



How to Prevent and Protect Ourselves and Others from Fear and Danger, and Especially to Prevent and Protect from the Fear and Danger of the Coronavirus

100% Cautious, 0% Fear
100% Focus on Solution, 0% Sink in Suffering

A Special Message and Prayer from His Eminence Dzogchen Khenpo Choga Rinpoche

Precious Sangha, Dharma Disciples, and Virtuous Beings,

Here I offer two parts: practical suggestions and a unique Dharma practice.

First, my practical suggestions:

At this time, many people around the world have fear and suffering because of the novel coronavirus. During this time, it is very good to pray and practice Dharma more. As said by the Buddha, during earthquakes, natural disasters, war, epidemics, or famine, those who practice Dharma and help others create immeasurable merit that will benefit oneself and all beings.

The fundamental characteristic of the minds of beings is hope and fear. All beings always hope for happiness and fear suffering. Now there is a new disease spreading and everyone is afraid. Sentient beings already have fear. Now they have more fear than usual. We must manage and reduce our fear and worry, focus on solutions, and take refuge in Buddha, Dharma, and Sangha more than ever. Do not fixate on fear or worry, or overreact to the situation.

Of course we must be 100% cautious about the coronavirus and all other dangers.

If you want to protect yourself, your Sangha, your family and your friends, then follow the guidelines recommended by the World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>. Also, it is very important to cooperate with local and national medical organizations and officials and follow their guidelines.

I sincerely thank many times and am very grateful that many countries, many organizations, many groups and individuals, especially health care workers are doing extraordinary work to prevent and

protect people from the virus. Please especially pray for them. In particular, pray everyday for those who are afflicted by this sickness.

Here I have gathered some useful recommendations for individuals.

1. Pray to Buddha and practice Dharma according to the Daily Prayers from the Dzogchen Buddha Path
2. Wear protective masks.
3. Follow cough etiquette by sneezing or coughing into your sleeve, a cloth, or tissue.
4. Wear protective glasses.
5. Properly wash hands.
6. Use disinfectant whenever necessary.
7. Joyfully stay at home, read meaningful books and watch educational documentaries and movies (you can also watch comedies and other virtuous movies).
8. Regard your home as a Buddhist temple, staying at home is a Dharma retreat, and your family is precious Sangha.
9. Avoid crowded areas as much as possible.
10. Reduce eating meat and drinking alcohol. Eat more vegetables and healthy food. (It is very good to vow to not eat wild animals like bats, snakes, spiders, insects, raccoons, and so on.)
11. Take Vitamin C, Vitamin D, multivitamins, and other suitable health products.
12. Exercise regularly, stretch, and do yoga
13. laugh for a couple of minutes three times a day
14. Drink water every 30 minutes or at least every hour.
15. Get enough rest and sleep.
16. Follow precautions according to the disease prevention guidelines of the World Health Organization and other reputable health organizations.

Like that, it is also very important to use extraordinary protection.

1. Wear protective ལྷ་འཁོར་ལྷ་མཚན་ Dharma Chakras, ལྷ་མཚན་ vajra knots, and རྒྱུ་ཚལ་ཕྱེད་བཟའ་ blessed malas.
 2. Smell the བཤམ་པོ་དགུ་རྒྱུ་ལྷ་མཚན་ Nine Black Union Pill (*but do not eat it*).
 3. Burn a small amount of qualified incense at least a couple times a day.
 4. Taste authentic བདུད་རྩི་ཚོས་སྒྲུབ་ལྷ་མཚན་ amrita substances a couple times a day.
 5. Eat qualified རིན་ཆེན་རིལ་བྱ་ *(rinchen rilbu)* Tibetan Medicine precious pills every other week or once a month.
 6. Make light offerings, such as lamps or candles that do not contain toxic chemicals.
 7. Engage in more Dharma practice, and especially, do a short or long retreat in a suitable location.
- Your local Dzogchen Buddha Path Dharma Center may have some of these qualified substances available.*

Special Suggestion and Request for All Virtuous Human Beings

1. If you have resources, you should practice generosity.
2. If you have wisdom, you should offer your skill.
3. If you are a boss and you are able to give salary to your workers even though they are unable to work during this difficult time, this is showing love and generosity to your workers.

4. If you are a company and are able to give salary to your workers even though they are unable to work during this difficult time, this is showing great loving care for your employees.
5. If you are an owner providing a room or a house for rent and are able to forgive the rent during this difficult time, that is excellent support to reduce fear and suffering. It is the best humanitarian action because most people, if they don't work, they cannot receive pay. If they don't receive pay, they cannot pay rent. And so on.
6. If you own a store or restaurant, if you reduce your prices or give generosity to those in need, that is also very kind action.
7. If you own a pharmacy or medical or health product shops or companies and are able to make discounts and/or create more qualified protective products, medicines, and health supplements, it is very beneficial for humanity. It will help to reduce a lot of stress and fear. For example, people have a shortage of masks, which makes a lot of panic and fear. In some places, they increase the price of masks 20, 50, or even 100 times or more. Increasing the price is not humane. It is a very bad gesture, which disrespects human beings and creates more panic and fear. If you are able to reduce the price, that is better. If unable to reduce, at least keep the price equal as before.

A good example is how many excellent airline companies and hotels are fully refunding tickets and reservations without penalty during this difficult time. Everyone can do something to benefit our society and humanity and we must start now.

Subjugating Fear With Wisdom and Patience in Daily Life

If you believe or suspect that you may have the virus, then immediately go to the hospital or contact the proper medical organization. They will provide support for you.

If there is a lack of protective medical equipment, you do not need to panic or worry. First pray to Buddha. Talk to your friends and contact relevant medical institutions. If no one can provide protective medical equipment and you still cannot find any protective equipment, you can still eat healthy food, drink vegetable juice or fruit juice, and create some protection for yourself, such as making your own masks by using cotton cloth and rubber bands, and so on.

If you get sick, you don't need to fear. It is not necessarily the new virus. Of course you should contact a medical office to see a doctor, but you do not need to fear or panic. This new virus is dangerous, but excessive fear of the virus may be more dangerous than the virus itself.

When you fear, wholeheartedly pray to the mighty Guru Buddha Padmasambhava, the wrathful form of our Supreme Guide Buddha Shakyamuni, who has power to liberate beings from the five dregs. When violence, disease, starvation and other problems increase in this world, the power of Padmasambhava intensifies accordingly, as said in the authentic Buddhist Sutras and Tantras. Thus, sincerely take refuge in Buddha, Dharma, and Sangha, recall the meaning of the Four Noble Truths, and hold the luminous wisdom form of Buddha Padmasambhava in your heart. This is the supreme protection.

It is very important to reduce fear and worry during this difficult time. Especially, do not be upset or angry. If you practice patience during this difficult time, you create immeasurable good karma. If you help someone during this difficult time, it also creates immeasurable merit. This is a time to help each

other and not argue with each other. This is a time to support each other, not to criticize or be against each other. This is a time when it is most needed to arouse love and compassion.

In general, if you are angry at someone for even 10 minutes, then that day, it will be easy to be angry to others, very easy to be irritated, and very easy to overreact. Likewise, if you fear the new disease for many days, many weeks, or even months, then not only will you fear this disease, but you may fear everything. You may fear others. You may fear the environment. You may fear food. You may fear animals. You may fear your family and friends. You may fear organizations, and so on. Therefore, it is very important to control your fear and worry.

Tell yourself that fear is not helpful.

Fear does not benefit; it only harms.

Fear does not bring any peace or happiness.

Fear just brings more fear, suffering, and anger, and creates all violence.

When you fear, do not stay in fear.

Focus on Guru Buddha Padmasambhava.

During this difficult time, we must reduce negative thinking and negative conduct and increase positive thinking and positive conduct so we can generate an immeasurable accumulation of merit and wisdom in a short period of time for the benefit of all beings.

Second, a Unique Dharma Practice:

Here I offer a concise prayer to the Three Supreme Jewels and Three Supreme Roots to prevent and protect from fear and danger, and particularly to protect from the fear and danger of the coronavirus.

**Daily Prayers from the Dzogchen Buddha Path
to Protect from Fear and Danger and to Establish Peace and Success**



ལྷོན་མཚོག་ལུབ་པའི་དབང་པོ་འཇམ་ལུས་འཕོ་བ་ཚེན་པོ་གཙོ་མཚོག་དཔལ་ཚེན་ཉེ་ཅུ་ཀ་ཡི་སྐུ་ཅུ་བཞེངས་པའི་མ་རྟ་གུ་ཅུ་བརྩུ་འབྱུང་གནས་ཀྱི་མཐོང་གྲོལ་ཞལ་ཐང་།།
This is the Extraordinary Meditation Visualization Image, the Seeing-Liberation Sacred Thangka
of our Supreme Guide Buddha Shakyamuni Transformed into Great Rainbow Body,
the Supreme Lord Great Heruka Guru Padmasambhava, the Unsurpassable Protector of this World.
(This image was painted under the guidance of Dzogchen Khenpo Choga Rinpoche.)

ཡང་དག་བྱང་ཚུབ་སེམས་ཀྱི་ཀུན་སྦོང་བསྐྱེད་བ་ནི།
~ Arousing Pure Bodhicitta Intention ~

སེམས་ཅན་ཐམས་ཅད་སྤྱག་བསྐྱེད་ཀུན་ལས་གྲོལ་བའི་ཕྱིར་དང་།
Sem Chen Tham Chèd Dug Ngäl Kün Lay Drol Wai Shyir Dang
To liberate all beings from all suffering,

སེམས་ཅན་ཐམས་ཅད་དོན་གྱི་བདེ་བ་ལ་འགོད་པའི་ཕྱིར་དུ།
Sem Chen Tham Chèd Dön Jyi Dé Wa La Göd Pai Shyir Du
and to establish all beings in True Happiness,

བདག་གིས་ཚེ་འདི་ཉིད་ལ་སྐྱུར་དུ་སངས་རྒྱས་ཐོབ་པར་བྱ།
Dag Gi Tshé Di Nyi La Nyur Du Sang Jye Thob Par Zhya
I will swiftly become Buddha in this very life.

དེའི་ཚེད་དུ་དགའ་བ་ཚེན་པོས་སངས་རྒྱས་ལམ་ཉམས་སུ་ལེན་པར་བསྐྱེད།
Dī Chèd Du Ga Wa Chen Pö Sangye Lam Nyam Su Len Par Jyi O
Therefore, I will joyfully practice the Buddha Path.

Prayer of Taking Refuge in the Three Supreme Jewels

(Recite each verse three or more times. It is good to recite the whole prayer three or more times a day.)

**For the True Happiness of all beings, I take refuge in Buddha.
Buddha is my guide. Buddha is my protector.
This is my decision. I will follow Buddha.
Thus, I will faithfully entrust myself to Buddha.
I will not allow myself to sink in fear or negative thinking.
I will wisely protect myself and others.**
(Recite 3 or more times.)

**For the True Happiness of all beings, I take refuge in Dharma.
Dharma is my path. Dharma is my savior.
This is my decision. I will practice Dharma.
Thus, I will joyfully embody Dharma in my life.
I will not allow myself to sink in fear or negative thinking.
I will wisely protect myself and others.**
(Recite 3 or more times.)

**For the True Happiness of all beings, I take refuge in Sangha.
Sangha is my companion. Sangha is my rescuer.
This is my decision. I will respect Sangha.
Thus, I will sincerely love Sangha every day.
I will not allow myself to sink in fear or negative thinking.
I will wisely protect myself and others.**
(Recite 3 or more times.)

ཚད་མེད་བཞི་ལ་སློབ་སྦྱོང་བ་ནི།

~ Training the Mind in the Four Immeasurables ~

སེམས་ཅན་ཐམས་ཅད་བདེ་བ་དང་བདེ་བའི་རྒྱ་དང་ལྷན་པར་གྱུར་ཅིག
Sem Chan Tham Che De Wa Dang De Wai Jyu Dang Dan Par Jyur Chig

May all beings have happiness and the causes of happiness.
(Recite 3 or more times.)

སེམས་ཅན་ཐམས་ཅད་སྤྲུག་བསྐྱེད་དང་སྤྲུག་བསྐྱེད་གྱི་རྒྱ་དང་བྲལ་བར་གྱུར་ཅིག
Dug Ngai Dang Dug Ngai Jyi Jyu Dang Dral War Jyur Chig

May all beings be free from suffering and the causes of suffering.
(Recite 3 or more times.)

སེམས་ཅན་ཐམས་ཅད་སྤྲུག་བསྐྱེད་མེད་པའི་བདེ་བ་དང་པ་དང་མི་འབྲལ་བར་གྱུར་ཅིག
Dug Ngai Me Pai De Wa Dam Pa Dang Mi Dral War Jyur Chig

May all beings never separate from sacred joy, beyond fear of loss and craving for gain.
(Recite 3 or more times.)

སེམས་ཅན་ཐམས་ཅད་ཉེ་རིང་ཆགས་སྣང་གཉིས་དང་བྲལ་བའི་བཏང་སློབས་ལ་གནས་པར་གྱུར་ཅིག
Nye Ring Chag Dang Nyi Dang Dral Wai Tang Nyom La Nay Par Jyur Chig

May all beings remain in released-neutrality, beyond aversion to foes and attachment to friends.
(Recite 3 or more times.)

The Essential Meaning of the Four Noble Truths According to the Dzogchen Buddha Path

~ *The Essential Meaning of the Truth of the Enlightened Regarding Suffering* ~

All my suffering is the result of my negative thinking and negative karma as cause
and all beings' negative thinking and negative karma as condition.

Thus, I will liberate myself and all beings from suffering and samsara.

(Recite 3 or more times.)

~ *The Essential Meaning of the Truth of the Enlightened Regarding the Causes of Suffering* ~

My negative thinking and negative karma are the cause of all my suffering
and a condition of all beings' suffering. Thus I will eliminate
my own and others' negative thinking and negative karma.

(Recite 3 or more times.)

~ *The Essential Meaning of the Truth of the Enlightened Regarding Happiness* ~

All my happiness is the result of my positive thinking and positive karma as cause,
with all Buddhas' blessings and all beings' positive thinking and positive karma as condition.

Thus I will establish myself and all beings in True Happiness.

(Recite 3 or more times.)

~ *The Essential Meaning of the Truth of the Enlightened Regarding the Causes of Happiness* ~

My positive thinking and positive karma are the cause of all my happiness
and a condition of all beings' happiness. Thus I will perfect
my own and others' positive thinking and positive karma.

(Recite 3 or more times.)

Practice of Taking Refuge in the Three Supreme Roots

(Recite each verse three times. It is good to recite the whole prayer three or more times a day.)

~ *Prayer to Guru Padmasambhava* ~

**For the True Happiness of all beings,
I take refuge in Guru Buddha Padmasambhava.
You are the embodiment of all omniscient Buddhas.
Please protect us from fear and suffering.**

(Recite 3 or more times.)

ཨོཾ་ཨུམ་བུ་འཛུལ་ལྷ་མོ་པདྨ་སྒྲིལ་མཆོག་ཀྱི་ལྷོ་

OM AH HUNG BADZRA GURU PADMA SIDDHI HUNG

(Recite at least 108 times.)

NAMO GURU PADMASAMBHAVA

May all beings be free from fear and guilt.
May all beings have gratefulness and wisdom.
World peace always. Always world peace.

~ *Prayer to Avalokiteshvara* ~

**For the True Happiness of all beings,
I take refuge in Dewa Avalokiteshvara.**

**You are the embodiment of all enlightened dewas.
Please protect us from fear and suffering.**
(Recite 3 or more times.)

ཨོཾ་མ་ཎི་པདྨེ་ཧུང་ཧྲི་

OM MANI PADME HUNG HRI

(Recite at least 108 times.)

NAMO AVALOKITESHVARA

May all beings be free from fear and guilt.
May all beings have gratefulness and wisdom.
World peace always. Always world peace.

~ Prayer to Arya Tara ~

**For the True Happiness of all beings,
I take refuge in Dakini Arya Tara.
You are the embodiment of all wisdom dakinis.
Please protect us from fear and suffering.**
(Recite 3 or more times.)

ཨོཾ་ཏཱ་རེ་ཏུ་ཏཱ་རེ་ཏུ་རེ་སྐྱ་ཏཱ།

OM TARÉ TUTTARÉ TURÉ SWOHA

(Recite at least 108 times.)

NAMO ARYA TARA

May all beings be free from fear and guilt.
May all beings have gratefulness and wisdom.
World peace always. Always world peace.

~ Great Wholesome Dedication ~

NAMO BUDDHAYA

For the True Happiness of all beings,
I will swiftly become Buddha in this very life.
Therefore, just as all Buddhas and bodhisattvas dedicate,
I joyfully dedicate all merit for every being
to attain unsurpassable enlightenment.

May all my dedications be pure like the wisdom of Manjushri.
May all my dedications be fulfilled like the aspirations of Samantabhadra.

DZAYA DZAYA SUDZAYA!



**Be Simple for Today, Like You Will Only Live Tomorrow
Be Prepared for the Future, Like You Will Live 100 Years**

Compassionately composed by His Eminence Dzogchen Khenpo Choga Rinpoche at the request of the Dzogchen Buddha Path International Sangha, especially the Sanghas from China, Hong Kong, Taiwan, Singapore, Austria, and America on the occasion of the outbreak of the novel coronavirus in China.

Written at the Dzogchen Buddha Path Dharma Center in Taichung City, Taiwan
2020-02-04, the 10th Day of the 12th Lunar Month, Padmasambhava's Holy Day

For more information about the Dzogchen Buddha Path Lineage, please visit

website: www.thebuddhath.org

facebook: www.facebook.com/dzogchenkhenpochogarinpoche

email: dzogchenlineage@gmail.com