

Maria Popova writes, “As we navigate our own uncertain times together, may a thousand flowers of sanity bloom, each valid so long as it is viable in buoying the human spirit it animates.”

What a beautiful image—flowers of sanity, sanity blooming.

Sanity is beautiful, it lifts our spirits. Sanity is truthful, it connects us to reality.

Lies disconnect us from reality. Lies are ugly, they deflate our spirits. Lies aren't blooming flowers holding our gaze, they're noxious odors from which we recoil.

As we navigate our uncertain times, we need truthful information, information that connects us to reality. Not vanity and bluster. Not self-justifying lies. They stink.

Thank God, there's a lot of truthful information circulating. Thanks to the doctors, nurses, and scientists from a variety of fields, we have a much better sense of what we should and shouldn't do.

One truth we must heed is the truth of uncertainty.

Those who speak truthfully, with deep and expansive knowledge, as well as humility, acknowledge the truth of uncertainty. We don't know how this will all play out—in our personal life, our church life, our national life, our global life. We don't know how things will be in June, or November, or three years from now. It's uncertain. Facing uncertainty with grace, compassion, and wisdom is a spiritual discipline.

Some are trying to fill the void created by uncertainty with scenarios, narratives, projections, reassurances, and promises—by simply accepting that many will die, especially those most vulnerable, it's certain we'll roar back to normal soon, in weeks not months; it'll be the most beautiful return to business-as-usual you've ever seen. Those are truly noxious odors. The truth is, our future is uncertain.

May a thousand flowers of sanity bloom.

How can we bloom sanity? How can we lift the spirits of others?

Here's one way—be truthful to them.

Tell those we love that we love them, how much we love them, and what about them we particularly love.

Tell those we like that we like them, how much we like them, and what about them we particularly like.

Tell those we appreciate that we appreciate them, how much we appreciate them, and what about them we particularly appreciate.

Let them know the truth. Don't hold back, open up to full bloom. Jesus called this letting our light shine. Don't put your light under a basket, don't inhibit it, let it shine.

If up till now you've been somewhat reserved or inhibited in telling others how much you love, like, or appreciate them, or never thought it necessary because you figured they already knew, tell them now. Don't hold back. Let it rip. They'll like hearing it, even if they do already know.

In these times in which we live, it makes no sense to inhibit or withhold the truth that you love, like, or admire others. The sane thing to do is tell them, especially now. So be a flower of sanity. Bloom a thousand blooms. Let your light shine. Make someone's day.

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