

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
how to move forward

**How to get more out of
your life by doing less**

The **environment** in a post-lockdown world



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11 A framework for thriving through and beyond the pandemic

It may sound counter-intuitive but the key to thriving is struggle. So, if you have really struggled in lockdown this is your opportunity – grab it with everything you have!

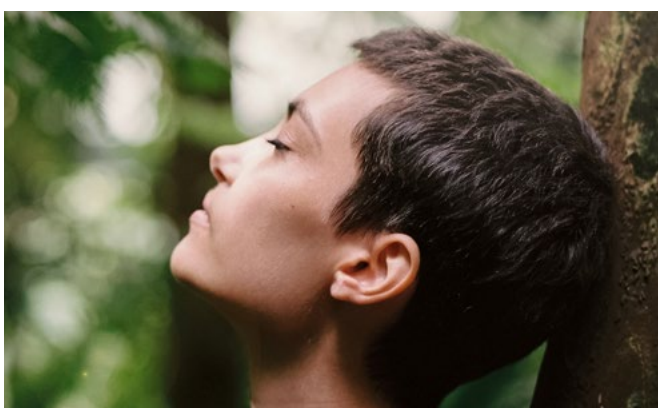
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COVID-19 is clearly asking something of us which is greater than medicine and economics.

The world has been thrown into chaos handling crisis and challenges of the times with global lockdowns, restrictions, financial collapse and a lot of fear that many people will die. It has become clearer that we will not be returning to how things were.

Chaos often precedes the call for transformation and in this case it's on a global scale.

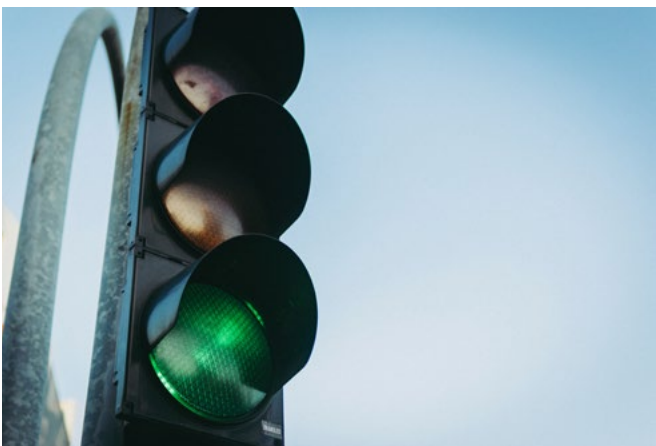
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Depending on the change, adjustment can take a long time or a short time. Change will come; it always does. We can be prepared or unprepared. We can adjust or stay put. It can be an easy transition or a hard one. How we adjust, though, is always up to us.

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Some things are worth fighting for in life, but many issues and events aren't worth fighting over at all. Simply paying attention and seeking understanding will help us discover which is which and hence know which to accept.

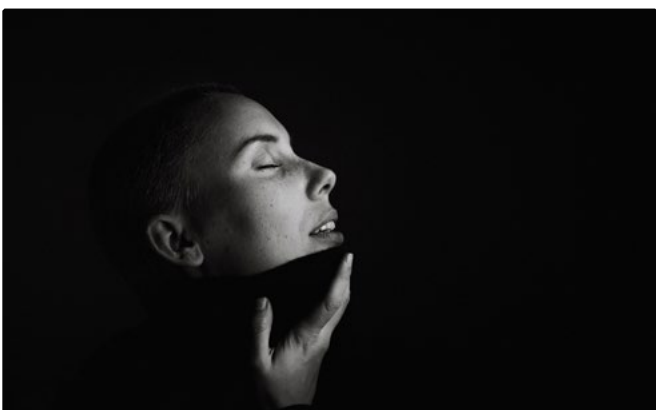
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While so many could not bring themselves to do more than sign the occasional online petition for any number of causes that seemed not to threaten our lives or comforts immediately, April brought suffering and death directly to the front door.

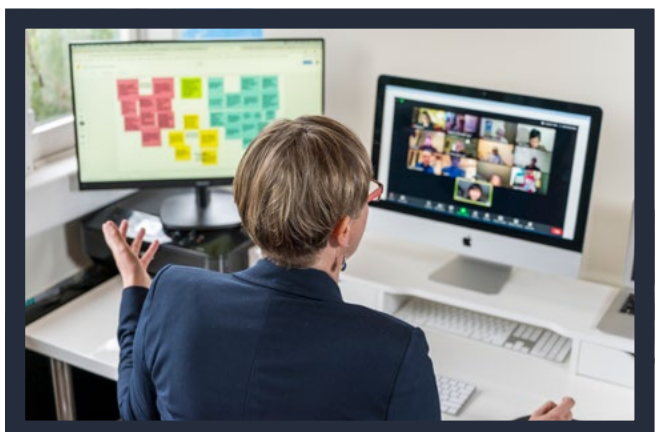
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Have you had a healthy relationship with your pleasure lately? How can we use sensual pleasure to become more resilient?

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The COVID lockdown has seen a revolution in the way businesses – and individuals – are connecting, communicating, and collaborating. While online meeting platforms have proven themselves to be indispensable tools, they come with some caveats. Here are some expert's valuable tips on getting the most out of your online sessions.

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The following points will help you more than survive emotionally and spiritually, but more importantly, to thrive, both as an individual and in your relationships in this COVID-19 era.

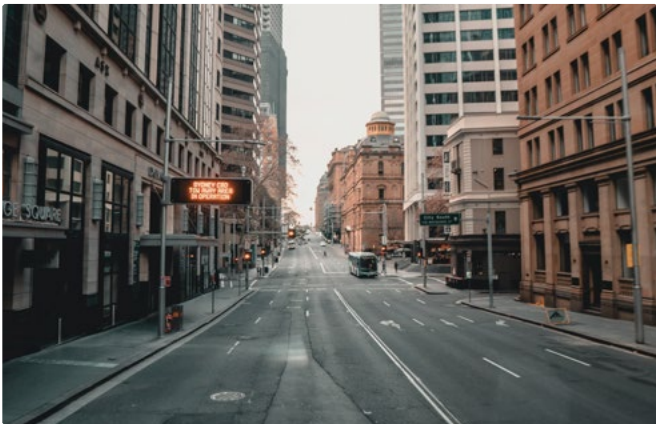
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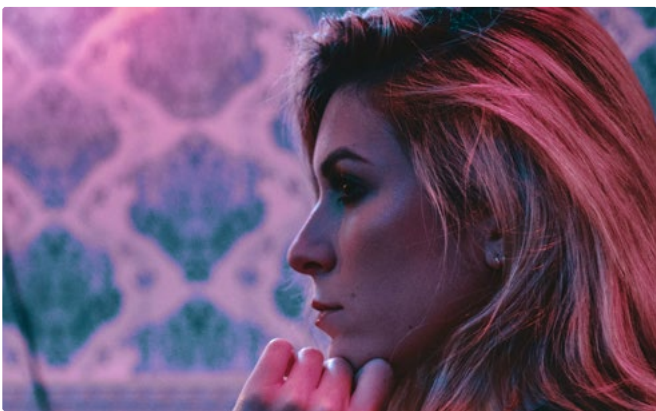
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The downtown cores in many big cities are poised to vanish or become shadowy ghost towns of the past because of the global pandemic, worldwide recession, and the end of the office era.

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Sometimes new age books predicted the 'great awakening' – and I reckon this could be it, because we all slowed down enough for a gap to appear.

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Paul carried the weight of the world quite easily, it seemed.

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Four strategies that improve your chance to survive and thrive in the midst of major calamities: job loss, illness, death of a loved one, marital break-up, incarceration, zombie apocalypse and, **yes**, COVID-19.

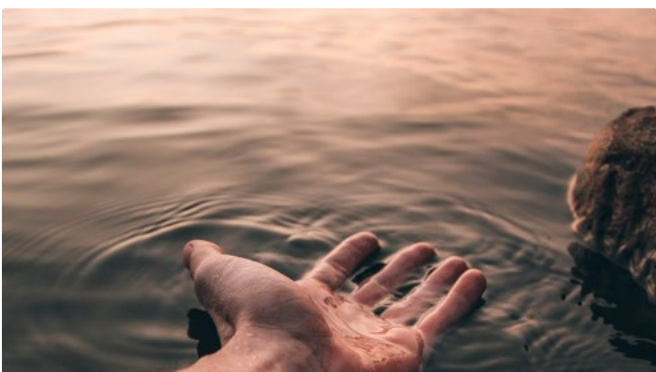
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92 Money rules

Living pay to pay is not a good idea – and COVID-19 has highlighted that very, very well. If you are ready to change things going forward, then now is a good time to get started.

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

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Let's face it! When you're having a self-pity party and you feel crap, the last thing you feel like doing is thinking about what you're grateful for. This would totally ruin the vibe (of the party).

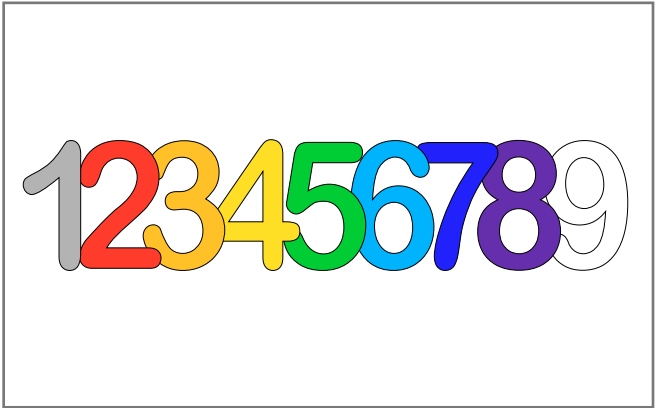
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The ancient intelligence of Ayurveda offers simple, practical healing tools to care for yourself in the heat of change and adaptation.

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How do we get through COVID-19? To successfully face a crisis, we need to take action. First, there are precautions that minimise the physical risks. Secondly, we need to have a strategy for maintaining our mental well-being.

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Do you have the mind skills required to perform at your best during difficult times?

Here are 3 lessons we can learn from this pandemic that equip us create a thriving future

by Dr. Narjes Gorjizadeh



109 Tips for quarantine fatigue during COVID-19

'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.

Hello 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 ❤️





Normal let us down – here's how to move forward

The old 'normal' is struggling to maintain its hold on our lives – the only difference is that it is from behind a screen rather than in the world 'outside'..

by Bronwen Sciortino

Normal. Was there ever such a thing? Pre-COVID-19 seems like a dream. It's been months, but no one really knows where the time has gone. We've been 'locked' away, and time has flown anyway.

For some, it's been a great pause on life. For many, it's been chaotic, traumatic and frightening.

When we look back, we can see that life BC – 'before coronavirus' – was crazy.

We needed to stop, take a breath and experience life, but instead we just pushed through.

Millions of resources were readily available to us – some of them free – but we ignored our health and well-being, and soldiered on. We were so disconnected from even the basics in life. In short, we were out of control.

In reality, we actually lived on the edge of all the things happening in our life. Because, let's face it, who had time to actually deep dive and really experience anything in life?

We forced ourselves to keep going. And the struggle to feel that our lives were relevant kept pushing us forwards.

That was our normal ... and it seriously wasn't working

Change can be hard enough when you choose to step into it. But when it is forced on you out of nowhere, and with maximum impact, it can be overwhelming, invasive, and sheer terror.

Even locked away in our own homes, with limited contact with others, we're not immune to the opinions

and instructions on the way that we're supposed to be living.

Whether it's the "do's and don'ts" of how to behave, dress, act, react and participate in online meetings, or the food we're supposed to be eating, or the schedule we're supposed to be keeping, or the exercise we're supposed to be doing – and the list goes on – we're being herded into motivation like it's going to save our lives.

Time to look for a simpler way

It's time to turn 'normal' on its head. It's time to start asking the question: "What if there's a better way to live?"

Normal saw us living in a disconnected way that was impacting the health and wellbeing of ourselves – and our planet.

It saw us land firmly on our backsides and forced us into lockdown in our homes for an extended period of time. Stress, burnout and exhaustion ruled our days, and we became more and more anxious about our way forwards.



But life can be so simple, when we get out of the way.

If we want life to look different, then now is when we need to be asking ourselves a few simple questions that can help us to easily – but completely – re-shape our lives.

What is most important to you, for your life?

We've become so disconnected from our life that we have lost sight of what is most important to us. Now's a great time to remember the things that mean the most – the ones you hold most dearly – and see whether you have them in your life.

What do you need to be OK?

There are a lot of people getting very busy telling us what to do with our lives, but are they right? Is what they're telling us right for us? Every single one of us is a unique individual. We're all experiencing this time in our own way. That means that each of us needs something as unique as we are to help us be OK. What is that for you?


How can you make sure that you give those things to yourself on a daily basis?

It's one thing to know what's important to you and to work out what you need, but if you don't take action

and give them to yourself then you will be stuck where you are. What are you prepared to do to make sure you give yourself what you need? How can you hold yourself accountable to making sure this gets done?

Start with asking yourself these questions. Then find ways to give yourself the things that help you to be consciously connected to your life. You'll be giving yourself the things that provide you with energy and that will make it easier to move forwards every day.

here, right now, you have an opportunity to create your new normal. The slate is blank, the way is clear. Adding a few questions into the way you make decisions about the things you do – and don't do – makes it so much simpler to move your life in a different way.

And every time you make a decision that matches the truth of what is important to you, and what you need to be OK, you make it simpler to live the life that was always meant to be yours. 



Bronwen Sciortino is a simplicity expert, professional speaker and an internationally renowned author. <https://sheiqlife.com>.

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-focussed
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.

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