



INTERNATIONAL CAMPAIGN FOR TIBET

In message on COVID-19 pandemic, Dalai Lama says it is natural to feel anxious

Read online: <https://savetibet.org/in-message-on-covid-19-pandemic-dalai-lama-says-it-is-natural-to-feel-anxious>

March 30, 2020

Tibetan spiritual leader the Dalai Lama shared a message today about the COVID-19 pandemic reminding everyone that it is natural to be filled with anxiety and fear in the face of the ongoing crisis. At the same time, he said we should use our “human ingenuity with determination and courage to overcome the problems that confront us.”

The message the Dalai Lama provided today, March 30, 2020, is below.

A Special Message from His Holiness the Dalai Lama

My dear brothers and sisters,

I am writing these words in response to repeated requests from many people around the world. Today, we are passing through an exceptionally difficult time due to the outbreak of the coronavirus pandemic.

In addition to this, further problems confront humanity such as extreme climate change. I would like to take this opportunity to express my admiration and gratitude to governments across the world, including the Government of India, for the steps they are taking to meet these challenges.

Ancient Indian tradition describes the creation, abiding and destruction of worlds over time. Among the causes of such destruction are armed conflict and disease, which seems to accord with what we are experiencing today. However, despite the enormous challenges we face, living beings, including humans, have shown a remarkable ability to survive.

No matter how difficult the situation may be, we should employ science and human ingenuity with determination and courage to overcome the problems that confront us. Faced with threats to our health and well-being, it is natural to feel anxiety and fear. Nevertheless, I take great solace in the following wise advice to examine the problems before us: If there is something to be done—do it, without any need to worry; if there’s nothing to be done, worrying about it further will not help.

Everyone at present is doing their best to contain the spread of the coronavirus. I applaud the concerted efforts of nations to limit the threat. In particular, I appreciate the initiative India has taken with other [South Asian Association for Regional Cooperation] countries to set up an emergency fund and an electronic platform to exchange information, knowledge and expertise to tackle the spread of Covid-19. This will serve as a model for dealing with such crises in future as well.

I understand that as a result of the necessary lockdowns across the world, many people are facing tremendous hardship due to a loss of livelihood. For those with no stable income life is a daily struggle for survival. I earnestly appeal to all concerned to do everything possible to care for the vulnerable members of our communities.

I offer special gratitude to the medical staff—doctors, nurses and other support personnel—who are working on the frontline to save lives at great personal risk. Their service is indeed compassion in action.

With heartfelt feelings of concern for my brothers and sisters around the world who are passing through these difficult times, I pray for an early end to this pandemic so that your peace and happiness may soon be restored.

With my prayers,

Dalai Lama

About the Dalai Lama

The spiritual leader of Tibetan Buddhism, the Dalai Lama is a recipient of Nobel Peace Prize and US Congressional Gold Medal and is one of the most admired figures in the world.



International Campaign for Tibet (ICT) | 1825 Jefferson Place NW | Washington, DC 20036 | United States of America
Phone: (202) 785-1515 | Fax: (202) 785-4343 | info@savetibet.org

ICT Europe
Funenpark 1D | 1018 AK
Amsterdam, The Netherlands
Phone: +31 (0)20 3308265
Fax: +31 (0)20 3308266
icteurope@savetibet.nl

ICT Deutschland e.V.
Schönhauser Allee 163 | 10435
Berlin, Germany
Phone: +49 (0)30 27879086
Fax: +49 (0)30 27879087
info@savetibet.de

ICT Brussels
11, rue de la linière | 1060
Brussels, Belgium
Phone: +32 (0)2 609 44 10
Fax: +32 (0)2 609 44 32
info@save-tibet.eu