

Live mindfully

May we never experience a pandemic like the one in 2020 again - it highlighted a lot of weaknesses in our societies and economic systems though - we realized the devastating effect of ineffective government systems, people's tendency to believe fake news so easily and people's resistance to scientific information and to abide by good practices in order to help spread the virus. It also highlighted the goodwill in the majority of ordinary people. Be informed, study philosophy, become a critical thinker, and make sure of trustworthy resources and facts. Be awake and take part in the government systems of your household, community, and country where possible.