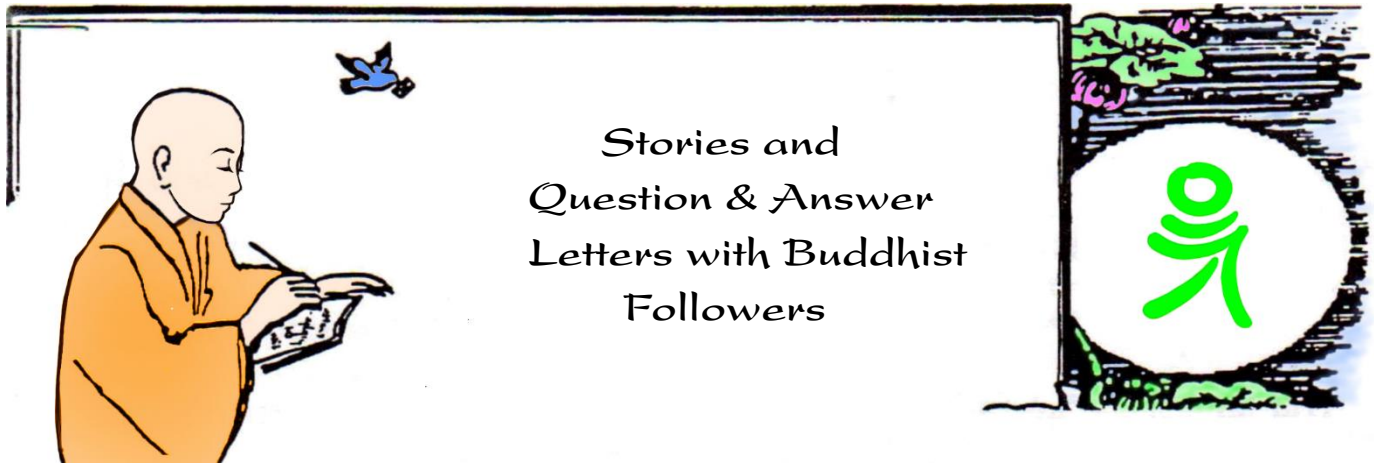




To those asking about treatment for the Coronavirus:

I am Velvet (*Bảo-Đặng*), a member representing The Dharma Flower Temple. There are people who have asked me,

“Why is there a COVID-19 pandemic? And in Buddhism, are there any cultivation methods that can help prevent this infection and treat it?”

Have you ever thought about where all the afflictions and illnesses that affect us come from?

The Coronavirus is infecting everything from people to businesses, and essentially, the world. Families are separated. Loved ones are dying. Jobs are lost. Businesses are closed. The global economy is in jeopardy. Each day seems more hopeless. Ailments, in short, come from our *‘body, speech, and thought’*.

Our conscious minds create ignorance, arrogance, hatred, lies and harm. The six sensory organs (*eyes, ears, nose, tongue, body, and mind*) along with its related senses and desire, causes so much negative karma, such as *killing, adultery, and evil speech* -- ALL due to *greed*.

Why does the whole world have this pandemic?

This pandemic did not stem from a few individuals but from the evil acts of the entire world. In Buddhism, we call this *combined karma*.

The majority of such acts involve the foods we eat and what we put into our bodies. Almost all foods today are bioengineered and contain massive amounts of toxins (*i.e., rice, flour, coffee, noodles, tea, eggs, medicine, etc.*). Chemicals are used in crops and synthesized hormones are injected into animals to mature faster and bigger than what is natural because of profit and greed. Overtime, chemicals mutate bacteria and viruses, artificial foods create ailments and cancer within the body. The collective cycle of gluttony and materialism, along with the intake of toxins to weaken immunity, gave rise to the current COVID-19 situation. Grief continues as the disease continues to spread without a cure.

Hopefully this plague will bring evil people to their senses. Help them to make better choices by decreasing greediness, increasing involvement in charity, respecting one another. If people can be more understanding, repent consistently, open their hearts to others, and no longer act on bad karma, then people can heal and the world will be more peaceful.

At our Temple, we recommend our Buddhists followers to pray and repent daily following

our **12 Buddha's Name, a Repentance Ceremony**. We also **chant mantras** and the **names of Buddhas and Bodhisattvas** for guidance and protection. In addition, we practice compassion, forgiveness, and spreading goodwill to others.

Though it may be difficult during this time of uncertainty, it is important to stay calm and positive for your heart and soul.

In treating flu-like symptoms, I like to use my Vietnamese home remedy techniques. I usually take Vitamin C, Zinc, and Calcium supplements, drinking lemon tea -- lemon juice, honey and ginger. If you have a fever then take Tylenol. Rinse and gargle your mouth with warm mild salt water. Steam instead of taking a bath/shower.

In a 10quart pot add:

Few tangerine/orange/lemon leafs (*on the tree in your back yard*) or some Dried tangerine/orange peel, dried slices of 1 lemon, 1 cinnamon stick, 2 Tbsp dried tea leaves (*any kind*), 4 slices fresh ginger, and 1 tsp sea salt.

Fill the pot with water cover and boil, then remove from heat and cover for 3 minutes. Set the pot on a towel on your bathroom floor, undress and sit in front of the pot, being careful to not burn yourself. Use a large sheet to drape over yourself and the pot, preventing the steam from escaping. Lift the lid slowly and add 2 drops of green medicinal oil (*dầu xanh*). Inhale the warm steam into your lungs, continue stirring and use a small towel to wipe off body sweat.

Stop when the pot is no longer steaming. Get dressed right away to prevent chills. Continue to steam everyday until you are well -- usually effective right away.

Our temple and combined efforts from Alteration by Buddhist Tam are making over 2000 masks to donate to local hospitals and anyone need as well.

We pray for all sick people to be healed, and the world to quickly find a cure for this disease.

Best regards,
 Bao-Dang (Velvet)

