



DR SHOBHA RAJU

## Lack of Karuna (Grace) creates Fertile ground for contagious diseases

“Nandu! I have a doubt” I told my husband who was very serious because something went wrong.

“What?”, he asked.

“Puliraju ki AIDS vastundaa? (Will Puliraju get aids?)”, I asked.

He gave an angry look but burst out into laughter.

“Puliraju ki AIDS vastundaa?” is a theme line which we were everywhere on the walls, streets, on cinema screens, on hoardings during the last decade. That theme line struck to a person like me, whose world is music, literature and devotion, - at a time when the situation was grave, - to make the scene lighter.

Dear readers! Just imagine how aggressively the theme line could have been promoted!

In 2003, I had been to Rajahmundry to give concerts on the eve of Godavari “Pushkarams”.

Hoardings bearing the captions such as the above were erected all over on the banks of Godavari in Rajahmundry and other places. They outnumbered the religious ones.

Instead of telling people not to commit wrong, they started erecting signboards which said, “Use protective armour” to commit the wrong. Inevitable! Human dignity and value system have fallen down to such a low level that all the inhibitions and sensitivities had to be shed to create the awareness of AIDS.

The rate of AIDS’s contagiousness is very less compared to New Carona virus. Deadly Carona is attacking the world aggressively and speedily. So far no vaccine is invented for its cure. Why is it that we don’t see any hoarding containing caution or awareness? Because

we don’t get alert until it comes to our neck?

If the world has to worry much about anything and take immediate action in that direction, it’s Coronavirus first and anything and everything, next. May be in China, even big hospitals were built on a war footing and precautionary measures are seriously and meticulously taken up. China and Afghanistan are our neighbours. It doesn’t take much time for Carona to invade India. Our politics is inclined towards populist schemes to rob the vote bank but not interested in the welfare of the voters genuinely.

Management of the epidemic



will be very tough in India in view of the virus nature. Because we don't have the medical infrastructure required to handle it. So the first step is to take measures to arrest the virus from coming into India. We should be more alert than at Pakistan India LOC. If once in, the virus kills the whole nation. Screen tests have to be conducted at every entrance to India and if found positive to the test, the affected have to be strictly isolated. On war footing, people have to be trained and employed for this.

Why not the hoardings be erected advising people to take precautionary measures? Small precautions like covering the mouth while coughing and talking, covering mouth and nose while sneezing. When running nose is there, not to come to public places, be confined to homes, etc. I observe most of the people wiping the noses with hands and serving, shaking hands, holding public utility goods such as taps, tumblers etc. if you observe, you'll find every second person if not every person, is coughing or has running nose. I have observed well educated and richly dressed up people also doing this. They are doing consciously or unconsciously? People have to be educated and en-

lightened as was done in case of dowry. A TV channel used to run a promo, saying "The one who asked for dowry is a donkey". Like that, a promo saying, "The one who coughs and sneezes without covering mouth is an educated brute".

Investments have to be made and invited for the research in Ayurveda & Homeopathy also apart from Allopathy and systems of medicines have to be effectively, evidentially and scientifically established. Hygiene has to be promoted among people and brought to a point that its respectable to be hygienic and not just wearing trendy clothes and jewellery.

From the subtle perspective, Carona seems to be a curse of nature on humanity. The more human harbours stinking thoughts, the more is its effect on the human body and on nature which is the body of the Cosmic Mind. As humans are polluting the Cosmic fabric by a variety of corruptions, nature is losing its patience and retarding. Unless humans shift their love from money to humanity, the onslaught of nature will not stop.

Manipulations, cunning schemes, cheating, backbiting, backstabbing, trying to loot others' property, position and opportunity has to be immediately stopped with

the study of realised souls like Swami Vivekananda, Sri Ramakrishna Paramahansa, Sri Ramana Maharshi, Yoganandaji and practising meditation.

To sum up, medicine and tonic is Love. It should be practised from the bottom of the heart. It connects soul to soul with threads of light. That connection energizes everyone. As pure love is pure energy, it cleanses the pollution formed around Chakras due to pollution in thoughts. This cleansing eradicates the disease in the body as well as in the mind. It enhances the resistance for the disease.

Prayer, earnest prayer attracts divine grace which heals a disease faster. Many saints still live on in subtle bodies. They all aid us in connecting to Cosmic Being, whom we call Paramatma, when our prayer is earnest. That is The Ultimate Healing. Connection with The Cosmic Being.

St Annamayya sings, "Konaro konaro meeru koorimi mandu, uniki maniki kella okkate mandu"

(Take this friendly medicine. For existence and for living, this is The Only Medicine.)

It's the tonic that has given a great span of life to Brahma, The Creator. It is spread over all the worlds as The Truth. As is obvious to all the worlds, this is The Medicine that is settled brightly near the Holy Tank, (Koneru) on Sri Venkatadri.

Taking all the possible precautions practically, let us take this Divine Medicine, which doesn't cost money, which has no side effects, which has no expiry date.

The medicine is the holy name of God! Om Namo Narayanaya!

(The author is a well-known musician, Devotional singer, writer and composer.)



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