



**Part 1. “Most Karmic Results Become Visible in This Very Life” - His Holiness Chetsang Rinpoche's Advice on How to Understand the Difficulties at Hand**

In light of the current dreadful pandemic, which has subjected people to many kinds of physical and mental hardships, the North American Limi Association has requested that I offer some advice and guidance on how to help relieve the stress that has arisen from this pandemic.

These days we are all experiencing this shared karma regardless of our differences in age, social status, or influence. This is the direct result of our collective domination and excessive exploitation of the world’s environment. As Kyobpa Jikten Sumgön taught: “Most karmic results become visible in this very life.”

In former times, the karma we accumulated were comparatively light and were often experienced in future rebirths. Just as we would say: "That is the result of one's previous karma." However, in the current degenerate age, our karmic actions are very heavy and we experience the results manifest in this very life itself; we do not need to look to our previous lives for an explanation. For example, we dig into a mountain or flatten a hill in order to excavate its resources, and the extent of destruction caused is unimaginable, the number of creatures killed is incalculable and the negative consequences of this kind of destruction can be seen before too long. Because of the extent of destruction, we have to experience the accumulated negative karma in this very life, which is simply the fact of our current circumstance.

If I break this down more simply, it is like this: As of today, May 22, 2020, the number of infected people worldwide is recorded to be about five million. Among them, 329,000 people have lost their lives. The number of people who have become infected within twenty-four hours is about 106,000. The world leaders are equating the fight against the Covid-19 pandemic with a "world war." The American president has said that, since this virus can victimize more people than in the Vietnam War or during the surprise attack of Japan at Pearl Harbor, Hawaii, this pandemic is indeed a war. While this pandemic is continuing to spread day by day, there is also another war that has to be fought; a new global war to protect the severely damaged economies of each and every country.

This pandemic has forced people into quarantine. At the moment, the hotels and stores are closed, airplanes have nowhere to fly, and the airports are used mostly as parking lots for planes. There are day laborers who have to feed their children but currently have no income. Those who live and work in cities still have to pay not only their taxes, but also their rent, water, and electricity bills, health insurance, fuel, and other regular expenses. Many wealthy countries are currently providing their citizens with some support to protect their livelihood. However, these citizens are still experiencing suffering and fear. Despite being cautious with their consumption for many months, their savings are running out like the sun sinking below the peak of a mountain pass. For people in poor countries, support is a distant dream. On top of having no protective equipment such as masks, they have no jobs, no food, and children and parents are experiencing starvation. Such hellish sights are unbearable to behold indeed.

The healthcare workers who take care of the Covid-19 patients, while they still have their jobs, their bodies are drenched in sweat from wearing their protective gear. When there are emergency situations, they have to keep moving day and night without any break. Their minds are filled with fear of getting infected. Many of them have been infected and lost their lives. This is so sorrowful!

Those who continue to go to work face the possibility of getting infected. If they don't, they may not be able to eat and face dying of starvation. They are put into the dilemma of working or not working. This is very sorrowful indeed. (... to be continued)