

How to deal with the lockdown.

1

*If you cannot go outside,
go inside.*

This is exactly time to slow down and check out what is happening inside of you. Don't get scared, it might be messy... You'll sort it out. Step by step. First step is important.

2

*Dig deep and find that space
between your thoughts.*

Ask yourself: "Where will my next thought come from?" Did you notice that tiny gap after the question? Yes? Well, you have just found yourself within you. Your middle. Where everything starts and ends. That space is FREE of EGO. Practise this. Prolong those gaps.

3

*Prepare the space for your
inner garden.*

If you want to have a garden next to your house, you need to have some space, ground, to start with. It's exactly the same with your inner garden. You need to find space for it. Doesn't matter how tiny (remember the gap between your thinking?). It will grow as you get rid of the mess inside you. Start small. But start.

4

*Realize that all what you
have, is NOW.*

Life happens now. Not in the past, not in the future, it's now. Only now you can do something, say something, think something, eat, write, work... Past is just a memory and future just a thought. Now takes 3-20 seconds. You live now. Everything in the future will be now and only then you can deal with it.

5

*Check how you feel. What
color has that feeling?*

In whatever situation you find yourself now, stop for a minute and name the feeling you feel right now. Name it. Hug it. Allow it to be where it is. It's there anyway, right? So no use to fight it. And now - what color does it have? What shade? Can you tell?

6

If you face negative feelings...

Yes, there are endless shades of negativity we can and do feel. We want to be happy. But... life is a sinusoid. Balance. There is the Sun and the rain. Nature needs both to survive. We need sadness to appreciate the happy moments. So if a negative feeling spreads inside you, do the same - name it. Hug it. Understand it. Allow it to be, where it is. And tell it that it may leave anytime it's ready. It will. Change is inevitable.

7

*And now, plant your first seed
into your inner garden.*

By this time, the soil in your inner garden should be ready for the first seed. Just pick one. How does it look like? Is it big or small, smooth or rough? How does it feel? Dig a little hole, put the seed in and cover it with the soil. Don't forget the water. Isn't it exciting to see what it will become?

8

Celebrate this moment.

Yes, celebrate it. Maybe you feel like to do a little dance around your tiny inner garden. Maybe you just sit there and wait for the seed to start to grow, to show its green leaves, to get stronger, bigger, colorful, beautiful. Darling.... it's you, who is growing there! Don't forget to water it every day! Even if those are only few drops of water, few kind words to yourself, one smile.

9

*Understand that the only person
you can change, is you.*

As you cannot visit inner garden of anybody else (yeah, how?!), you should let every person to take care of it by themselves. Nobody is able to help you out with your inner garden work either. What does that mean? You've guessed it. You can only take care of yourself, do your inner work, change yourself. Let everybody else to do their. It's not your job.

10

*And you ALWAYS have 3
solutions to every single problem
or situation.*

1. Change it.
or
2. Change your attitude towards it.
or
3. Leave it.

*Plant another seed anytime you feel like it.
Nourish them and watch them grow.
Are they flowers? Trees?*