

# Coming Out of Covid

## 4 Steps to Embracing a New Normal

**By Phyllis King**

(inspired by Marc Glasser)

When we are in a difficult cycle it can seem like it will never end. The Covid experience definitely qualifies as a difficult cycle. Most difficult cycles we experience alone. The Covid crisis happened to all of us simultaneously. The entire planet became subject to restrictions, fears of the unknown, and a plethora of unanswered questions.

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As we near the summer, news about Covid is beginning to improve. We hear that Covid deaths are decreasing. Most recently we learned that those who have been vaccinated can opt in or out of wearing masks. Our children are beginning to return to in-person learning. Restaurants are serving food indoors again. Sporting and group entertainment events are resuming. This should be great and welcome news to all of us.

With all this significant change and adjustment in such a short window of time, and for many an experience of trauma, how do we come out of Covid and embrace a new normal. In the past 18 months I have suggested that the trauma from the pandemic would remain long after the physical threat was neutralized. That's because our minds move very quickly to solve and

delineate problems and challenge. Emotions move very slowly. When we are shocked or traumatized, we do not just bounce back. Simply because we hear things are improving does not mean our bodies will believe it. We have been conditioned to expect less, to live with less and to hold ourselves back.

How do we lean in now and create a new normal? How does all of this relate to abundance? Is there gold to be mined from an experience like Covid? We got back to basics.

A cornerstone truth in abundance is that we cannot be given a learning experience we do not need. Divine consciousness is not inefficient in this manner. Once we grasp this on a “knowing” level, we then can navigate the life experience with more grace and ease. We no longer resist the present moment. We surrender to “what is” as if we chose it. When we choose something, we feel empowered. We claim our power. We are happy. We are abundant.

To emerge from Covid in the most abundant way possible, we want understand why we responded to the pandemic in the manner we did. To the degree we relinquished our inner peace will provide ample insight as to how to move toward greater personal freedom in the future. To get there we can ask ourselves “did I cooperate willingly or unwillingly?” “What did I tell myself was true about the reality I was living? “

It does not matter what we told ourselves. The questions are not to judge yourself but to know yourself. What matters is that we are truthful about our inner narrative. In that truth we can then mine the gold from the experience itself and become bigger.

With our newfound awareness we will easily turn the Covid page and embrace what lies ahead. We will not fear another outbreak, or whether we will have to

wear masks or if restaurants will be closed. We will simply continue to practice being in right relationship to our own being and power, which is the most magnetic and abundant place to be.

**To begin your ascent into the new normal:**

1. Return to basic principles of abundance and what is true.
2. Understand how you responded to the pandemic and why.
3. Mine the gold, “who did I become because of this?” Emerge into your bigger self-awareness.
4. Claim and use your new awareness to navigate the next chapter of life and do so eagerly and with joy.