

## Mindful Monday, June 15, 2020

***"Today is a wonderful day. I've never seen this one before."* Maya Angelou**

Perspective is defined as *a particular attitude or way of regarding something, a point of view*. Perspective is something all of us have. It is something that can be influenced by the information we have access to and the environment that surrounds us. The team at TED turned to the TED Fellows (an international collection of innovators, researchers, artists, and thinkers from 99 countries) to create a panoramic perspective of the coronavirus pandemic. How do they align or challenge how you see today? The entire article can be found [here](#).

### **Belgium**

The next few months are going to be hard, but a year from now, we'll be on top of this virus. The world might look quite different then, but let's grasp the opportunity to change it for the better.

— Angelo Vermeulen

### **Cambodia**

Look at our sky — it is blue again. Our ozone is healing. Our waters are running clean. It is unfortunate that people are sick and that others are dying and that there are countless others thrown into uncertain, precarious situations during this time. I hope we can go beyond self-quarantine to living with true kindness, compassion and gratitude and caring for and protecting vulnerable people such as elders and refugees.

I hope we can use this time to reflect upon our individual selves, communities and societies. What did we do right? What did we do wrong? Where do we need to go from here? How do we get there? And I hope that that "there" is a time and place in better balance and harmony with peace, progress, nature and the cosmos. Let's use this moment as a time to cocoon, and reveal bigger, bolder and more beautiful versions of ourselves when it passes.

— Prumsodun OK

### **Canada**

In quantum physics, two entangled particles can remain connected when separated across space and time, even across the universe. So let us be quantum. Let us be connected, no matter how far we are separated and no matter how much time passes.

— Shohini Ghose

### **Pakistan**

I saw a post on the internet the other day, talking about how this will one day be history. I am choosing to focus on that. One day, we will look back on this day as something that changed mankind as a species.

We have never collectively experienced something like this before; we will conquer it together and then learn from all our mistakes and hopefully respect and appreciate our diversity and differences more than we have in these last few years.

— Usman Riaz