BUILDING A WORLD OF HOPE DESPITE THE CRISIS; A DOSE OF REFLECTIONS, MEDICINE TO THE SOUL

by:

Julie Ann S. Torres
Teacher III, New San Jose Elementary School

Filipinos are so resilient, that even in times of crisis, they are still stable and continue to strive even harder despite the challenges they are encountering. “The human capacity for burden is like bamboo—far more flexible than you’d ever believe at first glance.” (Jodi Picoult). We can never surrender despite struggles because we have high fighting spirits that keep us going into the flow of life. We can see this at every smile of Filipinos, the sincerity of their smile compliments the hopeful hearts of every individual. What is in their hearts, that foster resiliency? As we lie down tonight in our bed, after a long day, what are our reflections that meditate our soul to heal? What is this hope that keeps us strong, even in times of trials?

The social and economic effects of covid-19 are prevalent and touch every corner of the country. But like a Narra tree, we are still sturdy and continue to soften the blow and put ourselves in a better situation. It was in January 2020, when the government confirmed the first case of covid-19 in our country. She was a 38-year-old Chinese woman. The whole world is surprised brought about by this kind of disease. Classes stopped because it threatens the health of teachers and students if they pursue studying at these times of pandemic. But still, Deped access and quality of education are not taken for granted for they have a different learning continuity plan in addressing these challenges in basic education. The LCP is Deped major response and their commitment to ensuring the health, safety, and well-being of the learners and teachers. What is good about us, is we are still finding ways in the quest for the contingency of education.
Many Filipinos become unstable because of the closure of businesses, establishments, and industries. As a result, many Filipinos become unemployed, even our national currency suddenly collapsed in connection with the worldwide pandemic. Do you think, Juan Dela Cruz surrender? As you can see him, He’s still standing and finding some ways for a living. Online selling gives him another chance to support his family. We remain steadfast even though we are struggling with the situation we are facing right now. Travis Kalanick says “Every problem has a solution; all you have to do is be creative enough to discover it.” In our little way, we are still finding the means to cope with the situation. Filipinos don’t take life's problems seriously, maybe it is in their genes to live life lightly and with their control. Nothing good happens if we live on life's negativity. You will only live your life unhappily if you keep abode on that negativity. But always remember that there is still hope, right? It is in our hearts to be robust in all trials that we can face in our life.

Constant calamities and typhoons we are all used by it, how many storms visited the Philippines in the year 2020? There are so many, Goni, Ulysses, Vicky, etc. Our houses, personal belongings, livelihood are ruined by different disasters. Do you think, we are not minding at all? Of course, we do! But if we live in sorrow, our mental health will be affected. There is still a reason to be happy in surpassing these punches in our life. We are alive! breathing, and still witnessing the beautiful sunrise. After a storm, there is a rainbow, and it symbolizes hope for every Filipino. Our almighty God is still our savior, protector, and continuously leading our life to the right path that we want to be. All we have to do is to pray, reflect, and meditate on our soul. This is life! Live by it to the Fullest, Nothing is impossible if you leave all your pain, burden, discontentment in the hands of God.

A brave and happy hearts foster our resiliency. Our positive outlook in life after every storm that we surpass, keeps us strong and still stable on where we stand. We Filipinos are empowered by the test of time. Happiness is the most important thing in life. Building
harmonious relationships with your family and friends matters most. This is where we seek inspiration to continue battling life here on Earth. Our faith in God heals the restless soul. The hope in our hearts reveals that we are confident to face the challenges. After all, we are the navigator of our life, whatever we are today is because this is where we want to be. Yes, we are like bamboo, we are flexible and resilient by the test of time.

References:

https://www.impactnetwork.org/latest-news/the-human-capacity-for-burden-is-like-bamboo