

## **Harriet in the Time of Coronavirus**

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On March 10<sup>th</sup> I went on a self-imposed shelter in place. My sister-in-law, a nurse in Denmark, schooled me by phone on the importance of social distancing as she became quarantined after coming in contact with a Covid-19 patient. My friends here in North Carolina thought I was being somewhat extreme but I had lived through the Twin Towers coming down in NYC during 9/11 and remembered when the then head of the Environmental Protection Agency, Christine Todd Whitman, said the air was fine (a lie). Three years after that I moved to Denmark and found the Danish government to be far more trustworthy in these matters than the U.S. government in recent days.

March 10<sup>th</sup> is also significant because it is the approximated birthday of my all-time favorite historical shero, Harriet Tubman. My attention turns to her often when I find myself challenged by socio-political events of the day. The indomitable “Moses” who led more than 300 enslaved people to freedom is one of my mental pillars of strength, so in this time of coronavirus I find myself asking, “What would Harriet do?”

A deeply religious woman, Harriet believed that her “spells” or the waking visions she saw were from God, Himself. They began in her adolescence when she was hit on the head with a 2 lb. weight intended for another slave who had infuriated an overseer. Her connectedness to a higher consciousness was legendary and proven time and again when her prognostications played out in real life. Additionally, Harriet lived long enough to see the transition between one societal construct, slavery, to a New World Order, emancipation.

This pandemic, this watershed moment of global proportions has led me to ask, how do I connect with source energy or God or my spiritual essence in a way that would help me determine right steps? What faculties have I developed to be able to use my inner wisdom? What are my visions for now and the post-Covid-19 world?

Harriet chose to go back South to rescue more, risking her life in this choice. However choice is all we have. I’ve had choices to make that were way less important than hers, choices that have kept me up All. Night. Long. Furthermore the collective “we” have been making choices that’s detrimental for the planet for a long time now, so in order to have Tubman-like success I’m thinking of employing the following:

### The need to Vision

I won’t be hit in the head with a weight, thank goodness, but I can practice moments of collective silence and listen to the inner voices that are coming together to be of one accord. This can be done through meditation, prayer, fasting, and exercise either by myself or with those in my inner circle.

### Get Your Life Right

When Harriet bought property and moved to Auburn, NY, she took the whole family with her. She saw her parents through old age, remarried, adopted a child, buried her husband and grew old. It was a multi-generational affair whereby stating that the world is askew wasn't enough. Everyone had to participate. Looking at my own household, I have to determine who I am and also assess each member's role in the collective whole. We then have to build based on this and the new world order.

### Follow the North Star

The celestial beacon of hope for the escaped Harriet represented more than a compass to the North. It represented the interdependence between humans and the natural world. Becoming at one with nature, understanding its patterns and its rules, like Harriet, ultimately leads to wisdom and freedom. I, and many in my community, am thinking more about the land, the planet than ever before. This is because the competing ills of climate change and food insecurity arrived on the scene prior to coronavirus and now work in concert to finally get the attention of world.

Harriet's family members said that with each trip back to the South she became more emboldened, more confident. Practicing the above will bear fruits because it is the path of least resistance and has a positive emotional and mental impact on the whole. It is the inner/outer work required of mature nations and economies that have been through the fire. Accordingly, we must be willing to transition to a broader vision of ourselves. Like other species on the planet, our very existence hinges on our ability to evolve, lest we perish.