

CORONAVIRUS REFLECTIONS

BITTER OR BETTER?



LARADA
HORNER-MILLER

My Personal
Reflection & Response
Journal

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ISBN-13: (Horner Publishing Company)

Cover photo by: Lin Miller

Chapter 1

WHERE WERE YOU WHEN IT BEGAN?

“Holding on to anything is like holding on to your breath. You will suffocate. The only way to get anything in the physical universe is by letting go of it. Let go & It will be yours forever...”

Deepak Chopra



YOUR REFLECTIONS:

What were you doing during the few weeks as the pandemic surged? Did it catch you unaware like me?



Chapter 2

TODAY I BREATHED—IT IS A MONTH!

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure...”

Oprah Winfrey

YOUR REFLECTIONS:

A month into the coronavirus pandemic: Where were you? What were you doing? What feelings raged?



Chapter 3

DOES WORRY PARALYZE YOU?

“As a rule, men worry more about what they can’t see than about what they can...”

Julius Caesar

YOUR REFLECTIONS:

What worried you during the pandemic? How did you handle that worry?



Chapter 4

YET THE WORLD FELL APART

“Conquer yourself rather than the world.”

Rene Descartes

YOUR REFLECTIONS:

How do you process stressful situations? Create a safe place in your world? Is it poetry, like me? Walking? Artwork? Dancing? Some- thing else?



Chapter 5

WHAT'S ONE PERSON'S VALUE IN THIS WORLD?

“To love another person is to see the face of God.”

Victor Hugo

YOUR REFLECTIONS:

How did you feel about the mounting number of deaths?



Chapter 6

REDEFINED NORMAL

“Normality is a paved road: It's comfortable to walk, but no flowers grow on it...”
Vincent van Gogh

YOUR REFLECTIONS:

What does your normal life look like? What have you given up during the pandemic that is a passion?



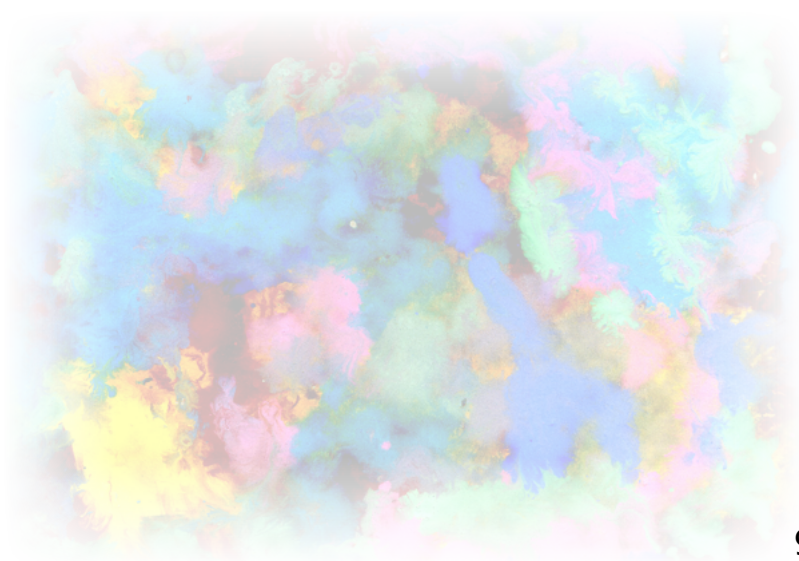
Chapter 7

WHO IS IN CONTROL OF THIS MESS?

“Life is ten percent what happens to you and ninety percent how you respond to it...”
Lou Holtz

YOUR REFLECTIONS:

If you pray, how did you pray during this turbulent time? If you don't pray, what did you do to deal with the coronavirus pandemic?



Chapter 8

I WRESTLED WITH GOD, FAITH, AND THE CORONAVIRUS

“The door of the human heart, can only be opened from the inside...”

William Holman Hunt

YOUR REFLECTIONS:

What issues have you wrestled with during this crisis?



Chapter 9

WHOSE REALITY TODAY IS REAL?

“Seize the moments of happiness, love and be loved! That is the only reality in the world, all else is folly.”

Leo Tolstoy



YOUR REFLECTIONS:

At the end of May 2020, how did you handle all the conflicting information thrown at us?



Chapter 10

WHAT IS SELF-CARE?

“You yourself as much as anybody in the entire universe deserve your love and affection.”

Gautama The Lord Buddha

YOUR REFLECTIONS:

What are your thoughts about self-care and this pandemic? What did you do to take care of yourself?



Chapter 11

WHAT'S MY DEFINITION OF SAFETY NOW?

“Your sacred space is where you can find yourself over and over again...”

Joseph Campbell

YOUR REFLECTIONS:

What have you been doing to keep both yourself and others safe? How did it change your life? What rituals have you started because of the coronavirus?



Safety
Checklist

Chapter 12

I'M SUFFERING

“If you light a lantern for another, it will also brighten your own way...”

Nichiren

YOUR REFLECTIONS:

How have you suffered during the coronavirus pandemic?



Chapter 13

THE WAIT FOR WHAT? CAUTION?

“There's nowhere you can be that isn't where you're meant to be...”

John Lennon

YOUR REFLECTIONS:

Did you ever confront someone else for their careless behavior? If so, what happened?



Chapter 14

SURPRISE DISCOVERIES DURING THE PANDEMIC

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes...”

Marcel Proust

YOUR REFLECTIONS:

What discoveries have you uncovered this year? Any surprises? If so, what?



Chapter 15

“Freedom consists not in doing what we like, but in having the right to do what we ought...”

Pope John Paul II

YOUR REFLECTIONS:

What do you do when your freedom collides with someone else?



Chapter 16

THE DEATHS KEEP COMING

“To die, to sleep; To sleep, perchance to dream.”

(Hamlet) William Shakespeare

YOUR REFLECTIONS:

How have you dealt with the mounting death count? What are your beliefs about death? How has the pandemic affected them?



Chapter 17

RENEWING PASSIONS NOW?

“One of the first signs of a spirit-filled life is enthusiasm.”

A. B. Simpson

YOUR REFLECTIONS:

What is your passion normally? Has it changed due to the pandemic? If so, how?



Chapter 18

CORONAVIRUS REFLECTIONS: BITTER OR BETTER?

“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”
Confucius

YOUR REFLECTIONS:

Has the coronavirus pandemic of 2020 left you bitter or better? Why?



Chapter 19

ADAPTING TO ZOOM

“There are some things you learn best in calm, and some in storm...”

Willa Cather

YOUR REFLECTIONS:

How did you adapt during this crazy time?



Chapter 20

NAVIGATING A CELEBRATION NOW

“There are two great days in a person's life - the day we are born and the day we discover why...”

William Barclay



YOUR REFLECTIONS:

What ways did you find to safely celebrate birthdays and special events during the pandemic?



Chapter 21

"EASY DOES IT!" BUT HOW DO YOU DO IT?

"Relax, Recharge and Reflect. Sometimes it's OK to do nothing..."

Izey Victoria Odiase

YOUR REFLECTIONS:

How have you used this time of shelter-in-place and quarantine? Have you been able to find a way to deal with the stress and anxiety that this pandemic has caused?



Chapter 22

NINE MONTHS LATER, AND I'M TIRED & SHAGGY

“Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward...”

Kurt Vonnegut

YOUR REFLECTIONS:

How did your life change in the nine months after the coronavirus pandemic started?
Do you want to return to your life as it was or something different?



Chapter 23

WHAT IS THERE TO BE GRATEFUL FOR?

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow...”

Melody Beattie

YOUR REFLECTIONS:

What are you grateful for? (If you name someone specifically, be sure and tell them that they made your gratitude list today!)



Chapter 24

CHRISTMAS SHOPPING DURING THE PANDEMIC?

“Christmas doesn’t come from a store, maybe Christmas perhaps means a little bit more...”

Dr. Seuss



YOUR REFLECTIONS:

How did your holiday shopping change because of the pandemic’s restrictions?



Chapter 25

CHRISTMAS 2020 WITH CHARLES DICKENS

“I will honor Christmas in my heart, and try to keep it all the year...”

Charles Dickens

YOUR REFLECTIONS:

With which attitude did you embrace Christmas 2020? Why?



Chapter 26

GOODBYE 2020, HELLO 2021!

“For every goodbye, God also provides a hello...”

Donna Gable Hatch

YOUR REFLECTIONS:

How did you feel saying goodbye to 2020?



Chapter 27

WHAT DOES 2021 HOLD FOR US?

“The best way to predict your future is to create it.”

Abraham Lincoln

YOUR REFLECTIONS:

What were your expectations for 2021?



Chapter 28

VALENTINE'S DAY 2021! SO DIFFERENT YET SO GOOD!

“Ultimately spiritual awareness unfolds when you're flexible, when you're spontaneous, when you're detached, when you're easy on yourself and easy on others...”

YOUR REFLECTIONS:

How did you feel with the effects of the coronavirus still a problem in 2021?



You
are MY
happy
PLACE!

Chapter 29

WAITING FOR THE VACCINE?

“Patience is the ability to idle your motor when you feel like stripping your gears...”
Barbara Johnson

YOUR REFLECTIONS:

How did you feel about getting the coronavirus vaccination?



Chapter 30

RESHAPING MY NEW WORLD

“Look deep into nature, and then you will understand everything better...”

Albert Einstein



YOUR REFLECTIONS:

Have you had any positive changes this last year? If so, what were they?



Chapter 31

VACCINATED: SHORT, SWEET, & TO THE POINT

“You may say I’m a dreamer, but I’m not the only one. I hope someday you’ll join us, and the world will be as one...”

John Lennon



YOUR REFLECTIONS:

Did you get vaccinated? If so, did you have a reaction to the vaccine? If so, what?



TO THE REFLECTOR

“Life can only be understood backwards; but it must be lived forwards.”

Soren Kierkegaard



SHARE YOUR FINAL REFLECTION

"We are not human beings having a spiritual experience; we are spiritual beings having a human experience..."

Pierre Teilhard De Chardin



NOTES



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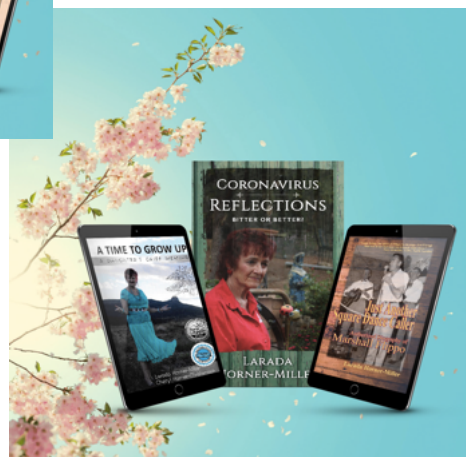
Larada's Books



- ~*This Tumbleweed Landed*
- ~*When Will Papa Get Home*
- ~ *Let Me Tell You a Story*
- ~*A Time to Grow Up: A Daughter's Grief Memoir*
- ~*Just Another Square Do*
- ~*Coronavirus Reflections: Bitter or Better?*

COMING SOON:

~*My Hair on Fire: And Other Christmas Memories in Poetry and Prose*



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