

Reflection #30  
By Eugene Dufour

### **How to Get “Un-Stuck”**

During the COVID-19 crisis many people have talked about feeling stuck. Physical isolation, fear of infection personally and for our family members can be overwhelming. Waiting for the direction to reduce the physical isolation and questioning if this is happening to soon also adds to this feeling of being stuck. Feeling emotionally or spiritually stuck is like driving a car on ice. No matter how much we prepare for winter driving, hitting ice reduces us to feel terror. When spinning our wheels on ice sometimes it takes someone to throw a small amount of sand under the wheels to get us going. There is the key... allowing others to help us with assistance or observation to get us unstuck. Changing how we approach or view these emotional or spiritually difficult times is also helpful. Pema Chodron, the Buddhist Priest, gives us a different perspective. Pema states “What we call obstacles are really the way the world and our experience teach us we are stuck”.

Let’s take some time today and scan our minds, hearts and souls to look for obstacles that leave us feeling stuck in any aspect of our lives. Then we can reach out and ask for a handful of sand.