

Sri Swamiji's instructions about taking precautions against Coronavirus:

Every day consume one pod of Garlic. Swallow it, do not chew. It will improve your resistance. Take a few drops of Eucalyptus oil in a cotton ball and smell it frequently. Do not sit close to people who are coughing. Always cover your mouth with a cloth when coughing, yawning or sneezing. The virus spreads through droplets. Wear a mask when you move about in public places. If others have a cough, it will prevent you from catching the virus. Even if you keep a lemon close and keep smelling it often, it will help stay safe. These help defend against the virus. Keep your house clean. Clean the vessels well and wipe it dry. Do not allow used vessels to sit in the sink. Even if it will take 10 minutes more, make sure you clean the vessels each night. Change bed sheets every two days. You don't change the sheets until you die! It would have become so thick with all the dirt! Even the pillows are so dirty and smelly. Change the covers every two days. The blankets must also be changed frequently. When you walk out the bed in the morning, the dirty smell from the bedspreads follow you!

Wash your shirts after one use. Just dipping it in water and putting it to dry will kill a lot of germs. The saris should also be washed in water after use. Water and soap can clean a lot of germs. Some germs are killed by exposure to air, few are killed when put out in the sun, some others are killed when ironed. But we don't do any of this! We just use the clothes and hang them on the hook and use them again! We are very lazy! I don't want to talk more about it! You don't wash your inner-wear even for 2 months! You must wash them daily.

Wash your hands well and eat with your hands. Don't use a spoon. There are many advertisements now that show how to wash hands! Avoid eating in groups for the next 15-20 days. Do not speak with food in your mouth! Don't spread diseases. Maintain distance between people. Do not do Jai kara with food in your mouth! All the food in your mouth will land in other's plates. This is very wrong! Many of you use the same glass to drink water. You are all very close friends! You have a lot of attachment! The attachment spreads diseases! On this Lakshmi Jayanthi day, we are speaking of Corona! Let's pray to God that this disease goes away. Spend 10-15 minutes in sunlight. The virus resting on your body surface can only multiply when it enters inside the body either through your nose or mouth. It is a parasite. Those who have cold and cough must isolate themselves. Else, they will brand you as infected. Some of you say, you never fall sick. You only get a cough and cold twice a year. And each time it lasts 6 months!! These are the people who consume a lot of cold substances. Don't take anything cold immediately. Place them out of the fridge for a while and let temperature rise a little bit. Then it will not affect you. May God bless you with health, wealth and knowledge.

Jaya Guru Datta