

A VITAL ANTIDOTE TO PROTECT YOUR
THOUGHTS, FEELINGS AND TO OVERCOME
THIS PANDEMIC.

CORONA
ANTIVIRUS

MARIO KASCHEL SIMOES

INTERNATIONAL AUTHOR & SPEAKER

Corona Antivirus

A vital antidote to protect your thoughts, feelings and to overcome this pandemic.

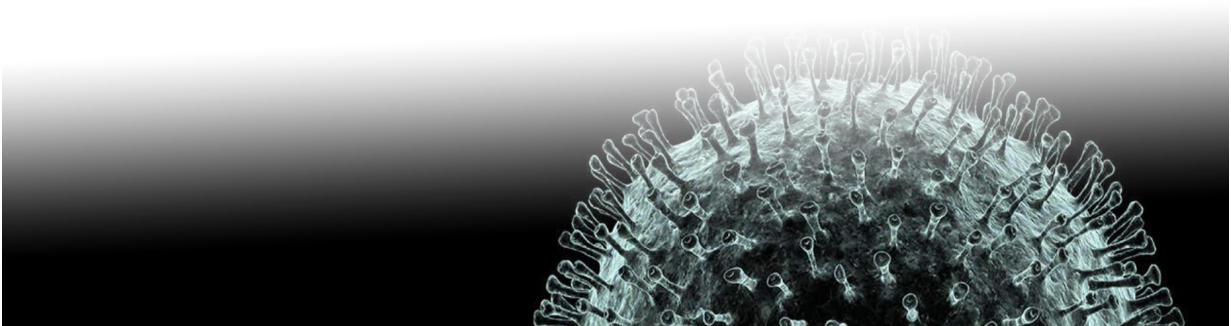
Today, I spoke to the IT manager of our company, I asked; “Have you run an antivirus on the staff?” He answered “No, only on the machines.”

Wouldn't be great if one could run an antivirus on people?

While I write this book, scientists from across the globe are working to develop a vaccine to help defeat COVID-19.

This pandemic has led to thousands of deaths worldwide, however, the effects of this small virus go beyond affecting people's health. This virus has been stealing our peace, joy and social interactions. It has also brought fears and doubts in the present and uncertainties about the future.

A vaccine generally contains a weakened dosage of the virus, which then produces a positive reaction in the human body, ensuring the production of antibodies to strengthen the immune system in order to overcome the malicious effects of the infection.



The name COVID-19 comes from these three words: COrona VRus Disease and 19 refers to the year (2019) this virus began spreading.

In this book we will concentrate on the five letters given to this virus: COVID. May this acrostic be like an efficient vaccine to your soul and an instrument of inspiration in your life! The number 19 refers to the number of minutes it will take for you to read this book.

CAUTION TO THE MAX

This is not a time for holiday or play. On the contrary, it is a time for abundant caution!

Quarantine

"There's a time to embrace and a time to refrain from embracing."

Ecclesiastes 3:5

Brazilians are known worldwide for being a warm-hearted and touchy people. However, in this moment of crisis, hugs and kisses can contribute to an accelerated spread of the coronavirus.

"Under extreme circumstances, at times, the best way to show love to someone is to keep a distance." Mario Kaschel Simoes

At such a time as this, the last thing one would like is to unknowingly infect someone. Unfortunately, many of the fatalities in Italy came from young people transmitting the virus to older family members. The youth, who were in good health, didn't even show any symptoms. Nevertheless, they transmitted it to the elderly, whose health was compromised.

Therefore, follow the instructions: Stay at home! This pandemic will soon pass and all will be back to normal, yet a different normal.

Take care for your body

Eat in a healthy manner in order to keep your immune system elevated. The healthier one is, the greater will be one's resistance decreasing, the chances of being infected by the virus. In reality, millions of people will be contaminated by the coronavirus, however due to a robust immune system they will not develop the symptoms.

A good way to increase one's resistance is by taking Vitamin C. It can be found in orange, lemon, acerola cherry juice or in pills. Another way is to have honey with propolis and multiple vitamins. Since one does not obtain all the necessary vitamins during our meals, it is important to supplement with multi-vitamins. Our family has been taking these vitamins for over thirty years, and this has contributed to an overall healthy life.

If possible, sunbathe for 15-20 minutes, preferably during the morning. This will activate the Vitamin D in your body, which is extremely important in defeating the viral infections and other illnesses.

Use this quarantine as an opportunity to sleep and rest. This is the natural way in which the body renews itself daily.

Set aside time to practice physical exercise. Transform your living room into a gym. There are many videos on the internet that teach people to exercise while using chairs, steps, and daily household objects. Stretch before and after working out.



OPPORTUNITY FOR RENEWAL

Do you remember thinking: “I would love to do this!” “Oh, if I had time, I would do that!” “One day, whenever I’m not busy, I’ll do the other.”

Well, that day has arrived! All of a sudden, you see yourself at home, unable to go out. The question is what are you going to do with this precious time on your hands?

One thing you shouldn’t do is spend your time watching the TV, listening to the radio, and drowning in social media. Over exposure to bad news has a harmful power in a person’s feelings and thoughts. How can you utilize your free time? Here are some suggestions.

Invest quality time in your family

How long has it been since you and your family have played together, talked or had a meal together? If you have children, invest quality time in their lives, individually and as a group. Look at old photo albums, watch videos from when the children were younger, relive your past and reinforce the importance of your children in your life.

Dedicate time to your spouse

Take advantage of this time to talk about your marriage, family, children, and dreams and to plan for the future. Find out what is not good and must change, and be very open and transparent.

Do fun activities together: cook, workout, give each other massages and fall in love once again. Moreover, renew your commitment to each other and your wedding vows. Together you will overcome this pandemic, and once all has passed, you will be even stronger and more renewed than ever before.

School at home

Your kids are not on vacation! Do not allow video games and Netflix to be the only pastime of your family. Organize daily activities in such a way that your children are dedicating time to study, read and learn. Many schools have made online classes and internet learning readily available. Be creative and ask each child to teach you what they have learned. Pretend you are at school and have fun!

You are also not on vacation, therefore, dedicate time each day for your personal development.

Create new projects

Think about new things you'd like to do, but haven't had time: organize the house, fix or paint something, practice an instrument or learn a language. How about starting an online undergraduate or graduate program, or writing that book you always dreamed about? Have you thought about expanding your business, starting a new one, or developing a new idea?

When I had the initial idea of writing this book, I thought it could be a way to encourage you with something inspiring and practical. I acquired the internet domain, developed a website for the book, wrote the text, revised it, created the cover, did the layout, designed the art, and here is the book: mission accomplished!



What about you? How can you use your creativity, gifts and talents to help those inside and outside of your house?

“Every crisis is a new opportunity, and those who see it and take advantage of it will be leaders in this new reality!” Mario Kaschel Simoes

My friend, teacher and business consultant, Dr. Claudiney Fullmann reflected on this theme:

“We must face reality for what it is, not for what it could be or how we wish it should be. Being at home does not mean being useless, there is much to be done during this time period until we return to normalcy.

We can understand this pause while observing what happens in music: pauses are intervals of time where there must be absolute silence. In certain “sections” of the song, no note must be played. Both the pause in music and silence in psychoanalysis have the sole function of preparing for what comes next. When there is sound there is no silence; without silence it wouldn’t be possible to conceive sound.

This has everything to do with the melody of our lives. As composers, we know that the pause does not mean the melody ended. A pause in life is important to restart, reflect, plan and search for harmony.”

Who knows if the dreams which have been “shelved” or a new project of yours won’t be a beginning of a new season where you will supply the needs of many people, not only now, but also in the future!

VICTORIOUS ANTICIPATION

We know that to be connected to the news, internet, and social media all the time can be harmful. The constant information about death, disease, tragedy and economic chaos will be very negative in your life. If you have experienced loss, I recommend my book: "[Giving up is not an option!](#)" It will undoubtedly be a great source of inspiration at such a time as this.

Thousands of people have been infected by COVID-19; however, millions around the world have their minds and hearts infected with the negative results of this pandemic. The adverse symptoms of the soul are: fear, discouragement, worry, panic, depression and hopelessness.

Many centuries ago, Job, one of the richest men in the east, went through unusual trials. He lost all his goods, possessions, children and even his own health.

He declared: *"What I feared has come upon me"* Job 3:25. In other words, Job had made a self-fulfilling prophecy, which means that, what he feared happened. Fear has a very destructive power.



In my book: "The Winners Trail" I speak about this theme.

"What you believe determines what you think. What you think should be expressed through what you say. What you say will influence what you do, and consequently, what you do will determine your destiny." Mario Kaschel Simoes

This sequence creates consequences, that may be good or bad, depending on how you use it.

Do not allow fear to determine your way of believing, thinking, speaking and acting. On the contrary, exercise your faith. Believe, think and declare words of life, health, protection and blessing over your family, home and business.

Remember that **FEAR** means: **F**alse **E**vidence **A**ppearing **R**eal.

Due to the challenges he faced, Job learned many lessons. His friend Eliphaz, shared with him the following principle:

"What you decide on will be done and light will shine on your ways." Job 22:28

Sometime later, Job was healed and received double of everything he had lost during that tragedy. Do you believe this is possible? Soon, the coronavirus crisis will be over, but the question remains; "How will you go through this crisis?" This is an important decision you must make.

The world is undergoing a severe Fall of losses. In my book, "[The 4 Seasons of Life](#)" I explain that Fall is a season in which the leaves fall from the trees. In other words, Fall is a time of loss: not only health, life, money and business losses, but also a loss of hope. Fall is the season where all are tested.

The question is: will you come out from this crisis approved or reproved?

It depends on how you face this challenge. The good news is that no season lasts forever, neither good nor bad ones.

"Success happens when opportunity meets preparation." Zig Ziglar

Many will become ill and some will die due to the effects of coronavirus. Many companies will suffer and some will go bankrupt because of the financial effects of this pandemic. Nevertheless, many will become victims, while others will become victors. Notice that the root **VICT** is common to both words: **VICTims** and **VICTors**.

In other words, people endure similar circumstances, yet their response to the challenges will determine how they will emerge from the crisis.

The sooner one learns to change and act, the quicker one will leave the Winter Season of life.



After Winter comes Spring, which is the season of preparation. During this season one should plan for new actions, plant new seeds and prepare new ideas for a new future. Then, one will be capable and motivated to restart their job. It won't be easy, but it will be possible!

It is important for you to be well in this moment of turmoil in order to influence those around you in a positive way. Use your words of love, hope and life to encourage others, vaccinating them against the negative effects of this pandemic.

"Say to those with fearful hearts, 'Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.'" Isaiah 35:4

INSPIRATION IS NECESSARY

Besides caring for your body, it's necessary to take care of your soul with healthy inspiration, because the soul is responsible for one's thoughts and feelings.

If someone fuels the car with water, soda, solvent or laundry detergent what would happen? First, the car wouldn't move. Second, it could be damaged forever. In like manner, you should be very cautious as to what you feed your mind and heart.

Once a person constantly reads and listens to negative news, his/her attitude tends to become more negative and hopeless, as evidenced by his/her pessimistic speech and actions.

However, listening and watching inspirational content completely changes a person, as it shows by the positive words he/she speaks and the hopeful manner he/she behaves!

“An unmotivated person can be contagious, yet a motivated person can be infectious!” Mario Kaschel Simoes

Be an infectious person, not a contagious one! You are responsible for your inspiration and the repercussions of your attitude among those you live with.

“Where you will be in five years is a direct result of the friends you have, the messages you listen to and the books you read.” Charles Jones

How important it is to have good friends, to listen to great messages and read fantastic books! This will make all the difference in your life!

Develop yourself

Capitalize on this opportunity to read good books and listen to podcasts and messages on the internet. Take online courses and invest in developing yourself.

“You pay a price to develop yourself, however, you pay a greater price to remain as you are!” Mario Kaschel Simoes

Now that there is time to spare, there are no excuses! You are the most important person responsible for achieving your dreams. Therefore, invest fully in your growth and development.



Positive Attitude

Victor Frankl, a renowned Jewish Austrian psychiatrist, who survived several concentration camps during World War 2 wrote:

***“Everything can be taken from a man but one thing: the last of the human freedoms
- to choose one’s attitude in any given set of circumstances.”***

This was not only his great secret but also of many other survivors of that tragic time in human history. To be in quarantine at home is infinitely better than being locked up in a war time concentration camp!

Therefore, decide to have a positive attitude every day, for this will determine the quality of life that you will have!

***“There are three types of people in the world. Those who make things happen, those who
watch things happen, and those who wonder: What happened?”***

Only those who have a positive attitude will make things happen, both now and in the future. Don't forget your attitude may cause a huge impact in the lives of those around you.

***“Our life may be for others a bucket of disappointment or a fountain of inspiration!” Mario
Kaschel Simoes***

What is the attitude you'd like to see in your spouse, your children, your siblings or parents? That's the attitude you should express. Be positive, joyful and hopeful. Whatever you sow in the present you will harvest in the future.

People of every nation are eternally grateful for all the work that doctors, nurses, police officers, scientists, soldiers, pilots, flight attendants, educators, journalists, entrepreneurs, employees, leaders, authorities and public officials are doing right now. They are risking their lives daily in order to fulfill essential duties for the well-being of our society.

We are grateful to God that they are placing themselves in [Third](#) place, putting others in Second place, and in this way, fulfilling the purpose established by God, who is First.

DIVINE PRESENCE

In all of mankind's history, there has never been a pandemic like the coronavirus. No one on the planet has ever faced the challenges we are all facing today. The number of infected people and of fatalities increases daily.

The question that will not be silenced is: "Where is God in all of this global tragedy?"

We have seen so far in this book antivirus principles that will help protect your body (physical health) and your soul (emotional and mental health). Nevertheless, there is a third component to your life which is your spirit. It is responsible for your relationship with God, the creator of the universe and of your life.



Now, let's talk about an antivirus that is capable of protecting your spiritual health.

Jesus Christ, the son of God, prophesied: "In this world you will face tribulations. But be of good cheer. I have overcome the world!" John 16:33

Afflictions, wars, calamities, epidemics, injuries, difficulties are all a part of life. All people face many challenges, yet the difference is not **what** is endured, but **with whom** it is endured. In other words, knowing **who** you are with is more important and will determine **how** you overcome.

Jesus said: "I have told you these things so that in me you may have peace."

It is pressing to have peace in the midst of a crisis! It is even better to know that Jesus Christ is the "Prince of Peace!"

Many years ago, I was invited to attend a conference for public speakers. One of my great friends, Dr. Roberto Aylmer, also received the same invitation and asked me: "Are you going to attend?" I answered: "No" since I already had a previous commitment. He then answered, "If you are not going, I'm not going either." I have to confess that I was flattered by those words.

"If the who isn't present, the what has no meaning!" Mario Kaschel Simoes

For my friend, if I wouldn't be there, the conference wouldn't have the same meaning. For me, if my wife Priscila isn't present, my marriage has no meaning. If my sons, Felipe and Davi, are not present, then my family doesn't have the same meaning. Most importantly, if God is not present, life has no meaning.

God is so wonderfully kind, that He does not force his way into a relationship. He's a gentleman, a gentle man, who waits to be invited to start a new relationship.

God knows about all that is happening in our planet, He knows your life and nothing escapes His control.

"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him." 2 Chronicles 16:9

Besides being attentive to the circumstances, God is attentive to people. He is waiting for them to recognize that they cannot endure crisis on their own. They need the Father's help.

"You will seek me and find me when you seek me with all your heart."
Jeremiah 29:13

I want to challenge you to seek God like you've never done before. Set some time apart to speak to God. Before reading your Bible, pray the following prayer: "God, I recognize this book is Your Word for me, speak to me in this reading!"

King David encouraged us: ***"Be still, and know that I am God." Psalm 46:10***



Use this time to get to know God even more. Learn about His love, His power and His teachings.

You should speak to God, for He's been wanting to speak to you for some time now!

CONCLUSION

The best way to overcome a viral infection is to take an antivirus vaccine.

These are the active elements of the antivirus against the COVID-19:

Cautious to the Max

Opportunities for Renewal

Victorious Anticipation

Inspiration is Necessary

Divine Presence

This powerful antivirus is extremely effective in strengthening one's body, soul and spirit.

***"Whoever obeys God will have a blessed life! Whoever disobeys him,
will have a stressed life." Mario Kaschel Simoes***

Read this book at least six times. Each time you read it you will learn something new!

As we can see, harmful things, such as this virus, spread rapidly and without an effort. However, good things, teachings, vaccines and other solutions to many problems don't spread naturally. They need to be transmitted intentionally.

Therefore, I challenge you to forward this website to your friends and acquaintances: antivirus-corona.com so they can also have access to this free e-book. Like you, they will also have access to other valuable resources!

My desire and prayer is that you and all who read this book will have your lives blessed and protected by God. May the principles mentioned here be a fresh start in your life!

I conclude this book with the words of Dr. Roberto Aylmer, Psychiatrist and Ph.D. in Leadership:

"Our economy is shaken, as well as our personal finances. Our job is uncertain, but our life is far greater than this. The great empires we see today have been built mostly by war refugees, holocaust survivors, and by people who left their land because death was certain there. The question is not what will happen tomorrow, but who will we become after this great turbulence. People who are more and more centered in their own survival or people who are more steadfast and unpretentious, who can live a life less encumbered and more generous."

Continue to grow to become the marvelous person God has created you to be!

May God richly bless you!

Mario



Written by: Mario Kaschel Simoes

Translated by Felipe Gatz Simoes

Edited by Roger and Esther Schrage

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More information about the author, his books and other resources:

www.mariosimoes.com

