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Sunday, 01 March 2020 00:00



Working Together to Mitigate Disasters

We must be vigilant of our body, speech, and mind. We must not allow illnesses of the body nor illness of the mind to spread. The most fearsome virus is false and evil words.

In our spiritual cultivation, we must practice to the point where these myriad poisons cannot affect us. Only by practicing great loving-kindness and compassion will we be able to keep these viruses from spreading.

Loving reminders from Tzu Chi