

*On Thu, Mar 5, 2020 at 6:59 AM Philip O'Donohoe wrote:*

Dear Friends

The following quote from Shafayat Book of Health may be something to consider at this time. I have been guided by these words for many years.

While necessary precautions are advisable for the physical spread of disease, as Murshid points out one of the reasons for epidemics is mental contagion. A good way to protect oneself from this is to block out the thought of self. We do have the power to do this regardless of whatever else we may be bombarded with at these times.

Allah Shafee Allah Kafee.

Much love and many blessings – Tansen

**GITHA:** The fear of catching a disease is also a cause of illness. There are people who wonder whether they are ill, and try to find out if there is something wrong with them.

**TASAWWUF:** These people are always examining themselves and keep the thought of self in front of them. This thought always interferes with the free flow of the breath and makes it impossible for the body to obtain full benefit of the spiritual light and of the energy of space. This in turn prevents inspiration and blessings from being received. There is nothing in life which is so akin to death as the constant thought of self.

When added to this there is the shadow of the thought “I am ill,” and one receives an impression which one really does not want to have. But this impression, so connected with the self, works its way rapidly to outer consciousness. That is one of the reasons why there are epidemics. It seldom means that the diseases are physically contagious. Call it germ, bacteria, or anything else, there are mental contagions, there are thoughts which make the world within dark and then there is no protection against disease. The way to protect oneself is to block out the thought of self. Therefore meditation and prayer are among the great medicines.

Murshid Samuel Lewis

Commentary on Shafayat: Health—Part II, Chapter II