



The 5 S's for Overcoming COVID*

● Strip

As soon as you think you may have been exposed, strip your clothes and put them in the washing machine or a plastic bag. Wash your face and hands. Place other items that may have been exposed outside. Spritz the air with water containing a few drops of essential oil for sterilization.

● Silence

Turn off all wireless devices so that they are not emitting radiation.

● Shower

Take a shower and wash your hair. Wrap it in a towel and put on your comfy robe.

● Sit Still*

Get comfortable on a couch or in a chair and do something quiet like put on a movie. Sit perfectly still for up to several hours, breathing low and keeping part of your awareness on the inside, noticing your cells resisting and neutralizing the trillions of tiny energy balls (viruses) by the maximized electrical potential of your cell membranes enabled by being still. This is how the immune system works at its maximum best. Remain until you are mostly healed, then go to bed.

● Sleep

You should feel almost perfectly well the next day, but take it easy.

*It is important to do this process right away before the viruses have a chance to enter your cells.

**Lao Tsu said Heat is overcome by stillness and Cold is overcome by movement. (Tao Te Ching).