

Khenchen Konchog Gyaltzen Rinpoche's spiritual advice for the situation of Covid-19 on March 31, 2020:



'Hello all Dharma friends,

I know these days we have a critical time and not just only with few people but everywhere, all over the world. There are some places that are better than others, but we should try our best to cope with it because you see, there is no other choice, except we have to accept that, and then take refuge in the Buddha, Dharma, Sangha as a Buddhist, and then, just see that this is the nature of samsara and develop such powerful loving compassion to everybody all over the world, including those people who are well, in such a critical time. And then, just you rejoice yourself as you have the Buddha, Dharma, Sangha and practice of the Bodhicitta, as well as also please reflect on everything is illusory nature.

Of course, it is not easy, but you try. That is our practice you see --- practice of bodhicitta, illusory nature, their come and go, and just meditate that this will be over because it is impermanent, so it is a matter of time. So please do these things and most important as i have mentioned develop love and compassion to all sentient beings everywhere and there are some people who are more panic than others you know. So look at these. So don't take this personally, just generalise everybody in the world that they are going through this and just we appreciate ourselves, "I have the Buddha Dharma in my life, I have come from many lifetimes, so this life is just very short. So don't be too attached so much to ourselves, rather develop such a concern for others. Just say, I am not the only one, everybody is there. Meditate that.

Ok, thank you. Please take care.'