

INSPIRING, NURTURING & EMPOWERING:  
A HEALTHY BODY, MIND, SOUL, & PLANET

# LivingNow

**This issue:**  
**Thriving *beyond***  
**COVID-19**

**Is this the  
great awakening?**

**Finding **pleasure**  
& **aliveness** within  
a pandemic**

**GRATITUDE in  
vulnerable times**

**Tips for quarantine fatigue**

**Normal let us down: here's  
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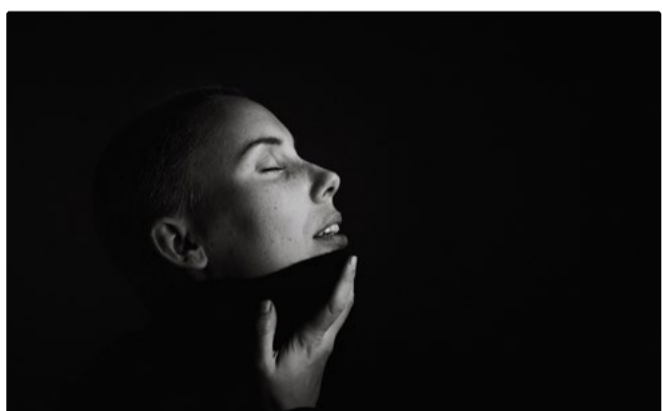


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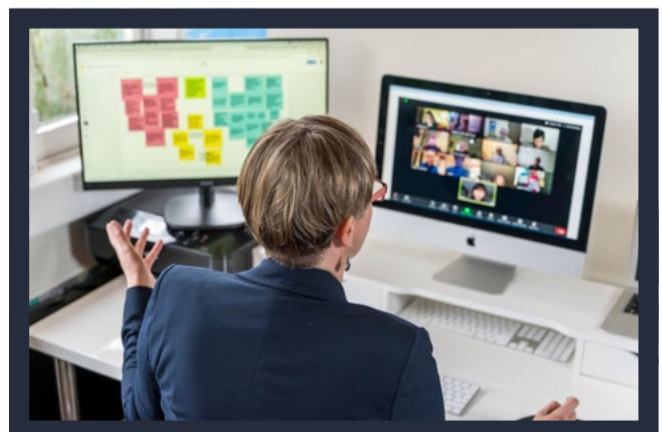


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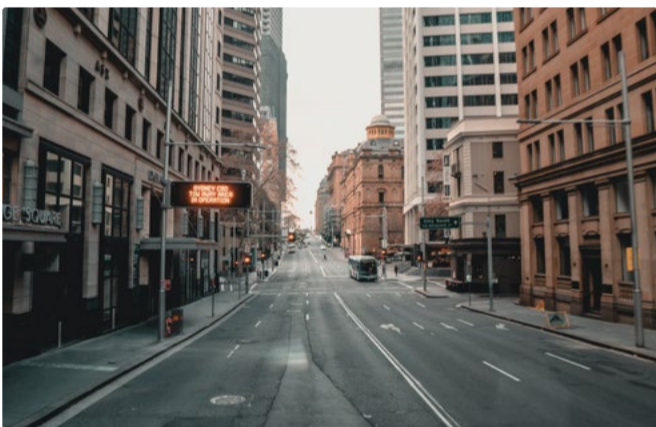
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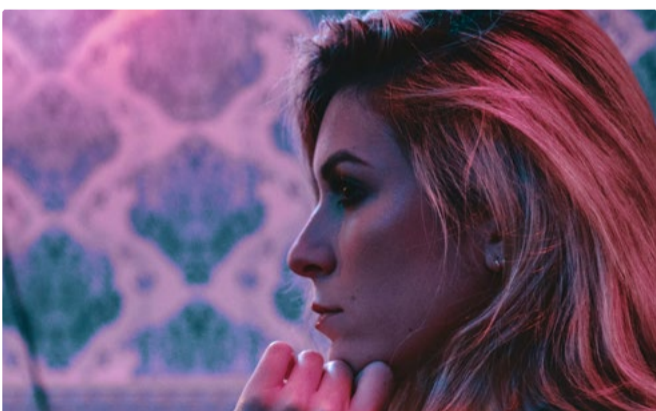
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by Ralph Hadden

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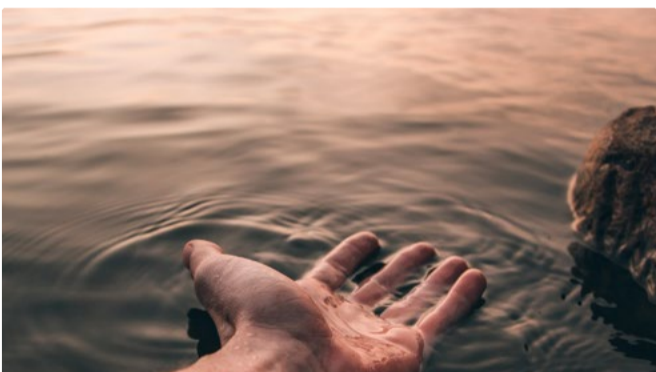


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'Quarantine fatigue' is the latest phenomenon happening all over the world, after months of restrictions and social distancing. People are reporting states of lethargy and low motivation. Here are some actionable steps to help if you too are afflicted by this.

by Libby Perkins



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Various experts in their fields share their thoughts on the COVID-19 situation, for now and heading into the future. Read comments from LivingNow's community regarding changes to our lifestyles. They offer helpful and diverse perspectives for taking what we've learnt so far, into the future.

from the LivingNow community



## Editorial to edition #007

The coronavirus pandemic has seen widespread suffering and a massive global disruption. However it's the human spirit to adapt and learn through adversity, and gather wisdom along the way. This issue is dedicated to collecting and using that wisdom to help us thrive through and beyond COVID-19.

**H**ello lovely LivingNow community 🥰  
Welcome to our 7th beautiful digital magazine.

The global pandemic has seen great change and upset to world order. Sadly there has been a lot of suffering – and we are not over it, by a long shot. Our thoughts are with all those affected, through loss of health or livelihood, or isolation. At the same time, the adversity we've faced has created opportunities for reflection, review

and even a re-think of the priorities in our lives, individually and collectively.

When we decided to do our own re-set, and put together this special edition in place of the upcoming relationships edition, there were already signs that people were getting 'quarantine fatigue' (see Libby Perkins' article). We thought we might become victims to this fatigue, and not get enough contributions from authors to put together a viable magazine.



Instead, the response has been outstanding. Not only were we flooded with entries – this issue is a bumper one – the quality has been amongst the highest we've ever compiled in a single edition.

Here we'd like to give big shout-out to all the contributors in this edition who've given generously of their time and expertise so that we all might benefit. This sharing and coming together is one of the reasons we love being part of the LivingNow community, and offering this vehicle for personal enrichment.

The inspiring content couldn't come at a better time. Getting good information – and responding to it – has been always been key to making the best choices (a theme we strongly follow at LivingNow), and at this time it's vitally important. Thankfully, here in Australia, the government has been, by and large, listening to the advice of experts, and consequently we've so far been spared the disastrous toll of victims that some other countries are seeing.

This begs the question: why has the government been less keen to follow advice from climate scientists? The relationship between the pandemic response and the environment is explored in Martin Oliver's informative article.

Sadly there have been some ways in responding to the challenge of COVID-19 where we've not been doing so well; many of these can be directly traced to a lack of information, or even misinformation. Alarmingly we're seeing some conspiracy theories circulating too. And while we are, and have always been, supportive of alternative opinions, we don't subscribe to the idea of alternative facts. LivingNow has been all about INSPIRING people, not conspiring with people. To this end, we have in recent editions

increased links to further resources, to inspire thorough, well-grounded thought processes; it seems more important than ever! In fact, authors including Jost Sauer and Peter Walker Thomas point out not only the importance, but the very pivotal nature of the time we are in.

Our lead story by Tara J Lal, and those of Larissa Wright, Abby Zensea, Janine Garner, and Dr Margaret Jiin Ngu, all provide a framework of understanding and action to not only survive the pandemic, but, taking the lessons learnt into the future, to **thrive** in a post-pandemic world. Indeed this is the central premise of the whole edition.

Other writers, such as Marija Herceg and Craig Fallshaw, have pivoted around lockdown restrictions and were inspired to take up a new hobby or business.

The shift from a focus on **me** to **we** is another empowering theme; this strange time in the world's history has given many of us a chance to reassess what is important, and decide what we might want to create as a legacy, for ourselves, our communities, and our planet.

You'll find that the articles in this edition offer fantastic tools for self assessment and for personal development; we hope that you make time to read them all!

In service & gratitude,

Emma and David ❤️



# Knowledge in a time of crisis

A perspective on our reactions to COVID-19 informed by the ancient wisdom of the *I Ching*.

by  
Martin

Glenn

The coronavirus pandemic has had far-reaching effects on the lives of most people, creating changes that are unprecedented in our lives. We have had to stay put in our homes as much as possible, and be careful not to get too close to other people when in public.

Most of all, we have been faced with uncertainty. We do not know if the person we pass in the street is infected. We may not even know if we ourselves are infected.

Times such as these raise many different issues. One of them is knowledge, and how that is related to our actions. We have been told, by health authorities, that we should keep 1.5 metres apart in public, that we should wash our hands, and that we should cover our coughs. We've been told that we should self-isolate for 14 days if we have been in contact with someone who has COVID-19.

With somewhat more inconsistency, we have been told, that we should wear face masks, and what type they should be, and how to attach them and take them off. The instructions have varied and the rationale varies. So, what does one do? This question extends to the taking of medicines. Much has been made of the anti-malaria drug hydroxychloroquine since US President

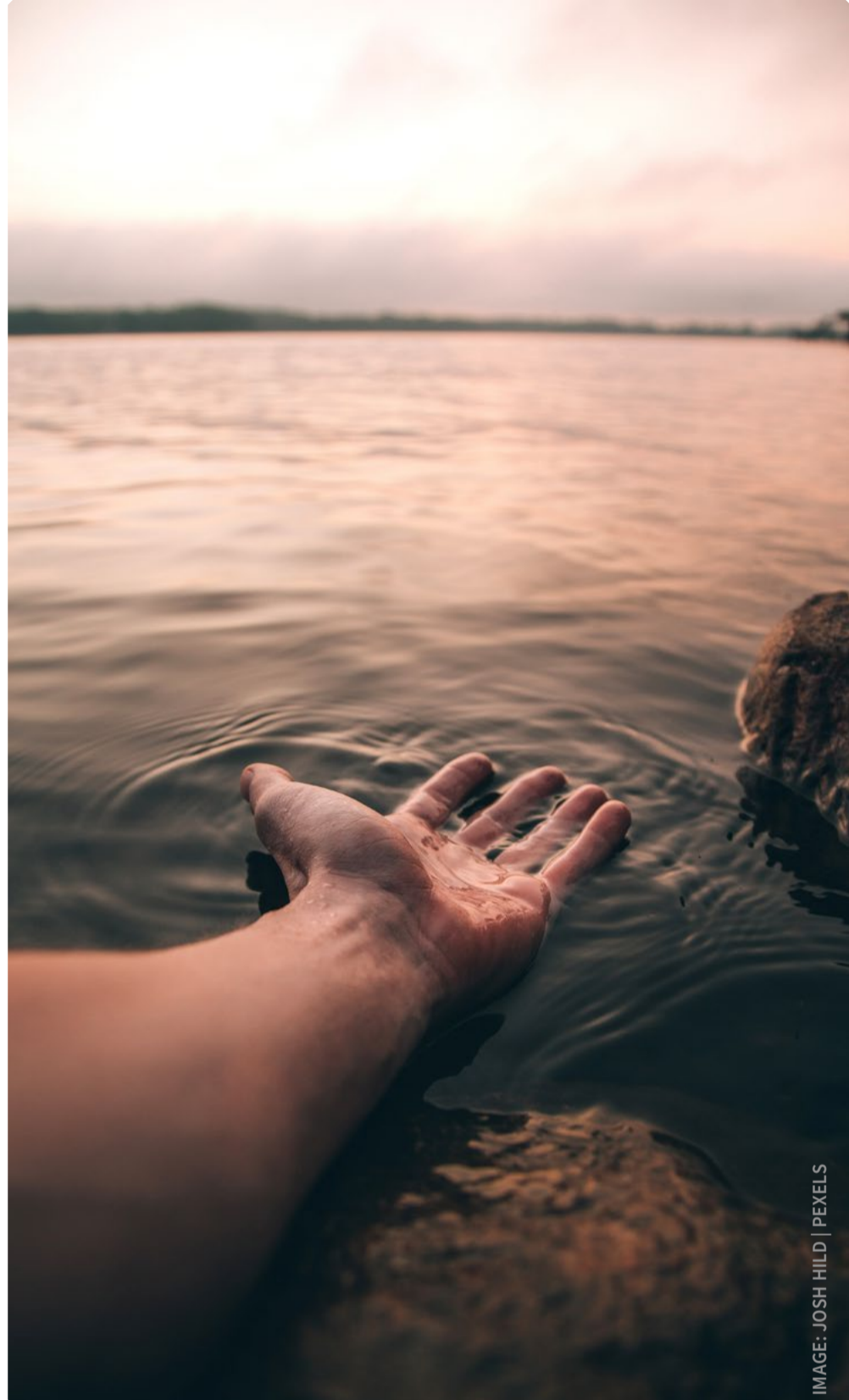


IMAGE: JOSH HILD | PEXELS

Donald Trump said that he was taking it. Social media has circulated stories about its effectiveness, while medical experts say that it has not been proven, and it may even cause harm. What does one do?

## It's a question of knowledge

I am not an expert in medical knowledge, but I can't avoid having to decide and act in relation to my own life. How do I do that? What are my principles for deciding? I learn from the *I Ching*.

This is what I think. I think we live in a world (a society) that fosters fear. There is a collective fear of threat that breeds an atmosphere of menace. It is no surprise that this occasionally generates real threats. The poignancy of coronavirus is that it is invisible. There is no enemy

## // HARDSHIP IS LIKE TRAINING. YOU HAVE TO BE READY TO DO THE WORK. YOU HAVE TO BE ABLE TO ENDURE AND SURMOUNT TRIALS. MISFORTUNE BUILDS A STRONG PERSONALITY. //

that we can point to; nor are we sure (in detail) how it transmits around a community.

We have statistics, which is helpful, but statistics are an endeavour that deals with ignorance, not with knowledge. (Otherwise, why do some regular smokers not die of lung cancer?)

In the *I Ching* we can think of our current situation in symbols. It is as if heaven and earth are moving away from each other. There is evil afoot and we need to avoid getting embroiled with it. Don't depend on luck; work out the steps you need to take to be safe. Accept that the daily conditions of life have changed. Behind it, the laws of life continue – they are constant. Hold onto that constancy.

Remember that life moves between yin and yang, in long rhythms. At the end of all adversity there is felicity. But even here, at the point of change, take care: carelessness will prolong the danger. Plant your roots



## Accept that difficulty builds internal strength and character

This is not a trite truism; it is actually true. Hardship is like training. You have to be ready to do the work. You have to be able to endure and surmount trials. Misfortune builds a strong personality.

What does that mean? It means to live modestly when you need to, to refrain from excess, and not to complain. It means to be able to stop and be still. And it means to undertake something within your sphere of influence, and to persevere in that.

Is this knowledge? It sounds more like rules for living when you don't know. So be it. Knowledge is a good thing to have, but despite the confidence of our society that everything is knowable, much of the time we have to act and react before we have attained that state. This is far more often than our mythologies about science and knowledge would admit.

Often we need to act without knowing. There are rules for that, and these are rules that are worth knowing. Know that yin and yang work together. Know that change is the constant. And know that the most profitable course is to be steadfast and upright, even when it appears otherwise.

This is a stagnant time, but it will pass. Life is movement. There is so much we do not know, but we always know enough to do what is right, if we are prepared to live with integrity and faith in the deep processes of the universe. This kind of integrity leads to duration and joy. You will be known as the peaceful one.



Glenn Martin is a longtime student of the *I Ching* and the author of *The Ten Thousand Things: A Story of the Lived Experience of the I Ching*, and many other titles. His latest book is *A Foundation for Living Ethically*, which describes ethics in terms of a framework of

spirituality. [www.glennmartin.com.au](http://www.glennmartin.com.au).



INSPIRING, NURTURING & EMPOWERING

# LivingNow MAGAZINE

**ISSUE #007**

## **THRIVING BEYOND COVID-19**

**Now, more than ever, we  
need inspiration, nurture,  
& empowerment!**



Did you enjoy reading this article? It's just *one* of 27 great offerings in the latest LivingNow magazine App Edition #007.

It's our biggest app issue yet, and in terms of article quality, one of the best. And we've been publishing our health and personal-development-focused magazine for over 30 years!

One of the reasons we love doing what we do is the sense that we are helping people have a better life, by making good choices. With the impact of the global pandemic, there's a lot to consider, isn't there? Sure, things are not going well for many, but there's hope we will come out the other side as better people, and in doing so create a better world.

One of our writers asks, "Is this the greatest opportunity in living memory?" Another suggests this could be part of a 'great awakening'. Others talk about the new business venture or hobby that has arisen. Many offer practical tips on how to make the most of things, in these life-changing, and challenging times.

27 great articles to inspire you.

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