

Reflection #16
By Eugene Dufour

**Coping with the Fear of COVID 19 Infection
An Invitation to Look at Things Differently**

“Rest comes when we become more by doing less,
when we don’t allow the urgent to crowd out the important”
Frank Ostaseski,

The Five Invitations: Discovering What Death Can Teach Us About Living Fully

Winter driving in Huron and Perth counties is much like dealing with a new crisis. At the beginning of a crisis I feel like a car on ice. Struggling to get traction, swerving a bit and feeling out of control. I am constantly looking for, and petrified of, black ice which is invisible. Summertime driving just does not work in ice and snow. Winter driving techniques give us a guide on how to drive safe during unpredictable weather. In a crisis, like the one we are in now, being open to new ways of coping can be freeing.

Frank Ostaseski, a gifted healer from the Zen Hospice Project, outlines the five central “invitations” — habits of mind, orientations of spirit — through which an open acceptance of a crisis can become a love-expanding, life-expanding force:

Five Invitations

1. Don’t wait.
2. Welcome everything, push away nothing.
3. Bring your whole self to the experience.
4. Find a place of rest in the middle of things.
5. Cultivate don’t know mind.

The message for me in the **Five Invitations** is to try and not let fear hold me back. When something comes into my head, heart and soul, welcome it and don’t over think it. I ask myself how this new aspect of the crisis is affecting me emotionally, physically, socially and spiritually. I try and sit with it for 24 hours before I make any decision. It is very liberating to know that I don’t need to have all the answers. This then becomes a much healthier and healing way of living with a crisis.