



Global Energy Parliament

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Your Excellency,

Subj: Suggestions from the Global Energy Parliament for dealing with COVID-19

We appreciate that global leaders have very difficult choices to make in order to protect humanity at large from the COVID-19 pandemic, and we honour your leadership at this time.

Understanding that many countries are already at or approaching a community transmission stage, the founder, His Holiness Swami Isa and the members of the Global Energy Parliament feel it is important to build up public immunity. Psychoneuroimmunology research has shown that positive thoughts and positive emotions have a significant effect upon immune function. If immunity at the physical, intellectual and emotional levels are successfully developed now, we may emerge from this crisis much healthier.

Physical immunity can be built up by good and natural foods and immunity-enhancing Ayurvedic medicine. Simple yoga asanas are also helpful for physical health. Govt may kindly ensure access and availability of these.

Intellectual immunity requires positive thoughts based on total knowledge. The Govt can promote a positive thought culture through proper knowledge and good literature, and take steps to reduce negative media information. Those in isolation should be given positive messages and not left alone. The Govt can promote messages about the benefits of meditation, which helps to develop positive thoughts.

Emotional (Mental) immunity means developing positive emotions. Fear reduces immune function. While many people are now isolated in homes, they are seeking comfort through TV or entertainment. The Government may take steps to promote the consumption and distribution of positive cultural arts at this time. This, along with a daily practice of visualizing universal wellbeing and peace will also ensure positive mental health of the people.

A more detailed proposal for these three immunities is attached, along with our recommendations for long-term solutions to the COVID-19 crisis.

We wish strength, health and peace to all beings.

Yours most sincerely,

Dr. M.R. Thampan
Secretary, Global Energy Parliament

Dr. Christophe Dumas
Director, GEP Research Centre

Encl:

GEP's Short-term and Long-term Solutions to the COVID-19 Crisis (Report)
"I-Theory: A Unifying Quantum Theory?" (Article)



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GLOBAL ENERGY PARLIAMENT

RECOMMENDATIONS FOR THE COVID-19 CRISIS

22 March 2020

COVID-19 is a serious pandemic threatening life as we know it around the world. His Holiness Swami Isa, founder of the Global Energy Parliament, has referred to this pandemic as “intellectual warfare,” and emphasizes the possible severity of its long-term effects. When we look back at the present time, we may indeed be referring to this time as World War III.

To minimize the damage, the physical, intellectual and mental strength of the people must be ensured right now. At later stages, we request the Government to work with the Global Energy Parliament towards long-term solutions based on scientific knowledge, and implemented through proper education.

Short-Term Solutions: Immunity Building in the Public

a) The Government must ensure adequate supplies and education about food which boost the immune system and discourage the use of food which reduces immunity. This is for Physical Immunity.

Educate people through Govt. health advisories and social media about certain easy immunity-boosting foods. Drawing from the rich tradition of the science of Ayurveda, we recommend easy but highly efficient recipes like 1 spoon honey with ½ spoon ghee taken daily, Kushmanda powder (an Ayurvedic herbal medicine), boiled milk with Ashwaganda powder, milk-porridge, as well as hygienically prepared fresh fruits and vegetables.

The Govt may also provide information about foods which reduce immune function, like processed foods and fast food, which contain many chemical additives that have a compromising effect on our health.

Clear, scientific information about food qualities should be given (such as the effect on cells and immune system). The I-Theory can be a useful tool to understand life-energy balancing and life-energy disturbing food in modern scientific terms, on the molecular and subatomic levels. (Please find further information on the I-Theory below in the section on long-term solutions.)

Government can issue advisories to help citizens feel reassured that they will have adequate access to such foods to avoid hoarding, and thus to ensure food security for all.

Yoga asanas (postures) are also known as one of the best ways to attain physical health and immunity, and can be practiced within the confines of one’s own room. The Govt can take steps to promote the practice and learning of some simple yoga asanas through videos, etc.



b) The Government must create and share a positive thought-culture. This is for Intellectual Immunity.

Positive thoughts play a crucial role in maintaining health. Stressful or joyful events trigger different cognitive and affective responses which, in turn, induce sympathetic nervous system and endocrine changes, and these ultimately either impair or enhance immune function, as has been recently proven in psychoneuroimmunology research. Regardless of the external situation, one who thinks positively feels positively, and then acts positively. The emotional chemistry in the body, and the quality of thought which triggers it, affects the quality of the chemistry in our cells. This is why it is said that thought creates everything.

The Government should ensure that it provides regular messages to people that counteract the negative messages in the media. Positive thoughts include ones of faith, trust, wellness, confidence, and hope. Ideally, the right kind of knowledge to be shared is one that leads to realization of oneness. Partial, materialistic, and selfish knowledge is the cause of the crisis that we are in right now.

Literature, media, etc. should be geared towards providing the populace with positive thoughts, not bombarding it with negative information. Negative thought culture is one of the leading trends in the world that should be forestalled.

A contest could be held for essayists / historians / story writers / poets / filmmakers / students on topics such as “How Literature Changes the Quality of Thought” or “The Responsibility of Literature in Creating a Positive Thought Culture.”

Those who are ill or quarantined should also be given positive messages and opportunities to create positive thoughts through creative channels. They should not be left alone. Isolated people need a constant input of good thoughts.

The Government could promote positive messages coming from the public by sharing them on social media. It could start a social media campaign to reward good thought leaders.

Meditation is known as one of the best ways to maintain a positive intellect. Because thought is an energy, it has both positive and negative qualities, so it is important to focus on the positive. Meditation can change the quality of the thoughts. The Govt can take steps to promote a simple meditation practice of focusing the eyes on a candle flame for 5 to 15 minutes per day.

c) The Government must share and encourage a positive emotional culture. This is for Mental (Emotional) Immunity.

Positive emotions are a result of positive thought, and are also an important component of immunity. Emotions are a form of chemistry (e.g. hormones) in the body, and the mind-body connection in healthcare is very well documented. Anxiety produces negative thoughts, which in turn lead to negative chemistry / emotions.

Cultural programs have an enormous effect on the emotions of the populace. Now that most people are advised to stay at home, the Government can ensure positive cultural programs



on TV that spread messages of hope, love, healing, compassion, fearlessness, and all good human qualities. Divisive, hateful, horrible and frivolous programs should be deterred.

People should be encouraged in various ways to share only positive emotions with others. When one loves another without any expectation of reward or return, love is in its highest positive form. Resulting from this is compassion, kindness, mercy, and tolerance. Such good human qualities should be promoted by the Govt.

The Government can introduce a “daily self-assessment and positive visualization program,” in which people rate their own level of physical, intellectual and emotional wellness twice a day. This will automatically induce them into realizing the areas in which they need to improve their immunity (the tools have already been provided above). They can also spend a few minutes every morning and evening visualizing universal peace and happiness. These two activities done daily will improve emotional health.

Long-Term Solutions

After ensuring the 3 types of immunity (physical, intellectual and emotional) to all the people, the Government must look to the long-term. A solution can only be attained when we understand the cause of the current pandemic. This pandemic may seem to be merely physical, but its root is entirely intellectual, caused by highly destructive thought. Whether COVID-19 was intentionally created and released as a bioweapon, as some say, or an accidental by-product of man’s encroaching upon nature, the present pandemic is clearly a result of wrong knowledge and wrong education.

In ancient days, war was face to face, an army meeting an army on land. Later fighting spread to include Naval warfare. Then, as airplanes were invented the Air Force was born, dominating the atmospheric plane. Space has been recently the last domain for warfare in the external plane. Simultaneously, biological weapons are being developed, which cause destruction on the internal plane. Internal explosions are far more devastating than outer ones, especially when they act on the subatomic (subtle) level. We are presently facing this crisis.

Mankind’s selfishness, destruction of environment, violence towards other living beings, and need to dominate others is a result of ignorance. People have lost sight that the outer world is an extension of one’s self. Education that pays attention only to the outer world creates human beings who believe that domination of others and amassing material wealth are the goals of life. Only when facing a crisis like this do they realize that what happens outside of them will affect their inside, and what happens inside of them affects the outside. The educational system should provide this knowledge from childhood onwards.

1) Since as early as 1998, Swami Isa has been recommending governments to **implement a system of education that provides total knowledge instead of partial knowledge, and brings up new generations of humane human beings that have the experience of being interconnected with all beings on Earth.** Swami Isa developed a new method of teaching and learning, called Education for Total Consciousness (ETC), which has been successfully implemented at schools for more than 20 years and highly appreciated by educationalists from both India and abroad. The ETC method does not require changes to the curriculum or textbooks. It brings the ancient Indian educational system into the modern setup with ease. It focuses on the relationship between the teacher and student, and the development of knowledge that is imparted, in a systematic way. It is highly beneficial to all, regardless of



differences of culture, religion, economic status, language, gender or ability. Education for Total Consciousness is the only answer for a modern world struggling to educate masses of children to become not only knowledgeable, but responsible citizens and excellent human beings. **So that new generations do not face the tragedies that we have, please urgently consider implementing Education for Total Consciousness in all schools and training every teacher in this method.**

2) Scientific knowledge about interconnection as well as the foundation of all things must also be imparted. For this reason, Swami Isa created the **Global Energy Parliament, and since 2010 it has been conveying information to scientists, political leaders, medical doctors, educators, as well as the general public about his unified theory, the I-Theory.** An article on it was published in the peer-reviewed *Journal for High Energy Physics, Gravitation and Cosmology* in 2019. The I-Theory introduces the basic unit of energy which is the universal fundamental particle: the I-particle. In simple terms, the I-particle is a vibration possessing 3 different qualities that act differently based on their frequency and wavelength. Red Matter is neutral energy with mid-level frequency and mid-level wavelength in the I-particle, White Matter is positive energy with low-level frequency and the longest wavelength in the I-particle, and Black Matter is negative with highest frequency and shortest wavelength. These are the subtle-most frequencies that make up everything, from the subatomic particle to the galaxy.

If COVID-19 is so virulent and dangerous, it is because it is acting on both the molecular (gross) level and the subatomic (subtle) levels. For medical science to solve the COVID-19 crisis, it needs a solution that acts on both the gross and subtle energy levels. The virus is also highly likely to be modifying the DNA of the affected cells. No one yet knows the long-term effects of COVID-19 even in those who have recovered from it, so we should not underestimate its seriousness.

A thorough understanding and application of Swami Isa's I-Theory is the *only reliable way* to find a fundamental cure for the virus from medical science. Diseases should be understood as an imbalance between White (long wavelength) and Black (short wavelength) matter. As we have recently written about in the context of Negentropy and Entropy, maintaining life means balancing White and Black matter. We have a concept for a device that rebalances the energy in a human being based on this knowledge.

We request the Ministry of Health and Ministry of Science & Technology to take a serious look at the I-Theory and to work with the Global Energy Parliament to develop a cure.

The Global Energy Parliament (GEP) is an international platform for science and sustainability, which has more than 1,000 members from 5 continents. Since 2010, it has held annual international sessions of parliament on topics such as Total Education, Peace, and Sustainable Economics. It presently has national centres in India, France, Germany, Spain, UK, US, and Sri Lanka. GEP is organized by the Isa Viswa Prajnana Trust (IVPT), a charitable organization headquartered in Trivandrum, India, which holds Consultative Status to UN ECOSOC.

IVPT and GEP were founded by His Holiness Swami Isa, progenitor of the Education for Total Consciousness teaching method, the Life for Total Consciousness yoga system, and author of the I-Theory, a unified theory.

Visit our website for further information: www.global-energy-parliament.net