowers to a friend or receiving some unexpected surprise. Other surprises came as unusual sights on our walks. Like seeing ice fishermen and a skater on Veteran's Park Pond.