

CHAPTER-3I

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CHAPTER-31

HOW LOCKDOWN HAS CHANGED THE WORLD AND YOUR LIFE

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ABSTRACT

Self-isolation, Isolation, Solitude, Seclusion or Quarantine, all of the words have interconnection that is definitely inevitable but there is a prominent yet valuable difference between the change, 'the changed world' and 'the changed life of mine.' When it is the changed world because of Lockdown- "Isolation and loneliness are central causes of depression and despair."— Bell Hooks, All About Love: New Visions. And the changed 'my life 'and to emphasize on it- "Isolation is a way to know ourselves."--- Frantz Kafka. In short, the lockdown capsized the world thoroughly whereas the same lockdown gave me huge gratification to know myself.

I. Introduction

"Lockdown and its upliftments, Lockdown and the pitfalls, Run together like Sun followed by a ray Maybe good or bad, worst or best, altogether everything's rainfall". The mentioned impersonal lines I penned down, roar the different angles of "Lockdown" started from December 2019 because of the deadly and dreadful "Corona Virus" and China is the father of the awe-inspiring creation who coined the fact that "Death is hilariously inevitable" and there's no certainty of Human's Lives, at any point, at any age, at any situation, anywhere and anytime you can die, I can die, We

can die. A pretty bitter truth, isn't it? . Many researchers, researched for so many things, and those were relevant to all the topics. For instance, Death, the topic itself has ample of diversified corners. Out of all the corners ever far-reaching was the 'inevitability of death' as always yet the 'present Lockdown and its evolvment's involvements' made one thing so sure that "In Life, Death is only important, more than a Life we all breathe for". This unavoidable death and the topic truly created a mountain-like 'Changes'. Changes in mind; human's psychology; Changes in human's lifestyle; human's behavior; changes in human's ways; human's communication; financial condition; relations between family, lovers, siblings, cousins; human's timings; human's freedom; human's thoughts; human's tastes, human's mentality and many more.

What is Lockdown? - Lockdown is where things and entities are locked wholly for maybe safety, for maybe protection, for maybe other purposes. Why Lockdown? – Lockdown can be for attacking purpose, can be for safety measurements, can be for imprisonment, can be for defending purpose, can be for protection, can be for good, can be for punishment, can be for so many reasons. Is there any specific audience for Lockdown? – Based on the incidents and convenient and occurred phenomenon the audience is taken for the purpose. Who decides for Lockdown? – Formally or officially the higher positioned persons or legally appointed persons take it; informally or Non-officially the head of a troop or leader of some place's group, the normal group take it. What happens in Lockdown? – When normal things are closed like working places either private or government officials; different shops; entertainment places; business; playing grounds and stadiums; artistic things like movies, theaters; any festivals; altogether everyday's things or materials to run a city, a state, a place, an area, a country, etc. What is the difference between Lockdown and unlock? – Lockdown locks everything down, slowly and steadily whereas Unlock 'unlocks one after the other things around us'. To talk about recent past Lockdown (March 2020) that turned out as Unlock 2.0 after four months (July 2020) took place because of story or movie like a reality that happened in real named as a "Virus", specifically, "Corona Virus". What is this about suddenly!! The virus is connected to RNA viruses (cold, hepatitis, influenza, fever, polio, etc.) which cause diseases to animals like mammals, birds so on so forth and even to Human Beings attacking mainly

respiratory tracts creating immense pain and problems in breathing system so as in blood circulation that stops all normal system of human's body followed by death eventually. The virus broke out in China's Scientific Lab to solve some personal and simultaneously political problems in China while experimenting with the virus inside the lab. The deaths commenced in China from the lab scientist cum doctor who died so badly and who captured a video before his death to the audience to unravel certain things about the virus named "Covid-19" also. It says the virus is been created by Humans for their selfish life's measurements and vengeance including power, money, politics, and whatnot. The way we say self-made or self-taught, equally self (humans) created which could have been prevented. The source is not China only but another 2003's virus i.e. SARS or 'Severe Acute Respiratory Syndrome', said as an animal virus, spreads from animal to animal and finally affects the humans and the world abominably. There is interrelatedness between SARS and Coronavirus as the animal 'Bat' is common here to transmit both the virus and originates numerous disasters and disasters like deaths. Disasters come in disparate ways. For example, Disaster can be a devastating storm, Tsunami, Fighting, murders, deaths, incidents, losses, etc. However, losing people exceedingly, without any full stop or small stop, worse than animals, uplift the biggest ever disaster in anywhere. As far as changes concerned, something huge, like 'Lockdown' creates a drastic change or multiple changes. Even Changes can happen individually as well as overalls. When it comes to "World" and evolvments in it because of Lockdown, there are not just bits and pieces to be talked to rather there's critical appreciation like long discussion all together on it.

The World is full of Homo sapiens that is Humans all over like insects, like worms and changing that monster like artifact is a big deal, to be frank. Well either 'the world' that includes trillion things and especially different kinds of sapiens or an 'Individual' maybe you and your life, Lockdown undoubtedly has immense effects on everything. Metaphorically, Lockdown is about 'Isolation' or 'Solitude' or 'seclusion' or 'quarantine'. The lockdown or quarantine mode changed the world acutely in every way, all at once. In respect to this, "Isolation and loneliness are central causes of depression and despair."- Bell Hooks, All About Love: New Visions [1]. The line chides potent detail like Lockdown causes isolation which indicates loneliness and surely the

serene situation fabricates the large difficulty, the pain of being alone, being without friends around, being confined to home all the time, having no entertainment outside, being without gatherings in this context, having no luxury and materialistic contrivances, having no school or college life, existence without outdoor games, living with a non-living daily life that has no dailiness in it, most significant is “deaths” for the virus, suicides out of untakable reality - all these written points indicate ‘depression’ unitedly; having no food to eat sometimes or ‘most of the time’ for ‘below poverty line human beings’; losing jobs specifically migrants; suicide out of poverty et cetera which bear witness to excruciating existence of humans and survival of the fittest and the illusion of lives that has no painless deaths either. The Mind is the fastest, faster than light and wind, depicts ‘Stream of Consciousness’ that keeps flowing without any single break in the particular river and in that river flows (Emotions) the deepest wound or scar albeit your business or work occupation besides the mind. This discrete effortless flow intertwines ‘Past-Present-Future’ thoughts taking together and mingles appallingly.

The mingling of it debars daily normal life as the mingling easily happens without vocations. In total, the world is upside down thoroughly because of Lockdown, a massive change, far and wide. But as it says, there are always two sides to a coin, in specie, advantages, and disadvantages. As the world lost its serenity, simultaneously it gathered certain advantageous spectacles viz. pollution-free (air, water, sound) atmosphere; crimeless nation; savings of money so as a vast number of things; safety; strong laws; fear in humans and so on. In consequent, solitary confinement remodeled the whole nine yards, to a great extent. As the book says- “Emotions evolved for one specific purpose: to help us live and reproduce a little bit better. That’s it. They’re feedback mechanisms telling us that something is either likely right or likely wrong for us—nothing more, nothing less. Much as the pain of touching a hot stove teaches you not to touch it again, the sadness of being alone teaches you not to do the things that made you feel so alone again. Emotions are simply biological signals designed to nudge you in the direction of beneficial change.” - (“The subtle art of not giving a f*ck, by Mark Manson) [2]. ‘My life or an individual’s life in the shape of me’ alters the entire ‘changes’ demonstrated for the world, hitherto. “Isolation is a way to know ourselves.”- Frantz Kafka [4]. The line vocalizes solitude and how the solitude pushes

forward one to oneself slowly yet steadily. To start from the beginning that is the month of March, the feeling was pretty much strong and sure that I needed the much-needed break with glee and peaceful mind within me. That was a definite feeling, much known that I wanted to feel long back, as if. Happiness departed from the station called “daily life” and the train who took me was “peace”, the journey joyfulness began. The happiness journey dropped me first to another happiness destination called my native place, my family where I wanted to stop the watch. The house, my room, my work from home and myself, my books, my colleagues, my sibling, my cousins, my parents, relatives, academy, writing, singing, my YouTube channel, some programs online, webinars, phone calls, social media, SMS, posts, creativity, cooking, dieting, workout and on and on, helped me to be confined to home to get rid of a horrible death for coronavirus. ‘March April, May’ took flight and completed them quickly and so easily.

These initial three months succored me or an individual to learn things, to know the incomplete, disturbed, stressed, confused, little immature ‘self’ bit by bit and at last completeness, amazing growth in mind, improvement of health if proper diet and workout are followed consistently. Knowing yourself is a big shot, easily can’t be earned or learned, takes a great deal of time, unquestionably. The confined to home state literally and poignantly let me know myself as time slithered slow and fast, together. Exploration of the known me a bit in this connection, delving deep into everything I knew about myself and grew with. Knowing me emulates knowing who you are, not what your name is; knowing what’s new with you, not flaunting new things; knowing what is your real instinct, not being ignorant here; knowing gifted objects in you, not misusing gifts; knowing the rate of your knowledge you gained based on your experience, observation and study, not imposing on others through opinions; knowing the egoistic you and how to get rid of it, not making it more strong; knowing the sole growth, not having self-obsession; knowing the outlay of empathy, not mere sympathy; knowing what creativity or originality you possess, not copying something blindly; knowing what within you is worth telling or paying; knowing your negative sides and improve gradually; knowing your hard work and smart work capability; knowing your patience estimate; knowing things that one needs to know to live; knowing your responsibility and its level as always; knowing your ability to shine in

your life; knowing certain facets that might be your weaknesses to hide and brush up, gently; knowing moral and ethics somewhat; knowing to calm your mind, not making it scream in most instances; knowing all the slants of your individual self day-to-day.

Well the book expresses:

“I am part of the load
not rightly balanced.
I drop off in the grass,
like the old cave-sleepers, to browse
wherever I fall.
for hundreds of thousands of years I have been dust grains
floating and flying in the will of the air,
often forgetting ever being
in that state, but in sleep
I migrate back. I spring loose
from the four-branched, time-and-space cross,
this waiting room.
I walk into a huge pasture.
I nurse the milk of millennia.
everyone does this in different ways.
knowing that conscious decisions
and personal memory
are much too small a place to live,
every human being streams at night
into the loving nowhere, or during the day,
in some absorbing work.”

- (“Selected Poems” by Rumi) [3]

Correspondingly, My Lockdown vibe rose from March to May more or less energetically. Every day I started with myself and a bit of pessimism on all sides of life. Articulation (my mind utters):

In the morning, the lukewarm water softly, I hold
Some almond nuts inside my mouth I pour
Diet food, light food – breakfast to unfold,
Maybe sugar-free tea after that and beginning of day's shore.

Thereafter, the whole day passes by with the changed life of mine- knowing self, exploring the “me” within me more, accepting the reality of ‘I am imprisoned’, understanding that Death is so inevitable and important among everything, feeling the cruel actuality that ‘it’s you who is valuable and you need to think of yourself first to be alive in the era of breathlessness’, the inkling of hard survival attire that we all wearing so on and so forth. Ultimately, the changed life of mine gives me much heebie-jeebies and roller coaster rides as it changed not just in a positive way but in a negative way too.

“If you believe that the world is conspiring against you, it will just do that.”

— Bangambiki Habyarimana, Book of Wisdom [5]

Whatsoever, positivity surrounds me can be gone within seconds if my thinking turns out to be overthinking to know the ‘self’ so intensely, isn’t it? That’s what happens when you have a brain that holds the logical side and so as an emotional side together. Although the individual change was or is for good or upliftments purposes, it can have another face for keeping the perfect potency around the clock. Thus, the two parts (Changed world and changed me or an individual) can be vice versa which is a definite thing. The flustered and depressed world can be creative and can look into oneself. Just like that, the innovative and ingenious individual (me) can be agitated and dejected as everything’s possible, continually. Although mixed feelings taking both sides, nevertheless, the lockdown effect to a certain extent also to a great extent capsized the world in so many ways and unlike that the same effect helped the

individual me to explore myself in an inventive way. “Great art is clear thinking about mixed feelings”- W.H. Auden [6].

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