

Life Beyond the Pandemic: A Practical New Journey Handbook

Learn Real World, Spiritual and
Useful Tools to Rebuild, Restart and
Have a Happy, Prosperous and Joyous Life!

ORESTE J. D'AVERSA

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www.GodLovesYouAndMe.org

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Dedication

I dedicate this book to all people that have lost everything in their lives and had to start over again. May the new beginnings in their lives bring them to better places than they were before and make them stronger; physically, mentally, emotionally, and spiritually and may they become a prosperous (in every way) and better people for having gone through the experience. May their wisdom, knowledge and true grit be “paid forward” to all the people that they meet on their journey so they too may have the courage, strength, and fortitude to continue their new journeys as well and live better lives for doing so.

Preface

I am writing this book at a time when the world is experiencing one of the worst pandemics in human history and definitely one of the worst in my lifetime. As I have written books in the past where I know how the book will end by the time I reach the end of writing this book I have no idea where the world will be and what the global conditions will be at that time. One thing I believe to be true is that there will be a “new normal”. As I think about these words “new” and “normal” what are they really going to mean in the near future and moving forward in our lives? What is going to be “new” and what will “normal” look like? I do suspect that life as we knew before the pandemic will be different. How different and what way different that will remain to be seen. Somethings will not change, people still need to work, eat, need a place to live, taxes have to be paid, the bills will keep coming and the various other life surviving things will keep on happening and life will go on. I do believe that people may need to reassess their lives from the ground up as the world may be somewhat different. Who am I really? Why am I here? What’s my true purpose in life? What’s really important in my life? Who is really important in my life? Where do I go from here? How do I make a living? Do I find another job, or do I start my own business? And a host of other life affirming important questions.

I don’t know what things will remain the same and what things will be radically different. Regardless of what will happen I am writing this book to offer people a “Swiss Army Knife” of sorts to have various tools for the different aspects of their lives. To be able to handle whatever may come your way there will be tools in this book to help you on your journey. We all are multifaceted human beings

composed of: The Spiritual (the life force that keeps us animated as human beings), The Emotional (the “heart centered” part of being human), The Mental (the part of our being we call the Mind) and The Physical (our physical bodies). I believe if we are going to be prosperous in the new reality of a post pandemic world, all facets of being human must work at their optimal levels. If there is any “dis-ease” (an out of balance situation) in any of the above it will impact how we move forward. This will lead to examining all parts of our lives, to keep what works and to let go of what does not serve us any longer.

While not a natural disaster in the traditional sense to a weather event, earthquake and such, the pandemic is a life changing event nonetheless and in being so it’s important to be in touch and stay in touch with family, friends, ensure your housing situation is secure and know the location of all important documents.¹

A new journey awaits us all. As with any journey it’s always best to pack what you will need and have a plan as to where you are going and what you will be doing along the way.

Introduction

This handbook is designed to give the reader tools for the new era that is being fostered in by the advent of the pandemic known as the Coronavirus (a.k.a. COVID-19) and the effects it will have on the modern age. Hopefully, it will make all of us think and behave in a new way, a better way that will usher in a better quality of life for everyone. The methods, tools and techniques in this handbook are not designed to be a “quick fix” or “flash in the pan” sensationalism but are meant to help people build long, meaningful, and prosperous changes in our lives. There are no “get rich quick” or “pyramid schemes” here; just tried and true ways to create, build and live a better, prosperous, and joyous life. In this handbook you will be taught “how to fish” so to speak (from the famous quote: “Give a Person a Fish, and You Feed Them for a Day. Teach a Person TO Fish, and You Feed Them for a Lifetime”), you will learn skills that will last a lifetime.

No matter what happens in your future you will be able to do what you need to do to get back on your feet – spiritually, emotionally, mentally, physically, and financially. I also want to share this quote from the movie Heartbreak Ridge. In the film, Marine Sergeant Thomas “Gunny” Highway (played by Clint Eastwood) said, *“You’re Marines now. You adapt. You overcome. You improvise. Let’s move!”*. This handbook will provide you the tools you need to do just that – adapt, overcome, and improvise.

This handbook will have seven parts to it which are as follows:

Part I: The Prologue – The Game Plan

Part II: The Spiritual (Our Life Force)

Part III: The Emotional (Our Emotional Heart)

Part IV: The Mental (Our Mind)

Part V: The Physical (Our Body)

Part VI: Epilogue – Putting it All Together

Part VII: Resources

In **Part I: The Prologue – The Game Plan** - I will layout a “New Life Blueprint” of what a new way of living will look like and how it will be of benefit to you.

In **Part II: The Spiritual (Our Life Force)** – Spirituality has long been considered something for those people that had were considered not to be religious but wanted to believe in something outside of themselves. The fact is we are all spiritual beings and we are all here for a reason and each one of us has a “life purpose” to fulfil.

In **Part III: The Emotional (Our Emotional Heart)** – Many of us carry “emotional baggage” that is holding us back from reaching our true potential. It’s time we let go of this baggage and to be good to ourselves and to others.

In **Part IV: The Mental (Our Mind)** – We have this powerful thing (I prefer to think of it as a body part) called “The Mind” yet we are not taught how to use it to it’s full potential. We also need to understand all of our “natural gifts”, skills and abilities to see how we can make a difference in our own life and that of the lives of others.

In **Part V: The Physical (Our Body)** – Our bodies must be taken care of, if they are to last the time period we are on this planet. We’re also here to live in the real world, to take care of this world and contribute to it in a meaningful way. Make a proper living and enjoying the fruits of our labors for ourselves, family and friends.

In **Part VI: Epilogue – Putting it All Together** – It’s time to put into motion the “New Life Blueprint” to have a better life and to make the world a better place for all people.

In **Part VII: Resources** – Tools, websites, and other resources to make it all happen.

I do suggest you purchase a dedicated notebook and writing instrument to document your journey to your new and prosperous life as there will be exercises through this handbook to help to achieve all of your professional and personal goals.

As I previously mentioned, I don’t know what the end of this handbook will look like, but what I do know is that when this pandemic is declared to be finally over, life will be different. How different, we will all know together. One thing is clear, the more “tools” you have in your “personal toolbox” the more prosperous you, your family and your friends will be and the more opportunities you will have.

I wish you much prosperity, good health and happiness on your new life journey!

Part I:

**The Prologue –
The Game Plan**

Chapter 1: First Things First

With the advent of the current pandemic some people may be completely starting over in their lives. Losing everything - careers, finances and even loved ones. For many the experience may be comparable to a natural disaster and in being such should be treated the same to start the rebuilding process of a person's life.

It's important not to lose sight that you can rebuild your life and that some changes may be necessary, but it can be done, and you will be better off for the new transformation. Let's start with the important foundational things in one's life:

Housing: It may be necessary to downsize your living arrangements to save money. If you own a house you need to rent for a while until you get back on your feet financially.

Relocation: Does it make sense to relocate to a different place where you could earn a living? It's a very big decision with all kinds of costs associated with it. And the costs are upfront and hidden along the way. The upfront costs of moving tend to be straight forward. The hidden costs are the ones that are the surprising ones and not expected. For example, you have a fairly new car with low mileage, and you think it will last another five years. However, on the way to your new location, you blow the engine. There's just one cost you weren't counting on to add to your relocation.

Finances: Make sure you have your finances squared away so you can get access to money when you need it. Check with your financial advisor to see if it makes sense to dip into retirement savings and 401k and such. Obviously, you

don't want to use the funds as they were set away for your retirement and there is a very good chance that there will be financial penalties involved in doing so, but if you need the funds to survive, you need the funds to survive. Having been there myself I can assure you it's the very last thing you want to do as the financial penalties for early withdrawal are not pleasant at all!

Work and Career: Can you go back to the same work you used to do? Is that type of work even available to go back to? What happens if the pandemic wiped out that type of work locally, geographically, or even nationally? Then what? It might be time to think about a different line of work or even a different career path? If you do change the line of work or career, what skills and education are you going to need to get the new job? Though not impossible, it's a bit of a challenge to go from being an accountant to be a dentist. Or from being carpenter to being computer programmer. What skills and education do you possess and what jobs are going to be available? Are you going to need to go back to school, be it a "brick and mortar" or on-line schooling to get the necessary skills and education you will need to work in a post pandemic world?

Family and Friends: How is the post pandemic world going to affect your family and friends? Is your family going to split up in order to find work? Some family members may find work locally while others may have to find work in other states. The same may hold true for your friends and their families. Do you stay where you are, or do you go with them and the respective costs associated with the relocation?

Health: Are you and your family in good health? And all that goes along with that. You may be in a part of the country that has excellent health resources and if you relocate will that hold true in your new location? Do you have family

members that cannot be moved due to age, quality of care issues or simply put, they will not move from all they know - family, friends, doctors, shopping, etc.?

Education: Are you in a part of the country that offers an exceptionally good school system? How will moving away from that school system impact you and your family?

The point of this chapter is ensure that the important things in your life have been thought about before you start making any major decisions and changes to your life and the lives of your family members. The post pandemic world may mean some serious and substantial changes to one's life and the lives of family members and friends as well.

EXERCISE: CURRENT LIFE INVENTORY. Take a look at the categories above and write down where you are and the impact (and costs) to make changes for you and your family. Costs may not always be financial either. Is learning new skills and education to stay where you are (and maybe even getting a better job) worth more to you than relocating (and all the costs that go with that) your entire family based on your current skills? What's all that worth to you?