



Thoughts, Poems and Reflections in a Time of Pandemic. Number 10: What Thoughts are These?

At the present time the news is dominated by two things, the rapidly increasing number of deaths from the Corona Virus Pandemic and the disruption it creates. The social isolation forces us in on ourselves and makes us face up to our personal thoughts, fears, and challenges that we might otherwise have hidden away. In these *"Thoughts, Poems and Reflections in a time of Pandemic"*. I describe some of these, and how through facing them we may find fulfilment in the lives we seek.

In the previous poems I have described some of the barriers we place upon ourselves and others. In each of these I have described some of the problems, blindness, and prejudices we may all encounter: either through our own actions and behaviour, or from the actions and behaviour of others.

In those poems I suggest ways to overcome the difficulties and the despair that may be found. In this next poem *"What Thoughts are These"*, I describe something of my own approach and how, instead of hiding from these problems, I have tried to use them in a way which has helped me, and I hope helps others, to take a positive approach. I offer them now in that same spirit.

WHAT THOUGHTS ARE THESE?

What thoughts are these?
That lie behind those eyes
A tree of mind
Branching upwards towards the skies
And downwards towards the roots
From whence it came
Of futures past
And past things yet to come.

What thoughts to fear?
From shaking of this tree of mind
Grafted to roots
That would bear fruit of another kind
And yearning for this base
Sow conflict's yoke
Upon my life
To scourge myself and all my hope.

What thoughts to share?
My memories of the early shoots
Of childish hopes
Fresh sprung on the ground to soak
The dew of life and build
One's own creation
On happy times
And on a fresh love tended core.

What thoughts to find?
For peace of mind in future times
This tree of mind
Which reaching upwards to the skies
Finds nutrition in the light
To heal the wounds
And live anew
Embracing self and all mankind.

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REFLECTION

Some of us have had the misfortune to have had to explore our own minds more deeply than others to better come to terms with who we are, seek self-esteem, and to endorse what we feel ourselves to be. This journey includes dealing with fear, anxiety, worry, rejection, depression, and all the many facades we enforce. That is also my own experience and I have written poetry to help me chart my way through this journey. My journey may have been more challenging, but it is an ongoing journey that everyone makes.

Anxiety and worry are now two of the biggest challenges arising from lockdown and the corona virus, and it is predicted that the mental trauma created by these are likely to last for decades to come. It is this concern which has led me to try to re-purpose the poems I wrote at a time when I was trying to deal with my personal crises in order to provide insights into what might be relevant to the issues that now arise. Almost all these poems date from that time. That is also true of this poem "*What Thoughts are These?*" I must admit that I had doubts about including that poem in this anthology, for the words may seem a little cliched when we are now in the midst of the crisis. However, I have included it as a sign of belief that future fulfilment will be found in all our lives when these times of crises have passed.

According to our own beliefs, let us ask or pray that at, and from, this time of crises and unknowing we may find ways to transform anxiety into calmness, worry into comfort, fear into hope, depression into fulfilment, endings into beginnings, and instead of fearing a darkness ahead, we may transform it into the light of life.

The complete collection of reflections is available at: www.com.tqdr.co.uk/articles/001C-PandemicThoughts.pdf