

# How Bonds and Relationships Can Build a New World

**N**elson Mandela found his freedom in jail. It is in moments of extreme darkness and isolation – when all doors seem shut –

that a spark of light pierces through a crack. The lockdown and this situation of isolation too can be transformed through that spark of light.

Some of us are living together with our families, trying to find a routine. It is a significant change to be grounded as we are, all used to travelling and leading independent lives. While some people are living by themselves, there are also two to three generations locked in a house together. It may seem distressful as in reality shows, where people are locked in together for days.

This pandemic is an opportunity provided by nature for us to get to know each other at a deeper level. That can only happen if we set out with an intention of compassionate communication and understanding of one another's lives, not

only at the workplace but also in personal relationships. We can be genuinely curious about what people go through and what steers their decision making and has shaped their mindsets. It is time to practice active listening, to build a circle of trust for one another. Investment in authentic heart-to-heart discussions can



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reveal many perceptions of others based on unfounded judgements and misunderstandings.

The vulnerability of the present day can be channelled into strength through empathy. Be it your spouse, children, parents, friends or colleagues; you can help each other by sharing your setbacks, struggles

and successes. There is so much to learn from the younger generation, about how they perceive life and relationships. This is the time to exchange cross-generational experiences and mindsets for more profound understanding of all. It is also great for the growth and sustainability of any business to understand what culture and relationships people share from the grassroots level to the top. This is the time to discover your teams' hidden talents and rich experiences that may have been overlooked. You never know where that million-dollar idea will come up from!

It is the need of the hour to understand and support one another through this tough transition. Businesses, their suppliers, stakeholders and customers, all need help from one another to sustain or rebuild. Many employees may lose their jobs or make cutbacks to help their companies thrive. Similarly, businesses may promise to make up to employees when markets stabilise. This can only work with trust and cooperation. The flow of trust and collaboration can stem only from deeper relationships – be it business or homes, the backbone of a sustainable life is through strong bonds and relationships.

We have witnessed the importance of people, good health and relationships during the current crisis. Somewhere in the race for a higher standard of living, we got diverted from the true essence of life, our spirit. Every person, family,

nation and economy has a spirit or a soul. The spirit thrives on love, empathy and cooperation, and when it grows, our health improves, and so does our immunity and sustainability on a micro and macro level. **BW**

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