

Transcript of [Mitigating the Effects of Covid-19](#)
A Message by the American mystic & sage Daniel Clay

People have been panicking because they think that there is no way easily and currently to combat the coronavirus, the novel coronavirus, COVID 19.

Just how novel is it? How many thousands of years have there been bats? How many thousands of years have various diseases hidden in tombs and in graves, and in sarcophagi? How many thousands of years have animals in remote places passed disease harmlessly amongst themselves? The coronavirus, that novel virus, that you think is so new. Is it not true what King Solomon said, "There is nothing new under the sun"? Do you think that this ancient disease that has been hidden for thousands and thousands of years is truly new? Do you not realize that in your ancient, ancient ancestors, this even occurred?

Of course, drug companies will look for ways to cure this, and they have means that can be used to create serums. But the human body is already wired to fight such diseases. But because you live out of touch with your environment and because you use artificial means so often, you are not aware of some of the simple remedies that you have. Now you have at your disposal nothing that will *cure* this virus, but you do have at your disposal things that will allow your body to cope with it until it is defeated within your system. We will not make the mistake of saying, it is this or it is that. Because it is obvious, if we said it was toilet paper, you would go buy every last roll. And if we said, it was some malaria drug, you would go buy every last tablet.

If you will look to your trained medical doctors who have also studied herbology; if you will look to your herbalists and your natural healers, in every corner of the earth, there are herbs and foods that will help the body. The drug companies cannot make a fortune off of them. But in every part of the world, there are herbs that will act to stimulate the immune system. There are herbs that work as anti-inflammatories. There are herbs that work to clear the sinuses. There are herbs that work to stimulate the body so that natural antihistamine effects can take place. And because these have been used for thousands and thousands of years, and because your genetic DNA alters from crisis and from different interactions and that alteration is passed to successive generation, there are herbs that *will* mitigate the effects until your body heals itself. And there are good herbalists in every corner of the world who can help you if such need be.

For everybody else who says, "Oh, we would not think to do such a thing," we tell you, "Go to your doctors, get the artificial derivatives and medicines that have been around for 50 or a hundred years, and that no one's DNA has adjusted to yet, and use it with a lot of prayer, because it may or may not do you any good?"

This is an ancient virus. Just because you've only now found it, doesn't mean it's new. And it will respond, or should we say, your body will respond to the ancient remedies that were used to cure or mitigate the effects while your body cures, actually cures, itself. For only your body can cure itself. Even when you respond to most modern medicines, it is your body curing itself. Unless you take something that's poison, poisonous enough to kill off the sickness and not quite kill you off, so you can recuperate.

Have courage! Have courage! Think positive thoughts! Better times are coming.

We leave your blessings and with peace.

Peace be with you.

Daniel Clay