



A Special Edition of **lightonlight**

2021 Edition

# YOGA, HEALING, & PEACE

*Celebrating the International Day of Yoga*



**Our  
Common  
Values**

Featuring The INTERNATIONAL DAY of YOGA COMMITTEE at the UNITED NATIONS  
And renowned contributors including: Ramu Damodaran, BK Charlie Hogg,  
Acharya Sandra Chantkara Simon, Dot Maver, Wendy Thompson, Amb. Mussie Hailu,  
Kia Abilay & Benjamin Obler, Diane Haworth, Michael Stasko, Sadhvi Anandi Puri, Slavica Martinovic Shank



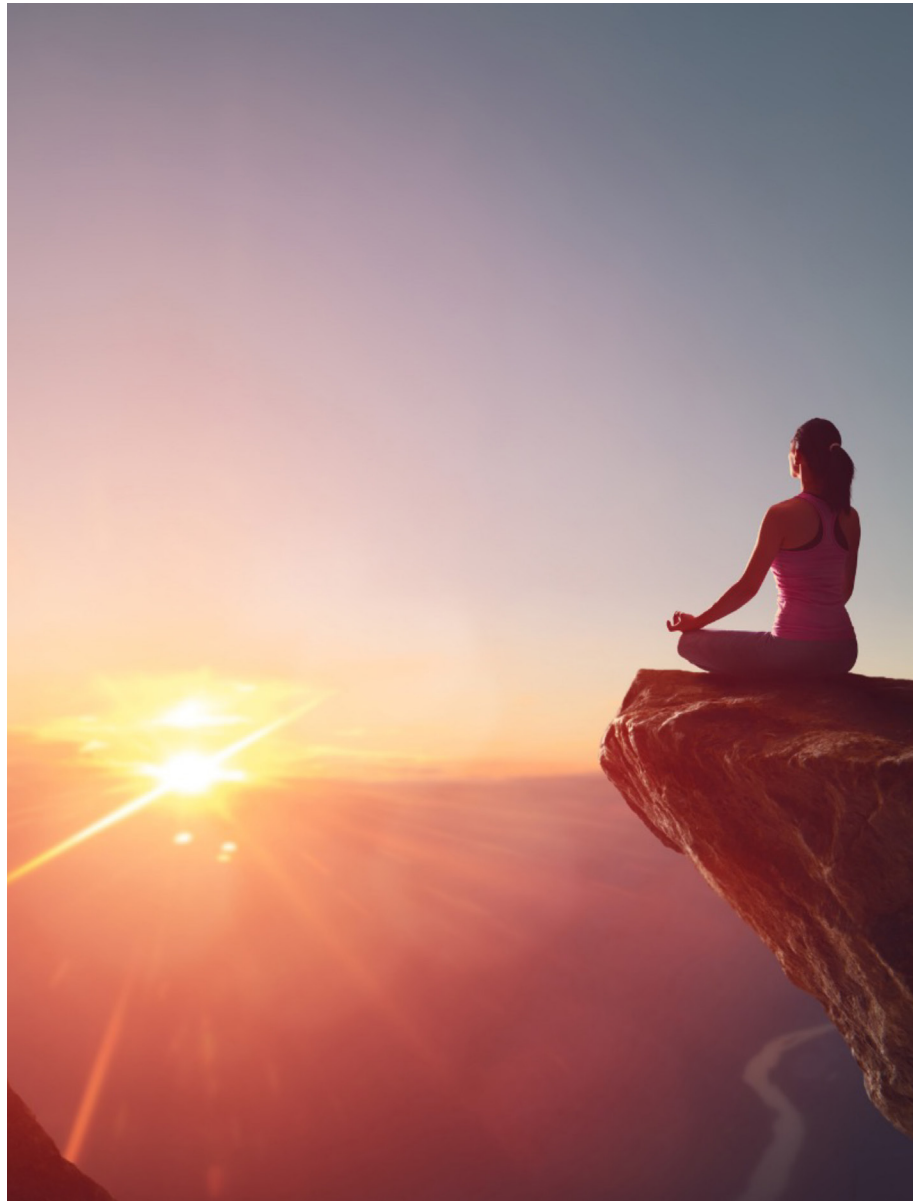
# A Change of Consciousness During the Time of Covid

..... By Patrick San Francesco .....

Generally, when we speak of health, it is our physical or mental health that we are referring to, rarely if ever do we mean our spiritual health. Yet deep down at some subliminal level we know that our spiritual health is the one that really matters. Our spiritual health is determined by our ability to resonate in tune with the Universe. Even the biggest, mightiest ship will drift into the rocks if the anchor does not hold firm, that anchor is our spirituality.

The pandemic has introduced a new facet of insecurity into our already uncertain lives. The key to overcoming this insecurity is not just 'battling' the virus, but rather making ourselves immune to the virus. To understand this, we should look at the animal kingdom. Animals are as good a host to the virus as human beings, yet their fatality count is virtually non-existent. This is because animals have greater immunity as they are more in synchrony with the Universal vibrations than us. It is our thoughts and emotions that change the frequency of the Universal vibrations that pass through us and put us out of sync. Our imagination prevents us from living in the moment, we ruminate and mull over the past and with the help of a fertile imagination we conjure up a future.

Due to the current situation, there has been a shift towards improving one's spiritual health. Meditation is a tested and proven method to quell the thoughts and emotions that disturb the Universal vibrations. The ancient art of yoga is an important tool to rid ourselves of factors that disturb our spiritual health. Consider trying to listen to soft soothing music in a crowded marketplace. To appreciate the music the noise of the marketplace must be muted. Meditation silences the noise in our mind so that we can listen to the music from our spirit. There is a common misconception that we have to follow certain prescribed practices or rituals to meditate. You may argue that these rituals have been passed down from ancient times and therefore have some value or meaning no matter how obscure the origin and that it would be wise to follow. There are some traditions that once had a direct meaning on the efficacy of meditation in ancient times and are meaningless today.



The following narrative will demonstrate: There was once a monk who would sit down with his students each morning before daybreak to meditate. Often during the meditation they would be visited by a cat that would climb over the students and disturb them. The monk instructed the students to find the cat and tie it up before the meditation each morning. Years went by, the cat died, the monk died, the students moved away, but still before sitting for meditation the students would seek out a cat (some even bought a cat) and tie it up. The point here is, meditation is not about ‘doing’, rather, it is about ‘undoing’. It is about undoing the constant call to be conscious of our physical body, undoing the distracting thoughts in our mind, undoing the conflicting emotions in our heart and the all-consuming focus on the self. As a consequence, this empties the self and allows the Universal vibrations to resonate through the body and enhance the immune system. THIS is spiritual health.



Ayako Ichimuru, Violinist

To facilitate this growth in spiritual health during this time, I have been Live Streaming weekly Immunity Meditations on my YouTube channel. People are welcome to join and receive Universal Vibrations, as well as avail of healing for health, situations and relationships. I also leave them with a Divine Inspiration to contemplate on and provide an interpretation of this Divine Inspiration in my weekly blog post.

The pandemic has also opened another perspective as to our protection and survival. Prior to the pandemic we relied upon our military to protect us from those who we deemed our enemies. The threat of violence through use of lethal weapons is now woefully inadequate. This microscopic virus has rendered the mightiest armies impotent. We now have to turn to a new type of ‘soldier’...the healthcare worker.

These new soldiers are not only medical staff but all those on the frontline who keep the ‘wheels turning’, they are just ordinary citizens like you and I. The neighbor who does grocery shopping for the elderly to minimize their chances of exposure to the virus, the volunteers at the NGO’s, all those who have responded to the call, the call of life.

This is not just about being brave, this is more than bravery, this is about caring. It is about caring for others, an empathy beyond national boundaries, beyond color, race and religion. In a world so beleaguered by the pandemic, those that are responding and taking care of whoever is in need are the new heroes!



Patrick San Francisco is a world-renowned energy healer and internationally recognized humanitarian, philosopher, teacher and inventor from Goa, India. He is the chairperson of the Samarpan Foundation in India, USA, South Africa and Malawi. He is the creator of Apphealing, the world’s first multi-dimensional energy healing app, and the pioneer of a unique earthquake resistant and affordable green building technique. The plastic (PET) bottle house is internationally certified and capable of withstanding 9.8 on the Richter Scale, presented to the United Nations Academic Impact Symposium in 2015. Patrick’s contribution to humanity through healing, humanitarian projects and life sustainable inventions is globally acclaimed and his philosophy can be applied in everyday life. Patrick’s mantra of Love, Peace, Happiness, Kindness, Simplicity and Clarity is personified in his volunteers and demonstrated throughout his foundation’s projects.



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