

Everything Has Meaning



Madlen Algafari

I believe that everything has meaning!
Even my naivety. In the search for the meaning of what is going on in the world at the moment, I find that I never want to lose my naivety. I hope that there are others like me out there, that we are many.

I hope we will learn to limit our abuse of freedom in order for those in charge not to limit our actual freedom.

I hope we will cure our power neurosis – the leading diagnosis of modern-day humans alongside the lack of awareness (Bernasconi, 1999). The corona (Lat., *corona*) is a symbol of power – power that makes us ill since we prefer to be right rather than happy, since we strive to dominate no matter the cost.

I hope that, in a time, rather than heading towards alienation, distancing will remind us that our first human need is to belong.

I hope we will be able to appreciate closeness in real life and not only through screens and keyboards.

I hope isolation and hunger for touch will remind us that touch is essential for our bodies and for our souls. We, body psychotherapists, have been pointing out for years how terrifying it is that we touch each other less and less. While all the while a hug is the fastest antidepressant and the quickest tranquilizer (Bernasconi, 1996).

I hope immobility will remind us of how important it is to walk on foot.

I hope we will need fewer possessions since hyper consumption is killing humanity and the Earth.

I hope we will come out less afraid of silence and of spending time alone as we realize that not only are they not dangerous but they give us an opportunity for self-analysis.

I hope we will feel everyone around the planet closer to us, regardless of sex, race, religion or nationality.

I hope we will understand the terrifying power of the media that constantly seeks sensation. The media not only informs but intoxicates as well.

I hope more people will develop critical thinking.

I hope less people will be shaken with panic.

I hope more people will realize their own strength, and see what they believe in become real.

I hope we will become aware of our personal responsibility in making ourselves ill or making ourselves healthy.

I hope that having felt our lungs threatened, we will protect mother Earth's lungs – the forests – and protect the air that we ourselves need to be clean.

I hope we will rearrange our priorities and understand that communicating through love is the most important, that to be is more important than to have (Bernasconi, 2005).

I hope we will not be in such a hurry all the time.

I hope we will appreciate what personal space means and will no longer abuse our own boundaries.

I hope we will not waste. Anything.

I hope we will safeguard our most humane urge to help.

I hope we will live calmly and, since we don't control everything, have more humility and acceptance for the unknown.

I hope we can be more centered and aware of the "here and now" and not the "there and then".

I hope we will have greater appreciation for our elder friends and family.

I hope we will see what nonsense we have fought over.

I hope we will not fight as much with each other since a microscopic enemy has shown us that we can be united.

I hope we will better appreciate our homes and, even when we can travel anywhere in the world, not forget our roots.

I hope we will eat healthier and have a greater awareness of the signals our body and souls send us.

I hope we will communicate more honestly and be better once we have outlived such evil.

I hope we will be able to act out of goodwill and not necessarily for profit.

I hope we will care for a broken tree branch on the other side of the world having understood that we depend on it.

I hope we will grow up and stop acting like irresponsible children (Algafari, 2010).

I hope more people will realize that the first doctor on the frontline we should be applauding is ourselves as we have the ability to make ourselves ill (alas!) as well as to heal ourselves (Algafari, 2012).

I hope we will manage to understand the meaning of all that has happened so that we never go back.

I hope those who have understood this will use love to help those who still find it difficult to grasp.

How about you?



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