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Context to the nugget

Venerable Tenzin Priyadarshi speaks about how Covid-19, in some ways, is like a time out that Mother Nature has given human beings so that we could go back to our rooms/homes and reflect on what our priorities in life should be. He shares his perspectives around how could reclaim the fundamental sense of being human rooted in a sense of empathy and in a sense of compassion.

Transcription

Deepak Jayaraman (DJ): I know we have another 5-10 minutes to wrap up Venerable. But moving to something that's here and now, Covid-19 that's sort of gripping the world. In one of... as I was researching for this conversation, in one of the conversations you use the term Covid-19 at some level is a timeout that mother nature has given human beings and we have been all sent to our rooms to have a think about how we are leading our lives and I thought that's such a profound way of framing what's going on. How should we as human beings learn from Covid-19?

Tenzin Priyadarshi (TP): You know, again, there are two ways around it. One way is to say there's a profound learning that can happen in this. We have learnt for better or worse to disrupt our lives meaning things like we took for granted around work, family, education all that is disrupted, right? So, one thing is basically to say okay, are there any new lessons that have been learnt in this thing? Do I begin to question that the old habits or the old mechanisms by which I was operating are they still useful sort of thing? And if that's the orientation then I think our learning is going to be rich. But if the disposition is such that oh, this was a painful experience, let's go back to the old normal. Again, old normal was no better, it was as miserable, in fact, not more miserable, but it was a familiar sense of misery so we are comfortable with it. So, those are the things that I think people need to learn from Covid-19, deeply recognize the sense of interconnectedness, the sense of interdependence that a pandemic teaches you that we don't wish to learn otherwise. The importance of a sense of solitude rather than loneliness as an outburst of the busy life that we live. Recognizing how important deep human engagements are rather than just being connected on social media and so on meaning they all have utilitarian functions, right? But these are the things that I think we need to think about and most importantly embracing uncertainty. You can never be fully prepared for your life and that's the biggest assumption that we make.

DJ: And, as you see the world grappling with Covid-19 and some of the narratives you see in terms of how people are dealing with it, how people are talking about how others should deal with it, do you see one or two elements missing in the way you see, the way you are processing it?

TP: You know, every time there is a natural calamity, for a moment you see a sense of hopefulness in despair. And the hopefulness is that people show more empathy and you hope that that empathy is

going to have a long-lasting effect, that it will change people's mind where they will begin to see the beauty of being empathetic towards each other. And that's one thing that I am beginning to feel, I shouldn't say sad about but in a sense that why can't humans be more empathetic towards one another? There are a lot of positive stories around Covid of nature coming back in more than one way, you hear about extraordinary stories of care, of sharing, of compassion, but at the same time, even wearing a mask has become a polarized political statement. And those are the things that is reflective of the world that we live in, society at large which is that amidst this chaos of information and misinformation and so on how do we reclaim the fundamental sense of being human, how do we reclaim the fundamental sense that we need to create a new kind of global tribe and it needs to be rooted in a sense of empathy, in a sense of compassion and if that is something that we can learn from this pandemic it will be a worthwhile lesson. And also, the sense of solitude I think is very, very important.

Reflections from Deepak Jayaraman

DJ: Thank you for listening. If this is of interest, you might want to go the playlist on Coping with Covid 19 at the Curated Playlists section at playtopotential.com

End of nugget transcription

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Coping with Covid-19: Leaders share their perspectives around how we can navigate through the Covid-19 situation that we are all going through. You can access the playlist [here](#).

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Tenzin Priyadarshi - Nuggets

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About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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