

VITAL REMEDIES FOR VIRUS PROTECTION



Protecting Yourself, Your Children, Family & Community from Coronavirus and Respiratory Diseases

There is a karmic wave that is presently sweeping through the world, transforming everything on the Earth and changing the whole order of human life, as it brings with it a new moral way of being. Supporting the safety and health of you and your loved ones during these times of rapid change and transformation is a top priority. Regardless of how young or old you may be, it is vital now to strengthen your body in order to protect yourself. A strong daily Naam practice is no longer a luxury, it is a necessity. The only thing people can do now is to strengthen their immune system and fortify their energetic, physical, emotional, spiritual and mental body. Above all, vibrate Triple Mantra daily because nothing is more powerful than the name the Creator. Nothing is more powerful than the Creator. Naam or the divine power manifested in the sound current is the most potent. The [Rootlight Triple Mantra](#) recording has been produced based upon precise spiritual laws to act like an indestructible fort, so as to fortify and protect you during these complex times.

We are grateful to share with you a special selection of powerful time-proven and practical health techniques, remedies, breath practices and meditations to help keep your body and respiratory system resilient and healthy in order to strengthen you against the Coronavirus and other airborne illnesses.

These time-proven tools are completely natural and are easy to incorporate into your daily life. The ultimate key to healing and health is to live in a way that makes the body an unfavorable place for the spread of disease. The following Health Tools are not meant to replace medical advice, but rather to provide you with ancient yet timeless wisdom known to support your body's innate self-healing mechanism. While the medical community is working hard to find cures for modern day diseases, we invite you to work with the power of prevention by incorporating the following tools into your daily life.

HEALTH TOOL #1

INVEST IN YOUR RESPIRATORY HEALTH WITH A STRONG BREATH PRACTICE

These breath practices turn your immune system into a strong defensive fence around you. It is excellent for prevention because it gives protection before adversity strikes. Powerful breath practices such as this will counteract the destructive energy of this Age, and help establish a small window for the light to prevail. Whoever does this sacred breath practice will come to know the true power of prana. It is one of the most effective breath practices for these challenging times.

Strong lungs and a well-functioning respiratory system will keep your body strong and healthy. The breath practice in the Breath Bar Virus Protection video was created especially for the health challenges being faced during this age. It includes a special breath technique to kill viruses as well as powerful techniques to build the lungs, and strengthen the immune system. By doing these breath practices every day, you will build the vital energy in your body in a way

that makes it much harder to catch a cold, the flu, or any airborne disease. Children can also do this breath practice.

Regarding airborne illnesses, it is very important to work with the lungs in a way that keeps them elastic and purifies them from unwanted particles and germs that may travel more deeply into the body. These breath sets are designed to take care of the immune system, strengthen and increase the elasticity of the lungs and to give you excellent respiratory health. They can be performed in less than 30 minutes and practiced morning and night as a powerful defense against disease.

Check the Health of Your Lungs Each Morning

Every day it is important to pay attention to the condition of your lungs. You can do this by inhaling deeply and suspending your breath for 10 to 20 seconds or more. Also, each morning, try to inhale for 20 counts, hold the breath for 20 counts, and exhale for 20 counts. If you can do these two things successfully, without coughing, without discomfort, stuffiness or tightness, etc., it is an indication that there is no fibrosis in the lungs, basically indicating that there is no sign of infection. Therefore, in critical times such as now, please self-check your breath every morning so that you can evaluate the condition of your lungs and take action as necessary.



Breath Bar: Virus Protection

To Strengthen the Immune System, Fortify the Body and Balance the Thyroid

This breath practice is a sacred system practiced by mystics throughout the ages to strengthen the immune system and keep all kinds of health problems away. You may do this breath practice twice a day, morning and night and in challenging times 3-5 times per day.



Breath Bar: Healthy Lungs

Strengthen and Restore the Elasticity of the Lungs

HEALTH TOOL #2

SIP HOT WATER FOR HEALTHY DIGESTION AND TO PURIFY THE BODY

Hot water is more than it appears to be. Mystically, hot water is the “hand” of God or the “spirit” of God. It is the action of sipping hot water that turns it into a powerful remedy, for when you sip it, you are mixing it with your saliva in a potent way that causes it to be a true healing nectar in your body. Sipping hot water is like performing Sitali Pranayam, a breath known to have endless healing benefits, such as supporting the liver and improving digestive health. The liver and lungs are both transformers of energy. The lungs are transformers of our mental energy and the liver is a transformer of the energies of our feelings, directing them to the sympathetic nervous system. The liver absorbs the poisons of the body and transforms them. If the liver is upset, poison spreads throughout the body and a person may die. Sipping hot water is one of the best remedies for the liver. The most important function of the liver is to assure the smooth movement of energy throughout the body. By nourishing the skin and muscles with energy and blood, the liver enhances the body's resistance to potentially harmful external conditions and allows it to recover from injuries.

Take care that the mouth and throat are moist, and never dry. Take a few sips of hot water every 10 to 15 minutes at least, and more frequently when have to be in a public place or vulnerable area. When you sip on hot water or even the Naam Star Anise Chai Tea indicated below, it washes through your body and into the stomach and works with your stomach acid to kill any virus that may have travelled into your body through your mouth. When we do not drink water often enough, the virus can enter the windpipes and then the lungs and become fatal. The Coronavirus can be somewhat easily identified by the presence of a dry cough without a runny nose. It is believed that this new strand of corona virus is not heat resistant. Therefore, drinking plenty of hot water, keeping the body warm through exercise and eating warming foods can help to prevent the virus from taking root.

A Mystical Understanding of Hot Water

The purpose of sipping hot water is to be born again, out of our health challenges, by working with the primal elements of water and fire. Water is a representation of Divine Love, which is the creative force of the Divine that leads to life. Fire is a representation of Divine Wisdom that gives light and warmth and is a sign of the presence of God. Symbolically, hot water is likened to the Hebrew letters Shin (fire) and Mem (water) and when the two are added together, it is symbolic of bringing Love and Wisdom together in order to give birth to Truth. In this way it is a symbol of regeneration, transformation and transmutation. Truth gives us freedom from our problems. Therefore, hot water is a purifying element and a symbol of new life on many levels. Hot water brings purity and sanctity. Drinking it causes us to come into harmony with the laws of Love, Wisdom and Truth. Indeed, drinking hot water is akin to receiving a divine injection of spiritual force and new life. When we unite Shin (fire) to Mayim (water) to create Shamayim, or hot water, and drink it through the throat, which is associated with the power of the word, we cause the spirit of God, or Ruach Elohim, to descend and cleanse the temple of the Lord, which is our body. As a result, we are reborn out of our health challenges. By drinking hot water, our body becomes an unfavorable environment for disease to thrive in. Hot water will purify your digestion, soothe and cleanse your liver, and nourish your kidneys. Throughout the ages, when humankind was confronted with various epidemics and health challenges, the great mystics who turned to hot water warded off disease. It causes your body to become the wrong environment for germs, bacteria and viruses to multiply. When you find yourself in a place, a crowd, or an area of the world affected by viruses, it is recommended to keep a thermos of hot water with you and sip on it every 10-15 minutes. Even when a person does become sick, drinking hot water will give the body a great advantage in minimizing or overcoming an illness.

HEALTH TOOL #3

NAAM STAR ANISE CHAI TEA TO PREVENT GETTING SICK

Drinking the Naam Chai Tea with Star Anise is one of the most potent natural defenses you can work with when faced with airborne illnesses. It is a powerful formula that combines the healing qualities of star anise, black pepper, cardamom, clove, ginger, and cinnamon. This tea has a multitude of healing benefits: it is anti-viral, it improves digestion, and it promotes intestinal health. It can both prevent colds and provide relief at the onset of a cold. Children can also drink this tea. Note: It is not recommended for women to take ginger during pregnancy. Star Anise, one of the main ingredients of the Naam Star Anise Chai Tea, can be found in Tamiflu, one of the most sought-after drugs on the planet, in response to the SARS avian flu. In the event of a swine or avian flu pandemic, Tamiflu was considered the remedy. A Closer Look at the Healing Properties of Star Anise (Only use the Healing Variety of Star Anise -Illicium Verum) The variety of Star Anise known as Illicium verum can be used not only for colds, but to restore balance to your whole immune system. It can fight and prevent infections in the mouth, throat and genitourinary tract.

It is important not to confuse the variety of Star Anise known as Illicium verum with the Japanese variety of Star Anise known as Illicium anisatum, which is highly toxic to the nervous and digestive systems. They look very similar. The Japanese Star Anise variety can damage the kidneys, digestive organs and urinary tract, and can cause seizures. The Japanese call this version of Star Anise “shikimi” and burn it for incense. Please note that products containing Star Anise should not be given to infants or children.

The Origins of Star Anise

Star anise, or Illicium verum, is a native plant of Asia, commonly used to promote vitality and vigor in the human system. In Asia and central America, Star Anise has been used to treat cramps, gas, indigestion and intestinal parasites as well as cough, bronchitis and lung ailments. In some cultures, it is given to babies for colic, though it may have serious side effects in infants and children.

According to the World Health Organization, "Coronaviruses are a large family of viruses which may cause illness in animals or humans." Twenty percent of the common colds we get are from coronaviruses. Most viruses are passed human to human and are very mild. Often, viruses will infect an animal, where they mutate and then infect humans. Two examples of this are SARS which has a mortality rate of 9.5% and MERS which has a mortality rate of 34.5%. Both of these have been contained. Coronavirus or COVID-19 is a new strain of SARS (called SARS2) which is 80% similar to the old SARS and appears to be more infectious and much harder to contain. You can work with the *Illicium verum* variety of Star Anise alone or with the Naam Star Anise Chai Tea recipe below. If you are using only the Star Anise, take three cups of Star Anise tea each day. To make Star Anise tea, boil half a teaspoon of crushed seeds in a cup of water. Always make your own tea, from the whole pods, grinding them to yield about 1/2 teaspoon ground Star Anise steeped in hot water. Do not give Star Anise tea to infants or small children.

In general, when making Star Anise Tea, simmer it down for at least 30 minutes until it is reduced by half and then let it cool to room temperature before straining it, so the end result is a lot stronger and more concentrated than ordinary tea. Drink a few ounces of this tea 3 times a day.



- Helps with Cystic Fibrosis: This disease involves poor drainage of mucous from the lungs. This causes shallow breathing, and the accumulated moisture in the lungs leads to frequent infections, making it a very frustrating condition.
- Can help make breathing easier
- Can help shorten recovery time, as anise tea is equipped with several natural antibacterial and antiviral components that aid the immune system in eliminating infection.
- It is a warm herb that has been traditionally used to help bring relief to the colds and respiratory congestions that keep you down.
- is helpful at the onset of colds and flus and it helps to treat asthma, coughs, lung inflammation and bronchitis

Naam Star Anise Chai Tea Recipe

This recipe is for a 3-gallon pot. Feel free to slightly adjust the ratio of ingredients to taste. Fill three quarters of your pot with water. Heat the water to a boil. While the water is heating, prepare the following:

1 teaspoon of crushed whole cloves

1 teaspoon of whole black pepper

3 teaspoons of crushed whole cardamom pods (or 2 tsp of cardamom seeds)

3 long sticks of cinnamon, or 6 short sticks 1/2 to 2/3 of a ginger root, sliced (you can add a bit more ginger if you have the flu)

7 whole pieces of Star Anise (as indicated above, do not use the Japanese variety).

Once the water is boiling, add the crushed cloves. A few minutes later, add the rest of the ingredients and keep the water at a low boil for approximately 30-45 minutes. If you are not sick, you may add your favorite almond or rice milk (avoid adding dairy to the tea). If you are sick it is best not to add any form of milk to the tea. The tea can be refrigerated for up to four days and reheated to drink as needed. To learn more about the additional healing properties of ginger, cardamom, black pepper, cinnamon and cloves found in the Naam Star Anise Chai Tea, [read the Divine Doctor](#).

HEALTH TOOL #4 MAINTAIN WARMTH IN THE BODY

When the body is warm, it is harder to be infected with a virus. Eating warming foods, such as ginger can help to give the body added warmth and heat. If a person has a fever, they can cover themselves with a good blanket and drink a broth or soup made of ginger to increase the body temperature and purify the body of toxins. In general, it is recommended, for virus prevention, to eat more ginger, garlic and pepper and to eat less sweet, sour and salty foods. It is also a good idea to stay away from cold regions.



HEALTH TOOL #5

MAKE THIEVES OIL YOUR NUMBER ONE ESSENTIAL OIL BLEND FOR DISEASE PREVENTION

The History of Thieves Oil Unknown to many, Thieves Oil contains a very powerful and sophisticated blend of essential oils known to have protected people from disease throughout the ages. In 1997, Weber State University did a study that found Thieves essential oil blend to have a 99.96% success rate at killing airborne bacteria. Indeed, this essential oil blend and its name are derived from a story dated in the 15th century when the bubonic plague was running rampant throughout Europe and Asia. At that time, four thieves in Europe were notoriously robbing infectious dead bodies of their possessions, and miraculously never contracted the highly infectious plague present at that time. The thieves were eventually caught and charged which led to a deeper inquiry in court. The magistrate offered the thieves a reduced sentence in exchange for the secrets as to how they were not affected by the plague. The thieves accepted the deal and told the court of their herbal knowledge and the powerful medicinal properties of oils when combined in certain ways. Their formula was highly effective in killing airborne bacteria. They described different ways to work with the oil. Thieves blend is truly antiseptic, antiviral, antibacterial, and anti-infectious. This miraculous combination of essential oils stimulates the immune system, circulation, and respiratory system, and helps to protect against the flu, colds, bronchitis, pneumonia, sore throats, cuts, and more. Traditionally, the original Thieves oil formula consists of these five essential oils: Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary.

1. Apply a drop of Thieves Oil to the nape of the neck before leaving your home, or before entering a public space or area of possible contagion. The nape of the neck controls the entire neurological system and by putting the Thieves oil here you are allowing it to be absorbed by the entire body. (If you happen to have an extremely concentrated formula, you may need to mix it with a carrier oil before application to avoid stinging.)
2. Before leaving your home, or before entering a public space of area of possible contagion, apply a drop of Thieves Oil to the soles of the bottom of the feet and also put it on the Kidney 1

point. The Kidney 1 point is known in acupuncture to be a major energy vortex that has the ability to revitalize body, mind and spirit. It can be activated with acupuncture, acupressure, herbal plasters, exercise and even floral essences. It is located on the sole of the foot, about 1/3 of the way from the base of the second toe and 2/3 of the way up from the bottom of the foot between the second and third metatarsals.

3. Preventing the Spread of Airborne Illnesses in Your Home or Office with Thieves Oil Apply several drops of Thieves Oil to the water of a diffuser that is suitable for essential oils. Keep it going 24 hours a day if possible. This infuses the air with the Thieves Oil and makes it less likely to catch something from people who may be around you who are sick. It is ideal to have in your office or in your home when you want to avoid catching something.

4. Protecting Children with Thieves Oil In addition to using the diffuser with Thieves Oil in the environment that your children live and play in, you may also add a drop to their feet before sending them to school or a place where they are vulnerable to catching something. You may also place a drop under their pillow for extra protection.



HEALTH TOOL #6

DEVELOP A DAILY HABIT OF TAKING SWEDISH BITTERS TO SUPPORT DIGESTION

In ancient times when faced with health challenges, people used to rely upon Swedish Bitters. There is an old saying that the best, most effective medicine is often bitter. When nature heals people, it is through bitter remedies. By taking bitters and developing blood that is slightly bitter, you can enjoy a sweeter life, and even the mosquitoes will not like you. Bitter substances have the ability to improve kidney and liver function, improve bile, reduce bloating and flatulence, improve metabolism, and prevent acidification of the body. It is said that there is hardly any illness where Swedish bitters is not of benefit.

History of the Swedish Bitters Elixir

The original Swedish Bitters formula can be traced down to Paracelsus, a Swiss Renaissance physician, botanist, alchemist, astrologer and general occultist. Some people believe that it even goes back to ancient Babylon and Egypt. In the 18th Century, Jonathan Samst, a Swedish doctor, blended the mixture of herbs that we now know as Swedish Bitters. It was forgotten about until the 20th century when an Austrian botanist named Maria Treben reintroduced it. In fact, Treben used traditional German/Eastern European remedies handed down by previous generations to treat a broad range of conditions. Swedish Bitters is a mixture of 11 herbs with Angelica root being the most important component. Others include Aloe (can be substituted with Wormwood), myrrh, saffron, senna leaves, camphor, rhubarb roots, manna, theriac venezian, carline thistle roots and zedoary roots. It also contains essential oils.

Benefits

- Helps in recovering from infectious diseases
- Encourages the elimination of toxins and tonifies and regenerates the body
- Promotes biliary, pancreatic and gastric secretion
- Disinfects the intestinal tract and soothes the digestive tract
- Relieves bloating, flatulence, gas, cramps and nausea

- It can act as a gentle laxative
- Restores natural acid balance in the stomach
- Purifies, disinfects and stimulates circulation
- Expels tapeworms
- Helps in the trembling of hands and feet
- Embellishes the human body

Directions

1. Take one teaspoon in the morning on an empty stomach in a small glass of water and in the evening about 30 minutes after dinner. If this causes diarrhea, reduce to one teaspoon per day, and then gradually increase to 2 teaspoons per day.

2. In the case of having contracted an infectious disease, Swedish Bitter drops can be taken repeatedly (as indicated on bottle or by your physician) as they heal boils and swelling.

German Bitter Tea has similar benefits and is available. Please call +1 (310) 729 0928 to place an order.

Caution: If the bitter taste is unbearable, you can dilute Swedish Bitters in warm water, but ideally, it's best taken alone. Adhering strictly to the recommended dose is unlikely to produce any side effects. Swedish Bitters are not recommended for pregnant women, nursing women, children under 12 and in the case of ulcers. Do not use it if you are experiencing abdominal pain, nausea or vomiting, or if you have diarrhea. Some tinctures of Swedish Bitters contains alcohol as a preservative so people in recovery should check ingredients before using.

HEALTH TOOL #7

KEEP THE NOSTRILS MOIST WITH THE MIRACLE BALM

When flying or in a crowded place or an area that is susceptible to the spread of disease, you can put a tiny amount of the Miracle Balm in the nostrils to help prevent them from drying out. When areas of the body are dry, it is not an optimal condition for health and the prevention of disease. The Miracle Balm is suitable for both adults and children. [Click here to pre-order.](#)

HEALTH TOOL #8

PRACTICE YOUR DAILY NAAM MEDITATION TO DEVELOP STRONG LUNGS

Work with the Revitalizing Sat Nam Wahe Guru mantra (from the Rootlight album Pranic Power), or with the Wahe Guru Power mantra (from the Rootlight album Naam Infinitum) to develop your lungs, using the Lung mudra. In both of these meditations, you are conditioning yourself to be able to breathe longer and more slowly, by vibrating the mantras 7X on your exhale. It is a yogic belief that the body is stronger when it is exhaling. When it comes to preventing disease, if you cannot inhale, hold your breath, or exhale for 20 seconds, your lungs are not in good shape. Breathing and vibrating Naam with either of these tracks, is an excellent way to make your lungs healthy and prevent disease from taking hold in the body. Children can also practice these meditations. Lung Mudra: The left palm is near the belly (not touching the body). The right hand/palm is in front of the left hand. With the hands like this, simply touch the pinky tips together and the thumbs together.

HEALTH TOOL #9

DRAW IMPURITIES OUT OF THE BODY WITH AN EVENING SEA SALT FOOT BATH

At night it can be very helpful to prevent disease, or for a faster recovery from an illness, to soak the feet in a hot water foot bath that has sea salt and Eucalyptus oil in it (the water should be as hot as you can tolerate without burning yourself). Not only is this a calming practice that promotes deep restful sleep, sea salt is known to draw poisons and impurities out of the body. If you can do this three nights in a row, it will be extremely effective, but even once is nice. Children may also take this foot bath, but the water should not be as hot. When using a foot bath bucket add 3 drops of Eucalyptus oil and an additional 3 drops of Lavender oil in case you need help sleeping or relaxing. When you need to take your foot bath in the bath tub increase the Eucalyptus oil and the optional Lavender oil to 6 drops.

Precaution: Please do not use Epsom Salts, use sea salt only.

HEALTH TOOL #10

TAKE NATURAL IMMUNE SYSTEM BOOSTERS

Two supplements known to boost the immune system are Fenugreek or My Community Mushrooms. Always consult a physician before administering these kinds of supplements to children.

HEALTH TOOL #11

DESMODIUM FOR HEALTHY LUNGS AND LIVER

Desmodium is a powerful remedy for the lungs and the liver. It is available as a tincture. Consult a physician before giving to children.

HEALTH TOOL #12

SANITIZE

Use a sanitizer of your choice as needed or wash your hands regularly and keep them away from your face. Sanitize your phone often.

HEALTH TOOL #13

BLESSING TEA

This healing tea is an essential remedy for anyone wishing to strengthen their immune system and fortify their body. This unique tea has been found to have active anti-carcinogenic, antiviral, antibacterial, anti-parasitic, anti-arthritic and anti-inflammatory properties. One to three glasses per day is suggested. Blessing Tea is available at Naam Los Angeles and can be shipped worldwide. Call 310-751-7550 to place your order.

HEALTH TOOL #14

TRIPLE MANTRA

Triple Mantra acts like an indestructible fort so as to fortify and protect you during these complex times. It is an energetic protector which helps you to be in the right place at the right time. [Click here to learn more and download this Rootlight recording of Triple Mantra.](#)