



MISSION SHINING PUBLIC CHARITABLE TRUST

Shining Lives and Souls

PROTECTING YOURSELF FROM CORONA

It's vital for everyone to attempt to protect, be careful and take enough steps yourself and keep away from corona virus. It is far better than to get cured as life is extremely valuable.

How to save life and its effect from Corona Virus

Spiritual

Meditate for a minimum of half-hour to save your life. Spiritual power is source of all powers and provides energy to our body, mind, ideas, karma and soul. During the meditation everyone needs to concentrate at **pineal eye** centre which is the real method and the **way to get attached with** super power and **acquire** maximum energy from cosmos, universe.

Yoga

Practice yoga and breathing on daily basis.

Rechak – purak – kumbhak

Below is the process of breathing to be followed:

Take a deep breath, Keep the breath for minimum of 30 seconds then release. Repeat the same process at least for 5 minutes. Follow the same process 3 times Per day - morning – afternoon and evening.

1. Keep yourself hygienic and clean. Get early morning sunlight to keep yourself energized.
2. **Power of Music and Dance**



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Daily listen to an hour for motivation speech, songs, Bhakti Sangeet, do laughing exercise, be cheerful, and sing the song or music. Even Dancing with song is additionally the best way to obtain extra energy.

3. Keep yourself busy with work. If you don't have any work take up reading, writing, teaching and any other creative and other activities.

4. Don't give attention to negative message and consider each problem has solution within the world and second thing is nothing is permanent in this world except for god. So, don't bother and always be cheerful and keep positive attitude.

5. It's always better to study, learn and accept the situation as it comes and seek out solution and don't take stress.

6. Keep and maintain relation with one who really cares for you and keep and maintain a social distance.

7. Always take care and keep your heart and lungs in good condition. and Keep yourself away from stress and unnecessary loud talks.



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Diet Advise

Always follow the diet as mentioned below to keep yourself healthy and fit.

Drink warm water with turmeric, lemon juice and Ginger. Consume Cardamom, cloves, pepper, mint daily

In-take very simple food, fresh foods, which are comfortable for your body.

Always have water minimum 150 gm daily mixed with Jaggery and to enhance inner energy and power.

Speak slowly, don't take stress, don't excite, accept the situation, adopt let go attitude, and laughing loud as it said to be the best medicine.

Spent quality time with your family. Always keep distance with all Earn more and keep money safe, reduce the cost of living Having Hot Tea with ginger is advisable.

Note:

As founder of Mission Shining, I am trying to the knowledge. If the knowledge and achievements are not shared, it has no meaning when it is not useful during the time of need and requirement. It is up to you to follow the above advice. God bless you to all or any and refill power from all corner of life and live long, healthy, strong, powerful, spiritual life and best wishes from us. If we can save a single life from the above tips it would be our great achievement.