

Elixir for COVID-19 and other known and unknown diseases

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Abstract

The paper proves that the frequency of disease vibrates at a lower vibration than our bodies are used to and how human body can produce chemicals to overcome them by raising the conscious level or by vibrating at a higher frequency and thus generating positive feelings. Practicing at least 3 of the action points can lead to a much healthier and a blissful life free for diseases like COVID-19 or any other known to mankind in the past, present and the future.

Date of Submission: 10-03-2023

Date of Acceptance: 22-03-2023

I. Mechanics of Disease

WHO definition of health is “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. This means that diseases should be looked at a higher level than just the physical manifestation in the human body.

Based on quantum physics, all matter is made up of energy and energy is made up of vibrations. Every part of the human body is vibrating at a different frequency. A person’s thoughts has its own frequency and thoughts can be either positive or negative. A person’s cell in turn resonate with the frequency which is in turn is controlled by these thoughts. When these frequencies go below a certain level, the individual manifests a disease. At higher frequencies, the individual experiences excellent health. The human body is capable of producing the medicine needed for a cure from within, at healthy frequencies. By detoxifying the patient of physical, emotional, and etheric toxins and raising cellular frequencies, it is possible to achieve a cure.

Scientific Proof for Disease Mechanics

The below 6 facts and figures clearly prove the above statement that the frequency of disease vibrates at a lower vibration than our bodies are used to and how human body can produce chemicals to overcome them by raising the conscious level or by vibrating at a higher frequency and thus generating positive feelings.

Fact # 1: When you are vibrating at a higher level, you feel lighter, happier, and more at ease, whereas lower vibrations feel heavy, dark, and confused. Scientific studies (for e.g. by Dr. David Hawkins, consciousness research and spirituality author) have correlated and quantified the vibrations of different levels to create a consciousness scale.

Fact #2: In the early 90s, Bruce Tainio, a student and researcher of quantum physics, invented a device to track and monitor energy waves. Known as the BT2 Frequency Monitoring System, it monitored the vibrations of the human body. Below are the data for a healthy human body that shows each part of the body vibrates at a different frequency:

- Human body: 72-90 MHz
- Brain: 72-90 MHz
- Neck and above: 72-78 MHz
- Neck and below: 60-68 MHz
- Thyroid glands: 62-68 MHz
- Thymus gland: 65-68 MHz
- Heart: 67 – 70 MHz
- Lungs: 58-65 MHz
- Liver: 55-60 MHz

Below is the averages for illness and disease:

- Disease: starts at **58 MHz**
- Colds/Flu: starts at **57-60 MHz**
- Epstein Barr: starts at **55 MHz**
- Cancer: starts at **42 MHz**
- Death: starts at **25 MHz**

As a preventative measure, it's ideal to maintain an average frequency that rises above 62 MHz to avoid low-vibration ailments.

Fact #3: Several researchers have summarized the major findings of psychoneuroimmunology in understanding the interplay between mind body healing:

1. Mind-directed, cell-enhancing chemicals communicate directly with the immune system.
2. Mental attitude and mood can alter the course of disease.
3. The mind can make changes in the body.
4. Stress-related hormones weaken the immune system.
5. Chemicals made by the immune system communicate with the brain.
6. The brain talks to the immune system, and the immune system talks to the brain.

These discoveries reveal the direct connection between mind and the immune system and shows us the correlation between the two.

Fact #4: Positive attitude produces neurochemicals that strengthen the immune system while negative emotions can decrease immune response and open the door for variety of health problems. Chemicals (known as neurotransmitters) that are created by positive feelings toward the life's positives and negatives, strengthen our immune system, slows aging, and protects us from cancer and a number of viruses.

Fact #5: The stress the negative emotions creates in the form of blockages results in insufficient flow of peptide signals that is needed to maintain function at a cellular level, which is the cause of diseases. Fear, hopelessness, and other negative feelings have been linked to the production of neurochemicals that can lower immune response and promote the aging process. In addition, negative emotions of anger, hatred, greed, false ego, etc. have been linked to a number of diseases, including cancer, ulcers, and heart disease.

Diseases should be a wake-up call that should tell us that we need to eliminate such negative emotions that have contributed to our health problems.

Fact #6: Below are two real life examples (among many) where generating positive energy and raising the consciousness level had completely eliminated diseases in people:

1. There is an instance of José who was diagnosed with pancreatic cancer, and all the doctor's had given up hope of recovery. José determined, embarked on an intense spiritual path, that led to major overall changes in his attitude and belief, which had a positive and powerful impact on his health. When José returned to the hospital in Rio de Janeiro for a check-up six months later, a CT scan and other tests determined that the cancer had completely disappeared.
2. In his book *Anatomy of an Illness*, Norman Cousins wrote about how ten minutes of belly laughter at frequent intervals (he watched Marx Brothers movies and old *Candid Camera* television shows) helped him overcome a life-threatening disease.
3. My mother 6 years back was diagnosed with very high blood pressure and developed arthritis of the knee and was unable to walk properly and suffered terrible pain in the knee. She was advised by a prominent doctor that she has to take blood pressure medication for her entire life, who had also recommended for knee replacement surgery for her arthritis. On my advice, she started developing a positive attitude and moving towards a deep spiritual awakening as a potential cure. The result was a miracle, her blood pressure medication started reducing and pain of the knee vanished. In a few months or a year time period she will be completely cured of her high blood pressure and probably be able to walk like before again.

Analogy is a guitar string which vibrates when you pluck it, the more force or more energy you use for plucking the more it vibrates and with less energy or with a dampening force the vibration is lesser and lesser. Similarly,

the healthy human body has a certain frequency of vibration and the more positive energy you generate the more higher frequency it vibrates. Also to the point, the more negative energy or stress or blockages you subject it to, the lesser frequency it vibrates. The fundamental principle of physics states that the material object always vibrates at a lower frequency if subjected to a dampening or negative force that is opposite to its natural vibration with more energy making it to vibrate at higher frequencies.

WHO and several research studies have clearly shown that white blood cells or Lymphocytes count goes down with anxiety or negative energy thus exposing the human body to diseases. British doctors had developed a revolutionary new therapy that can precisely target tumours without surgery using high frequency ultrasound. If the same frequency is developed internally by the human body instead of an external source then we can cure cancer naturally. Basically, any disease cannot survive in positive energy as it feeds on negativity that supply the fuel for its growth and progression.

Actions Needed to Avoid Diseases

The following are 9 ways you can help raise your vibration frequency (in the order of importance) and avoid diseases:

1. *Belief and Devotion to God*

Most of the treatments in western medicine focus on curing the symptom that mainly acts at a superficial level, which can even lead to additional illness and disease. For example, antibacterial medications often create an imbalance in the gut.

Belief in god and incessant devotion to him acts at a sub-atomic level, the deepest core in the human body and is the most powerful approach that eliminates the root cause of the disease and ultimately the disease itself. In fact this is the common method suggested in any religion in the world be it Hindu, Christianity, Muslim, Buddhism, Zoroastrianism etc. for a human being to stay happy and in a state of bliss. This is the highest vibrating state known to a human being and has the power to eliminate even the deepest of road blocks and impediments. All the saintly people in any religion and other great people in human history were vibrating at this high frequency as they had no negativity and were showing equanimity of thought for any people, place and situation.

Being said this does not mean that we should not take medication to cure diseases as the situation might be that it might require immediate attention, like involved in a major accident, sudden increase in blood pressure, etc. The idea is to continue the spiritual healing and make it an way of life and at the same time, in concurrence continue the medications until the disease is **completely cured**.

2. *Happiness*

The key to happiness and bliss in life is to not think about results of the action that is being performed rather than focus on the ultimate goal and how to achieve the goal. This principle can be applied to any action that a person is performing and is the **silver bullet** to stay happy for ever and thus disease free. For example, when planning for a goal to achieve 90% marks in exams the student should not think about what will happen if he does not achieve the score?, what will parent say if he fails?, does he have to work extra hours?, what if he scores average marks? etc., he should just set the goal, plan his work and ACT!.

Happiness will generate positive energy that is key to a positive change and will keep the negative black energy away.

3. *Meditation*

Meditation not only improves the mood and brings peace of mind but also helps in removing the negative feelings (mentioned in the points 5 and 6 below) through determination and series of resolutions. This is the fastest way to raise one's vibration level so that we can enjoy the benefits without delay. Meditation should simply be practiced by sitting in a clean and pure place, keeping the head straight and still, eyes closed and most importantly fixing the mind on one thing only, "GOD". Initially a person might be distracted by external thoughts and noise to less than a minute exercise, but he can slowly increase the duration by bringing back the mind from these thoughts back to "GOD" again and again and again.

4. *Love and Compassion*

- a. A person should love and have compassion for **all** the living creatures on this planet be it human beings, animals or plants. One should feel the same pain for animals or plant life as one does for human beings.
- b. One should have the same equanimity of feelings for human beings of all race, colour, religion, sex, age, disability, etc.
- c. Also one should treat an enemy the same way as he treats a friend, although being wary and cautious of them.

Attune your heart to love and your energy will start to soar.

5. *Overcoming and Eliminating Lust*

Lust for opposite sex is a negative emotion and is a distortion of love emotion for opposite sex, is natural instinct for human being when he is vibrating at a lower frequency. The idea is to turn the lust into love for the opposite sex by raising the conscious level using self-control and training the mind slowly (but surely). The love for opposite sex is a natural feeling of mutual attraction and respect that appear at higher vibrational frequency. Basically, the lust gets converted into love at highest level and should be the new ground zero. Dangerous manifestations of lust that includes actions like pornography, masturbation, prostitution, looking at the opposite sex in a demeaning & degrading way, etc. should be avoided at all cost.

This is one of the dangerous enemies of human kind that takes the positive vibration spiralling downward at a very fast rate and should be overcome with practice and raising of one's consciousness level.

6. *Eliminating Other Negative Emotions*

Anger (bad), Hatred, Greed, Ego (bad) and Attachment are other negative emotions that lowers one's vibration frequency and should be reduced and ultimately controlled or eliminated using following techniques:

a. Similar to (bad) love which is lust and (good) love which is wholesome physical attraction to opposite sex there is good and bad anger and ego. Bad anger or anger that is impertinent to the situation on hand, could be eliminated by eliminating lust and incorporating feeling of gratitude and self-control. Example of bad anger would be if one gets angry if he is not able to get things done at a government service facility due to backlog and a good wholesome anger (which should be minimized) would be if the same person gets angry at the officer at the facility who is corrupt, lazy at work and doesn't treat people well.

b. Hatred should be converted into love with forgiveness and other positive emotions. People should learn from Jesus Christ who practiced this virtue by forgiving the same persons who had crucified him on the cross, given him unlimited misery and pain and where the reason for his death (although he did not actually die).

c. Greed can be eliminated by being satisfied with what we have and controlling the desire for material objects, like getting a Ferrari even though one has basic Toyota, buying two houses even though paying loans for the current home, etc. This does not mean that one should not have desire for higher achievements and goals in life but should avoid the urge for wanting more if one already has enough to eat, live and buy.

d. (Bad) ego can be reduced and even eliminated and converted to (good) ego via meditation techniques and thus raising one's conscious level and realizing one's importance and true capabilities. Example would be that one has a (bad) ego if he feels proud of his status and wealth and demeans others but at the same time shows a (good) ego if he is satisfied with his status and wealth and respects the people below him.

e. Attachment to people or material objects leads to further misery and is a negative emotion. This could be controlled via meditation techniques and eliminating expectations from people. For example, if one is too much attached with his wife and children, will lead to sorrow and disturbance of mind if they rebel and do not co-operate or if the wife divorces.

7. *Life Balance*

One should practice moderation in eating, sleeping, working and entertaining in life. There is ample research available on the subject where there is too much or too little eating and too much or too little sleep and is detrimental to health of a human being. Similarly there have been enough talk on the topic of work-life balance already. Similarly entertainment is also needed for human being for example, listening to music, reading, gardening, dancing, etc. but again should be practiced in moderation to be effective. Be sure the entertainment mode selected is of a high vibration and leaves you feeling uplifted rather than depleted for example listening to soothing happy music versus heavy metal, walking for 2 miles versus running the same distance, etc.

A person who leads a balanced life in all the above areas enjoys happiness, fulfilment and diseases stay far away from him.

8. *Eating Habits*

Foods that we eat should be juicy, should have enough fats, wholesome and be pleasing to the heart. In other words it should not be too salty, hot, pungent, dry, spicy, tasteless, decomposed, putrid, remnants from others and unwholesome. In other words only freshly cooked vegetarian food, fruits, salads, milk, butter, yogurt, dry fruits, etc. should be eaten and all kinds of meats (real meat, fish, eggs, sea food, etc.), wine, cigarettes, processed foods, canned foods, stimulants, cold and energy drinks, etc. should be avoided which generates lot of "dead" energy as shown below.

Just as our body parts emit specific frequencies, foods also hold different frequencies with the data shown below:

- Fresh food and herbs: **20-27 Hz**
- Dried food and herbs: **15-22 Hz**

- Processed or canned food: **0 Hz**

It can be easily seen that organic, fresh foods are healthier than canned or processed foods, with processed food having the lowest frequency, thus offering zero benefit. High-vibration food makes a person's vibration higher and the body absorbs these things, making you more light, vibrant, and alive.

9. Walking Exercise

It has been proved multiple times that walking in the outdoors is the best exercise and an easy way of raising your vibration. This exercise can be practised by anybody, young or old, multiple times a day as a break from the our daily chores. It rejuvenates the entire system with the sunshine, people interaction, reconnection with mother nature and steady heart healthy exercise. Even a few minutes spent mindfully outdoors can completely shift the mood, which is why going for a walk around the block when one is having a mental block or a lover's quarrel can be so beneficial.

II. Conclusion

The above statements clearly indicate the need for a human being to raise his consciousness level (and hence the vibrational frequency) by following the time tested and proven 9 elixir points and thus eliminate or avoiding future diseases. The elixir will be useless until put to practice with a determined mind with full faith and devotion. Practicing at least 3 of the points can lead to a much healthier and a blissful life free for diseases like COVID-19 or any other known to mankind in the past, present and the future.

Conflict of Interest: The authors declare that they have no conflict of interest

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Sandeep Shital Prasad Jaiswal. "Elixir for COVID-19 and other known and unknown diseases." *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 12(2), 2023, pp. 40-44