

Reflection #35  
By Eugene Dufour

### **“Being” and “Longing” Two Important Aspects of Life**

The COVID-19 pandemic has robbed us of many aspects of our lives. This crisis awakened in us the need to belong to family and friends. The crisis of fear and isolation has also reminded us of the importance of being connected to ourselves – our vital breath. Many families could not be with their mothers this year. The pandemic has highlighted the painful loss for many that have already experienced the death of their mothers. We are reconnected to that desire to “belong” to our loved ones and to something greater than ourselves. John O’Donohue, the Irish writer and healer, explains the essence and importance of “belonging”.

“The word “belonging” holds together  
the two fundamental aspects of life.

#### **Being and Longing.**

Belonging is the living and passionate presence of the soul.  
Belonging is the heart and warmth of intimacy”.

John O’Donohue

It is important that we ask two questions: First, how is this crisis affecting my “being” in the world. Secondly, what am I “longing” for during the pandemic. Take some time today to reflect on the importance of belonging and how the COVID-19 crisis has impacted our soul – our vital breath that comes from the depths of who we are.