

Lock down - Thoughts & Frames



Through my Lens - Andy Aditya

THAILAND LOCK DOWN

23rd March to 17th May 2020

As the pandemic, COVID - 19 engulfed the world during the first half of 2020, Thailand was no exception as frequent rise of daily infections prompted the Government to declare a countrywide lock down to control the spread.

During the 8 weeks of lock down period, staying at home, I amused myself by penning down some thoughts on my feelings each day, specially on the pictures taken by me or otherwise.

Some posts are inspirational, some maybe philosophical and some maybe weird to decipher.

All done in good spirits and hope ...to keep myself motivated during this period. It is truly an historical experience for our generations.

Thoughts & Frames
Andy Aditya





DAY 1 - LOCK DOWN

*Thailand has witnessed its largest daily increase in corona virus infections today, with 188 new cases today, taking the national tally to 599. Government has taken adequate measures by announcing a lock down for 56 days...Closed Institutions, Departmental stores, Restaurants, any public places etc...
we are stuck at home with only essentials available at stores ..
but we appreciate and understand the situation ...
as social distancing is the only way out.*

*While most of us are presently at home, it gives us more opportunity to indulge into beautiful and inspirational thoughts which not only enrich our lives
but also make us mentally stronger to combat any adverse situations.*

*Am sure with God's blessings and being connected through an unified approach,
we shall overcome all odds.*

*Here is a collection of of my daily posts in Facebook during the lock down period
that made each passing day, more valuable.*

DAY 2 - OUR LIFE

Sometimes we feel not contented with OUR LIFE.

*But we need to remind ourselves that we are
blessed to have a life that we live, while many are
still dreaming to live OUR LIFE*

*A child from his house sees a plane fly overhead
and dreams of flying.*

*But the pilot sees the house and dreams of
returning home. Different aspirations of OUR LIFE*

*Millions do not have the vision to watch, lucky we
have ours to seein OUR LIFE.*

That's LIFE ... enjoy yours while you can !





DAY 3 - DREAMS

Have you ever thought that your DREAMS are only for you.

None can dream what you do, nor can anyone conquer your dreams from you,

Unchain your mortal thoughts, through the dreams that are woven for you

So keep dreaming, as it is meant for you, you and only you.



DAY 4 - SILENCE

Often silence oozes confidence, confidence lets you handle the worst, worst situations are not everlasting so let go and accept the changes.



DAY 5 - PERSPECTIVES

Life isn't about what happens to you but it is how you react to it.

*Your reactions would determine your status
HAPPY OR SAD !*

Watching an ant on a table, it looks small but to the ant the table is his big world.

For any problems, consider viewing it from a different perspective and it is bound to provide a new dimension which can upturn negatives into positives.



DAY 6 - ASPIRATION

*Why do I feel that my life is always under construction ?
Is it because there are always room for improvement or Do I enjoy the challenge of ever receding goals ?
Whatever it maybe, it flares up an urge to live and do something unique.*



DAY 7 - DESIRE

*What we desire is not always what we get, but unknowingly many times we get things much more than what we expect
- these are called "Blessings"...*
We are all blessed souls to be connected here....Keep well.



DAY 8 - REALITY

It is a world of fakes.

The more faker you are, the bigger your circle will be.

The realer you are, the smaller your circle will be.



DAY 9 - TOMORROW

As we look forward for a BRIGHTER tomorrow, let me remember everyone who has been with me thick and thin even on a lock down day.

We embrace the current situation of social distancing by rejuvenating ourselves through on line relationships, which matters the most.

Bottom line is to be HAPPY, wherever you are, whatever your problems may be.



DAY- 10 - HOPE

*Radiant Rays of HOPE - This picture reflects the hope for mankind during the challenging times.
'HOPE' is related to 'TIME'as 'TIME' passes, 'HOPE' increases.
'HOPE' is something we should never abandon even in the most critical scenario.*



DAY 11 - PRINCIPLES

*Always TRUST in your instincts,
have FAITH in your confidence and
HOPE in your vision !*

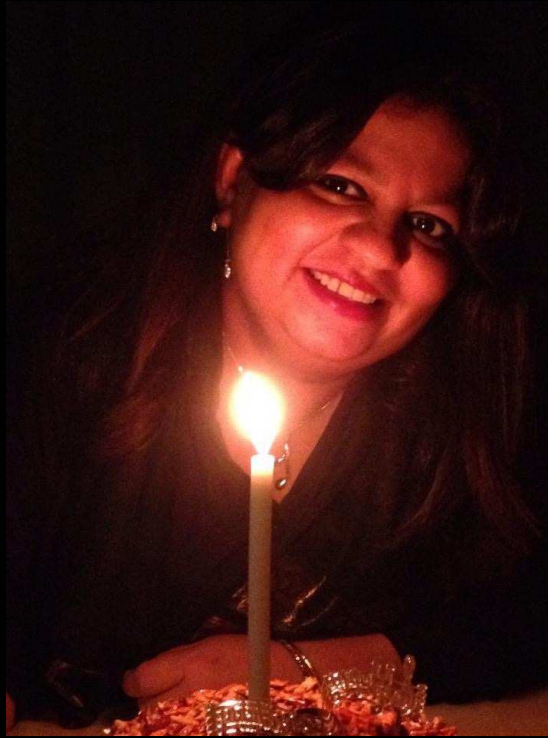


DAY 12 - REALIZATION

*At this juncture of life,
think what is most important to you*

*- Money, Career, Luxury, Food,
Family or your Life ?*

*If you have life, everything else
follows.
Be blessed to have a healthy and
happy life always.*



DAY 13 - PEOPLE

It does not matter how many persons are present in your Life...

The only thing which matters is how many really need YOUR Presence....

You LIVE for themwho makes your life.....brighter each day.



DAY 14 - FEELINGS

*The best and the most beautiful things in the world cannot be seen or touched,
they must be felt within the heart.*

A photograph of a beach at sunset. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the wet sand. Two small wooden boats are beached on the sand, secured with ropes. The background shows a calm sea and distant hills under a cloudy sky.

DAY 15 - CREATIVITY

BE CREATIVENever think why you are not like others

*Live in such a way that you make others think...why they are not like you !
Do something on your own, with your own ideas and you will be UNIQUE*



DAY 16 - RELATIONSHIP

LASTING RELATIONSHIP

*Earning a relation is a reward of TRUST....
Strengthening the same is a consequence
Maintaining it is a result of determination*

Don't Let goyour PRECIOUS relations



DAY 17 - POSITIVITY

Our life is 100% of our own ...it may not be perfect for some but just RIGHT for us...we should rather be positive with feet on ground than negatively flying high on wishes.



DAY 18 - FANTASY

*I cheated on my fears, broke up with my doubts, got engaged to my faith
& now.....*

Finally I married my DREAMS.

DREAM so much that LIFE falls short to fulfill it.



DAY 19 - IMAGINATION

Sometimes, small things in nature fosters your creativity and disciplines your mind. Same picture taken under two different exposures to denote NIGHT and DAY at the same placeLOCK DOWN personified !



DAY 20 - VISION

*Every morning, think the world is yours,. You deeds today will shape up your world tomorrow.
Be strong to stand alone and spread peace, happiness and trust.*



DAY 21 - THINK

*Spend what you earn,
so that you live like a king
and get the best things to enjoy
but think inside like a beggar,
so that you have nothing to lose in
life and be fearless !*



Day 22 - CONFESSION

When God gave us an opportunity to make it a beautiful world, we fought within ourselves, creating miseries to humans and creatures, spoiling the earth

NOW, it is time to resurrect the world and prove ourselves worthy !



DAY 23 - HOUSE

Not everyone will house you in their hearts, but each one will teach you lessons of a lifetime.

Step out to the world with confidence that you adore.



DAY 24 - AMBITION

When the tunnel is dark, a glimmer of hope emerges

displaying our dreams in reality

Be positive always !



DAY 25 - PARENTS

The most beautiful thing in this world is to see your parents, smiling and knowing that YOU are the reason behind that smile.

DAY 26 - MOMENTS

A moment today becomes a memory tomorrow.

Living at present lets you cherish the beautiful moments but reminiscing the past lets you enjoy the fond memories.

There is not enough space in our mind to have moments and memories together, so you have to decide which one you want to hold on.





DAY 27 - JOURNEY

Sometimes, a drive amidst natural beauty rejuvenates our mind and acts as an inspiration to find our lost soul.



DAY 28 - RELATIONSHIPS

Relationships are like finding shoes.

People start with good looking ones but end up with those in which they feel most comfortable.

Always maintain comfort in Relations !

DAY 29 - VISION

A light in the dark is often a source of imagination.

Let the blanket of imagination wrap you with such creativity that you never thought existed before.





DAY 30 -RISE

*A sun sets only to rise
up again.*

*Every sunset takes
down with it your
agonies and ecstasies
of the day.*

*Tomorrow is always
ANOTHER DAY.*

Be hopeful.



DAY 31 - DAWN

Every sunrise is a blessing from God to let us know how fortunate we are to see it each day. It powers our mind to do something better than yesterday.



DAY 32 - PEACE

Enlighten the darkness with your revered soul ..

Light bearers can only be peace bearers.



DAY 33 - GOALS

*Dream can create wonders in reality
Deliver dreams everyday in creative packages.*



DAY 34 - PROGRESS

Stairs of uncertainty often transforms to steps of success.

Be positive to see it as a sign of progression.



DAY 35 - AWARENESS

*Caged at home...NOW....
When Sunday doesn't excite us anymore
When watching movies has become mundane
When indulging in hobbies is our primary job
When spending takes an effort while longing to shop
When travel can only be in our dreams, not in our plans
When all work starts and ends at home,*

It is time to realize - we are in a Lock down !!



DAY 36 - VACATION

Longing to go on a holiday like this where we can feel at the top of the world and can touch the Sky !



DAY 37 - NIGHT

When night falls, an illuminated, stagnant cruise sets an example of the once bustling activities on the silent trail of the river !



DAY 38 - MOURN

A stranded boat in placid waters - depicting a stop to a journey ! A journey of life.

Today we mourn the disappearance of the versatile actor, Irrfan Khan.

His phenomenal performances will be memorialized by the movies that he created, giving us the opportunity to relive the gifted soul, again and again.



DAY 39 - BLACK DAY

*A consecutive black day in our life when the last gleam of 'Chandni' vanished into eternal darkness.
The last of the golden trio who bedazzled us in 'Chandni' movie,
left people aghast on the sheer uncertainty of human life.*

*The grief-stricken fans of the 'Trio - No More', we salute the talents of Rishi, Sridevi, and Vinod
Khanna who has been entertaining us for decades and would continue to do so, now, in our
memories. Let their souls Rest in Peace.*



DAY 40 - PRAY

*Let us try touching humans by our heart and be connected with our mind as social distancing remains the new norms of life.
Let us pray for the world, as the prevailing pandemic is creating havoc across the globe, but we know at heart that we shall overcome someday.*



DAY 41 - HORIZON

*Like the Sky, let our mind wander through our swirling thoughts
to reach the horizon of our feelings.*



DAY 42 - TRANQUILITY

*When nature lets us to breathe the purest and offer serenity to caress our mind,
what else do we need to purify our souls.*



DAY 43 - WEIRD

*It is a strange world now, when people having money, have no way to spend it
and people having no money, has no way to earn it !*



Day 44 - NEW NORM

*When roads are empty but hard to go for a long drive,
When middle of the week looks as attractive as weekends....
When friends have time to sit together but not get together.....
We remind ourselves ...it's lock down !*



DAY 45 - FLY

*At times, you may be unsure where you are going
but spreading your wings will make you soar above
and then the wind would provide the direction you need.*

Ride on the clouds to fly as the wings of tomorrow.



DAY 46 - ILLUMINATION

*A light within(we), always awakes the darkness of our mind
But not to forget, the light above(God), shows us the way !*



DAY 47 - SOLO

*If you are still searching for the one person who will change your life....
look at the water below to see who you can see.....*

Believe and trust in yourself !



DAY 48 - SOCIETY

Alone you can 'SAY' but TOGETHER you can 'TALK'

Alone you can 'ENJOY' but with a GROUP you can 'CELEBRATE''

Alone you can 'SMILE' but you can 'LAUGH' with a GANG

That's the beauty of Human Relations -

Lets BE together !!

DAY 49 - LOVE

*Bubbles of Love,
when encapsulated in the container of time,*

becomes more valuable as ever.

*Now, nature has provided both in
abundance to all of us ,*

let us treasure that.





DAY 50 - PERSONIFICATION

*When a photograph looks like a picture ...it is time for us to realize that our dream has turned into reality
...humans visualize and nature fulfills.*



DAY 51

*While the golden treasure is innate to the sky, may we bid adieu to yet another day
and wake up to the rejuvenated world of tomorrow.*



DAY 52 - YEARNING

Like the clouds, fragments of hope exist in our inner world, to be sewn together to produce a memorable landscape of life.

DAY 53 - GLORY

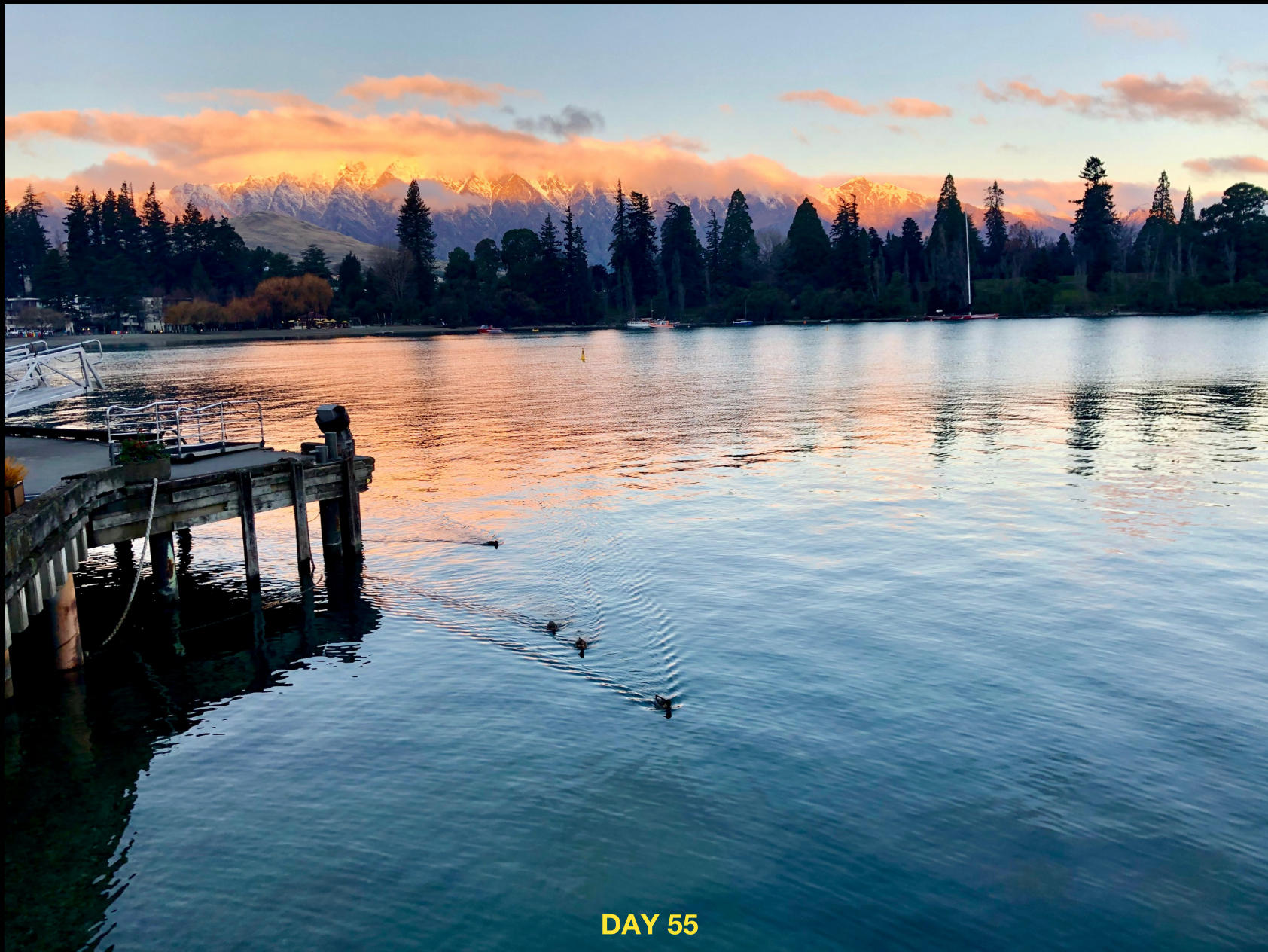
*A fiery and resolute
emblem to denounce the
darkness around.*





DAY 54 - REGENT

*The clouds bask the mighty mountain like a crown.
The crowing glory of Mother Earth.*



DAY 55

Life is best for those who are enjoying it. Difficult for those who are comparing it. And worst for those who are criticizing it. Our own attitude defines our life...



DAY 56

*Crying and Trying have only one letter Difference in spelling but a lot in Meaning...
Crying Collapses Our Confidence & Trying Builds Our Confidence...
Keep Trying to achieve Your goals.....personal and professional.*

DAY 57

Never regret any day in your life.

*Good days will give you happiness,
bad days will provide you with experiences,
good people will make your life enjoyable
while bad ones will make the same unstable
but eventually all are equally essential and
important in life.....so keep going !*

CHEERS AS LOCK DOWN OPENS



