

Back to normal

There was a lot of talk recently about going back to normal. But can we ever go back? We are different people from who we were at the beginning of the pandemic and even when things open again, we will not be living our lives the same way.

Nor should we really want to because how do you learn unless you're always moving forward.

A friend spoke to me recently about the 'American dream' and how it should be disbanded as all it stands for is making money and living a life like the Great Gatsby. I personally don't think this is the case nor do I think that the 'dream' should be limited just to Americans- it is attainable for all of us. For me, the dream is trying to make the world a better place- working hard to achieve that, earning respect from those around you and living life well.

That is something we can all strive for and move forwards towards not back.

We should therefore be not striving for life to go back to normal but to go forward to a brighter future.

It is slightly scary leaving old uncertainties and moving forward towards an uncertain future but I believe it is how we grow as human beings. We can depend on our breath as our anchor keeping us grounded in the world as we live our own dreams in the world around us.