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How to deal with the fear concerning the corona virus

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I would like to share some thoughts on the situation of the Corona virus. What I want to point out here: Please put yourself in the place of others and imagine what situation they are in. Imagine that psychological burden. What's more, our deepest fear or what we are most afraid of is the end of life, and this is what many people are facing. Those who are not sick, and fearful, even if they are not ill, also have survival pressures, financial pressures- this is what people are facing.



Try to put yourself in their place. If you think deeply there will naturally arise, from deep inside of you, unconditional love and compassion. Based on this pure love and compassion, which is raised Bodhicitta, we apply it to our practice and chanting, even if we can't actually provide any help. Through this inner training think about being with them, paying attention to them, that's what we can do, and this is what we should do! This is the foundation of love and compassion.

When you are in the place of others and empathize with their situation, love and compassion will arise 100%. This is the first point I want to emphasize, and I want to invite everyone who is reading this to put themselves in exchange with others in order to understand and analyze the situation. This will lead you to feel deep love and compassion. Apply this love and compassion to all your inner cultivation and prayers, even if you are not a believer, you can still pass on your love and strength to others. This is the first point I want to say.

The second thing I want to mention is that we should not just wait for a vaccine to cure this disease, because we are used to blame others and think that the problem is caused by someone else. But I believe this is the sum of all our actions, and we cannot shove it to anyone. If we look at the history of all the different infectious diseases, we know that the disease may originate in any country. If we still maintain the same behavior, continue as we have done so far, such diseases will appear again and again. So here I want to say this: don't just wait for an effective vaccine. Scientists have

developed a vaccine for SARS, but similar diseases have come again; just relying on the successful development of a Covid-19 vaccine in a few months (of course, I hope a vaccine that can cure this disease appears), but there will be other viruses in the future that will appear.

But: What is the source of the disease? This is not a big medical issue. A big reason is people's behavior: we treat animal life without feeling and treat the natural environment without consideration. We humans have exhibited too many bad behaviors-this is the main reason. Rather than waiting for effective vaccine development, we need to understand what we have done so far and decide that from now on we need to change. Each of us chooses a better path. I think good deeds are really as effective as vaccines that can prevent such diseases from appearing again and again. Instead of judging other people, countries, governments, medical institutions, etc., we should also understand what we have done, and each person should carefully observe his or her own behavior, so as to effect change in our inner and physical health.

The last and third point I want to share is that any small act that we do, should start with love and compassion, as the classics say, by raising Bodhicitta. Even small things like wearing a mask can be worn out of love and compassion.