

Juniper's

# MEDITATIONS FOR COPING WITH CORONAVIRUS

Calming the Mind, Positive Emotions, Healing, and Compassion

*Segyu Choepel Rinpoche*

Dear Students and Friends,

I hope you are all coping well with the challenges presented to us by the coronavirus pandemic. This is obviously a time of upheaval and uncertainty for all of us. In addition to the threat to our physical well being, it also threatens our mental health as it presents us with stresses that we have never encountered before.

While our health care workers brave the front lines to keep our health systems up and running, and many others work overtime to keep our essential supply lines intact, Buddhist ideas and meditation offer us tools to fortify our mental well being. To that end, we at Juniper would like to share four meditations that any person can do: for calming the mind; for positive emotions; for compassion; and for healing.

These meditations are suitable to do on your own or with loved ones and friends, even via video chat! No experience is required. If you can, try to do one or more every day. It is in the midst of hardship that we sometimes have the opportunity to develop our strength of mind and these meditations can be of great help in that process.

Please feel free to be in touch by emailing us at [team@juniperpath.org](mailto:team@juniperpath.org). We will from time to time send emails with further practice ideas and support. In the meantime, I am dedicating my meditation practices to the health and well-being of all of us, and for the world to quickly wrestle this unusual foe into submission.

Sending my love and blessings,

*Segyu Choepel Rinpoche*

## MEDITATION FOR CALMING THE MIND

- Set a countdown timer for five or ten minutes.
- Sit in a comfortable posture, either on the floor or in a chair. Try to keep the spine straight. Close your eyes, allowing in a sliver of light if you can. Place your hands in your lap, palms up, the right hand on the left hand with the thumbs gently touching.
- Take a few relaxing breaths, ease tension in your body, and, while breathing calmly, invoke a sensation of deep inner calm and serenity.
- As your mind wanders from that feeling, gently bring it back. Don't worry how much it wanders. Just gently bring it back to that sensation of calm and serenity, maintaining your attention there for as long as you can.
- When the timer ends, take a relaxing breath and bring your meditation to an end.

## MEDITATION FOR POSITIVE EMOTIONS

- Set a countdown timer for five or ten minutes.
- Sit in a comfortable posture, either on the floor or in a chair. Try to keep the spine straight. Close your eyes, allowing in a sliver of light if you can. Place your hands in your lap, palms up, the right hand on the left hand with the thumbs gently touching.
- Take a few relaxing breaths, ease tension in your body, and, while breathing calmly, invoke a sensation of deep inner calm and serenity.
- Now, with a calm mind, feel the sensation of one of the following:
  - inner harmony (a deep sense of inner balance and absence of fear, anxiety, and uncertainty)
  - love and kindness toward yourself
  - love and kindness toward others
- Hold that feeling for the remainder of the meditation. Don't worry as your mind wanders from that feeling; just gently bring it back.
- When the timer ends, take a relaxing breath and bring your meditation to an end.

## MEDITATION FOR HEALING

- Set a countdown timer for five or ten minutes.
- Sit in a comfortable posture, either on the floor or in a chair. Try to keep the spine straight. Close your eyes, allowing in a sliver of light if you can. Place your hands in your lap, palms up, the right hand on the left hand with the thumbs gently touching.
- Take a few relaxing breaths, ease tension in your body, and, while breathing calmly, invoke a sensation of deep inner calm and serenity.
- Visualize that, inside of you, in the center of your chest, arises a shining orb of blue light. It can be the size of a thumbnail, or any size. If you cannot visualize it just feel that it is there. Imagine that this blue light is the energy of healing within you. Focus on this for a little while. Don't worry as your mind wanders; just gently bring it back to the blue light.
- Visualize that the blue orb of light grows stronger and brighter, emanating blue light throughout your entire body. Feel that all obstacles, negativity and disease are completely eliminated from your body and that the blue light fills your body with peace and tranquility. Hold that feeling for the remainder of the meditation.
- When the timer ends, take a relaxing breath and bring your meditation to an end.

## MEDITATION FOR COMPASSION

- Set a countdown timer for five or ten minutes.
- Sit in a comfortable posture, either on the floor or in a chair. Try to keep the spine straight. Close your eyes, allowing in a sliver of light if you can. Place your hands in your lap, palms up, the right hand on the left hand with the thumbs gently touching.
- Take a few relaxing breaths, ease tension in your body, and, while breathing calmly, invoke a sensation of deep inner calm and serenity.
- Visualize that, inside of you, in the center of your chest, arises a shining orb of white light that represents all of your potential for joy, compassion, wisdom and positive energy. It can be the size of a thumbnail, or any size. If you cannot visualize it just feel that it is there. Focus on this for a little while. Don't worry as your mind wanders; just gently bring it back to the white light.
- Concentrate on each of the following thoughts. For each one, send light from the white orb to loved ones, friends and all those undergoing challenges:
  - May I and others maintain a peaceful mind;
  - May I and others experience joy and happiness;
  - May I and others be free from suffering;
  - May I and others find lasting inner peace.
- When the timer ends, take a relaxing breath and bring your meditation to an end.

### About Segyu Choepel Rinpoche

Segyu Choepel Rinpoche is a master and lineage holder of a renowned Tibetan Buddhist Vajrayana lineage known as the Segyu. Born in Rio de Janeiro, Brazil, Rinpoche trained as an electrical engineer and was a leader in Brazil's rich healing tradition before moving to the United States in 1983. Shortly thereafter he was recognized by the 98th Gaden Tri Rinpoche, the spiritual head of Tibetan Buddhism's Gelug School, as a lineage holder of that tradition. Rinpoche spent over thirty years studying under some of the most senior Tibetan Buddhist masters of the time including his root teacher Kyabje Lati Rinpoche. Since 2003 Rinpoche has dedicated his efforts to establishing Juniper as an authentic Buddhist meditation tradition for contemporary culture.

### About Juniper

Juniper is a new school founded upon a 2,500-year-old Buddhist tradition for realizing the potential of the mind. Its vision is to integrate the methods of Vajrayana Buddhist insight and learning with modern knowledge and culture in order to create a deep source of inner sustenance and joy that that will serve humanity for generations. Founded in 2003, Juniper is giving birth in modern culture to a Buddhist tradition of meditation, inner learning and growth that we can truly call our own.

*Web site:* [www.juniperpath.org](http://www.juniperpath.org)

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