

## How Malaysian Buddhists coping with Covid-19 pandemic Dhammaduta Report – 17<sup>th</sup> April 2020

### 1. Metta Networks Initiative.

At the advice of Bhante Mahinda following the Covid-19 outbreak, the formation of Metta Networks was initiated on March 14 for BMSM members and devotees to practice metta and mindfulness meditation or chant Karaniya Metta Sutta or Ratana Sutta daily in their own homes.

Members and devotees were encouraged to register and participate in their respective Branch/Section WhatsApp groups until the number of participants reach 108. The objective was to create multiple networks of 108 for ease of communication through coordinators of each group and also communal support when needed. For details:- <https://bmsm.org.my/wp-content/uploads/2020/03/Metta-in-Action-Network-Details.png> and <https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2843058105778531/?type=3>

<https://clyp.it/nei1n13p> Guided Metta meditation and dedication of merits by Bhante Mahinda

<https://clyp.it/sr5wijix> - Chanting of Dhajagga Sutta, Ratana Sutta, and Metta Sutta, and dedication of merits by Bhante Mahinda in wake of the Covid-19 pandemic\_26March2020  
Ratana Sutta: starts at 2:4 mins and Metta Sutta: starts at 10:2 mins

<https://clyp.it/b1pkI3vz> Overcoming the Fear of Death - a special Dhamma Talk by Bhante Mahinda. A Dhamma Talk by Bhante Mahinda in wake of the Covid-19 pandemic 20032

<https://www.facebook.com/599251723492525/posts/2861568587260816> - Special Message on Covid-19 Pandemic by Bhante Mahinda

Then came the Movement Control Order on March 18 which made Metta Networks timely and even more relevant.

To-date there are 14 groups made up of members and devotees in Klang Valley (Kuala Lumpur, Putrajaya dan Selangor), Kedah, Kelantan, Melaka, Penang, Perak and Sabah. Metta Network Daily Group Practice Schedule during MCO – ATTACHMENT I (Page 09/11). Todate, more than 400 had registered to join the Program.

Bhante Mahinda's words of advice in the wake of the pandemic and the partial lockdown were circulated in the form of posters once every two days. These connected Metta Network participants with the Dhamma constantly and was vital as it provided comfort in view of rising concerns, worries, anxieties and even fear. (Attachment II – [Covid]Posters)

Metta Network Group Sessions Online were then introduced with the first Zoom session held on April 8 with BMSM Advisor Datuk Charlie Chia giving a Dhamma talk on "Coping with Covid-19 Fallout" followed by a Dhamma discussion

(<https://www.facebook.com/BMSMMalaysia/videos/215246763110061/>). 115 participants joined in the online session which started off with a group metta meditation guided by Bhante Mahinda (via audio recording, <https://clyp.it/nei1n13p> )

The second Group Session was on April 15 and another popular Dhamma speaker, Bro Tan Huat Chye spoke on “Dhamma Awakening in Times of Crisis”.

(<https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2905103759573965/?type=3>) 94 followed the Zoom session while another 62 joined in Facebook Live (<https://www.facebook.com/BMSMMalaysia/videos/175845283459732/?v=175845283459732>). There are more 2K viewers now.

On April 19, 2020, Bhante Mahinda will go online to share : Overcoming Fear and Worries (<https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2910246669059674>).

A number of our BSM Metta Network groups outside Klang Valley have also started their own group online meditation and chanting sessions daily either in the mornings or evenings. These information are also shared with all Metta Network Groups for their participants to have the option to join these sessions as and when they can (See ATTACHMENT I page 09/11)

Besides, Metta Networks Program, BSM members from its branches, sections and associates also support the communities in their own ways

Report from Buddhist Missionary Society Malaysia (BMSM)

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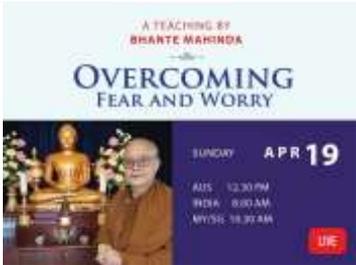
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18<sup>th</sup> April 2020

Metta Networks Program – Chronological Order of Event

No.	Dates	Descriptions / Photos and/or Links
1	14 <sup>th</sup> March, 2020 – Launching	 <p><a href="https://bmsm.org.my/wp-content/uploads/2020/03/Metta-in-Action-Network-Details.png">https://bmsm.org.my/wp-content/uploads/2020/03/Metta-in-Action-Network-Details.png</a> and  <a href="https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2843058105778531/?type=3">https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2843058105778531/?type=3</a></p>
		<p>More information and guidance  <a href="https://clyp.it/nei1n13p">https://clyp.it/nei1n13p</a> Guided Metta meditation and dedication of merits by Bhante Mahinda  <a href="https://clyp.it/sr5wjix">https://clyp.it/sr5wjix</a> - Chanting of Ratana Sutta, and Metta Sutta, and dedication of merits by Bhante Mahinda in wake of the Covid-19 pandemic_26March2020 Ratana Sutta: starts at 2:4 mins and Metta Sutta: starts at 10:2 mins  <a href="https://clyp.it/b1pkl3vz">https://clyp.it/b1pkl3vz</a> Overcoming the Fear of Death - a special Dhamma Talk by Bhante Mahinda. A Dhamma Talk by Bhante Mahinda in wake of the Covid-19 pandemic March 03, 2020                  See APPENDIX 1 (Page 10 &amp;11)</p>
		<p><a href="https://www.facebook.com/story.php?story_fbid=2878806292203712&amp;id=599251723492525">https://www.facebook.com/story.php?story_fbid=2878806292203712&amp;id=599251723492525</a></p> <p>Bhante Mahinda took a little time out of his retreat to address our community, supporters and Dhamma friends during this challenging times of the Covid-19 pandemic.</p> <p>In his address, he touched on the subjects for contemplation...</p> <p>~~~</p> <p>Five Subjects for Daily Recollection</p> <ol style="list-style-type: none"> <li>1. Jaradhammomi, jaram anatito</li> <li>2. Byadhidhammomi, byadhim anatito</li> <li>3. Maranadhammomi maranam anatito</li> <li>4. Sabbehi me piyehi manapehi nanabhavo vinabhavo</li> <li>5. Kammasakkomi kammadayado kammayoni kammabandhu kammapatisarano, yam kammam karissami kalyanam va papakam va tassa dayado bhavissami</li> </ol> <p>~~~~~</p> <p>There are other recollections which one can make and which help one to appreciate the state of a human being. People tend to hide away from decay, disease and death while greatly attached to sentient beings and insentient objects. Some people try also to</p>

		<p>ignore moral responsibility for their actions. The recollections below bring all these subjects out into the light and make us face them squarely. Therefore, the Buddha has said that they should be recollected by everyone daily.</p> <ol style="list-style-type: none"> <li>1. I am of the nature to decay I have not got beyond decay</li> <li>2. I am of the nature to be diseased I have not got beyond disease</li> <li>3. I am of the nature to die I have not got beyond death</li> <li>4. All that is mine, beloved and pleasing, will change and vanish</li> <li>5. I am the owner of my kamma heir to my kamma born of my kamma related to my kamma abide supported by my kamma whatever kamma I shall do, whether good or evil, of that I shall be the heir</li> </ol> <p>This recollection is specially good for arousing mentally vigorous states and for getting rid of laziness and drowsiness. Repeated every day, these recollections make one value this life so that one makes the best use of it.</p> <p>~~ Ref: AN 5.57 Upajjhatthana Sutta: Subjects for Contemplation</p>
	<p>23th March, 2020</p>	<p><a href="https://www.facebook.com/599251723492525/posts/2861568587260816/">https://www.facebook.com/599251723492525/posts/2861568587260816/</a> -</p> <p>Special Message on COVID-19 Pandemic by Bhante Mahinda</p> <p>"In this time of crisis, we need to strengthen our faith and confidence in the Buddha, Dhamma and Sangha . We need the strength, courage, and wisdom to overcome whatever obstacles that arise by bringing them into the path of practice.</p> <p>"In order to do this, we need to apply effort and perseverance in our daily practice of metta and mindfulness.</p> <p>"Your commitment to a regular and frequent practice and its application in your daily lives is very important in order to swiftly bring about a positive transformation in your outlook in life.</p> <p>"You should by now be able to see the relevance of the Dhamma or what the Buddha taught as the various manifestation of sufferings begin to unfold throughout the world. And you will also be able to understand that all these sufferings, fears and anxieties are caused by the tendencies of grasping or greed and that the only way out of this dilemma is to work on ourselves -- by reducing and overcoming the tendencies of grasping through the practice of mindfulness and the Noble Eightfold Path. That is how we will be able to help ourselves and lead the way for others".</p> <p>~ Bhante Mahinda</p>

08 <sup>th</sup> April 2020		<p>Coping with Covid-19 Fallout by Datuk Sr Charlie Chia</p>  <p><a href="https://www.facebook.com/BMSMMalaysia/videos/215246763110061/">https://www.facebook.com/BMSMMalaysia/videos/215246763110061/</a></p>
15 <sup>th</sup> April, 2020		<p>Dhamma Awakening in Times of Crisis by Dd Tan Huat Chye</p>  <p><a href="https://www.facebook.com/BMSMMalaysia/videos/175845283459732/?v=175845283459732">https://www.facebook.com/BMSMMalaysia/videos/175845283459732/?v=175845283459732</a></p>
19 <sup>th</sup> April, 2020		<p>Overcoming Fear and Worries by Bhante Mahinda  <a href="https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2910246669059674">https://www.facebook.com/BMSMMalaysia/photos/a.609741772443520/2910246669059674</a>).</p> 
22 <sup>nd</sup> April, 2020		<p>Dhamma Power in Crisis by Bhante U Mangala  Please log in to <a href="https://www.facebook.com/BMSMMalaysia/">https://www.facebook.com/BMSMMalaysia/</a> for further updates and the link by 21<sup>st</sup> April, 2020</p> 

**List of Metta-in-Action Supports by BMSM, its branches and sections and associates during Movement Control Order (MCO), March 18 – April 28, 2020 in Malaysia**

No.	Description of Metta-In-Action	Photos
1.	<p>Many dhamma friends and general public are supporting the Hospital by preparing Headscarfs and the Protective Gawnns for free distribution to Medical Personnel at the front-line to save lives.</p> <p><b>Brother Dato’Ir Ang Choo Hong, Exco of WFB and Advisor of BMSM</b> is doing it at home with family members including his grandchildren since early April till now.</p> <p><a href="https://www.facebook.com/ajax/sharer/?s=22&amp;appid=25554907596&amp;id=2986861218048098&amp;p%5B0%5D=100001727489210&amp;p%5B1%5D=2986861294714757&amp;sharer_type=message_only&amp;feedback_source=17">https://www.facebook.com/ajax/sharer/?s=22&amp;appid=25554907596&amp;id=2986861218048098&amp;p%5B0%5D=100001727489210&amp;p%5B1%5D=2986861294714757&amp;sharer_type=message_only&amp;feedback_source=17</a></p>	 <p>Today, 17<sup>th</sup> April, 2020, Brother Dato’ Ir Ang and family members had cut and sew a total of 1800 protective headgears, 200 protective gowns. Protective gowns take longer time to sew, about 30 min to sew 1 gown.</p> <p>Sadhu!x3 to Brother Dato’ Ir Ang and many many others Malaysians like brother Dato’ Ir Ang and family members working from home to support the Medical Personnels.</p>
2.	<p>Brother Tan Kim See, Chairman of BMSM Melaka is one of the Many dhamma friends making face shield for medical front liners. These Face Shields are with the Compassionate Words of Well Wishes: May You Be Protected From Harm and Danger</p>	 <p>Can be done at home with simple low materials: Sponge, plastic, rubber strap, and silicon glue or hot gun. Brother Tan Kim See personal target is 200 pieces per day.</p>

<p>3.</p>	<p>BMSM &amp; BMSM Kajang donating 2000 pieces of Face Mask to St John Ambulance Malaysia, KSS (Southern Area of Selangor State ). Face mask – courtesy from Brother Tan Hee Weng. In the Picture are brother Sin Lean Fatt, CMC member of BMSM and Mr Kong of St John Ambulance Malaysia, KSS.</p>	
<p>4</p>	<p>Calling on all dhamma friends to meditate at the stipulated time in your own countries and radiate Metta and join 1 million others around the world as part of a global spiritual network to transmute all negative thoughts, negative energies n negative entities into light, love n harmony. And may all the Covid 19 viruses be transmuted into light, love and harmony. May all be well, happy and healthy.</p>	
<p>5</p>	<p><b>The Malaysian Consultative Council of Buddhism, Christianity, Hinduism , Sikhism and Taoism (MCCBCHST)</b> has produced a video clip entitled: <b>UNITY IN ADVERSITY</b> to encourage Malaysia to stay <b>UNITED</b> to face the challenge of Covid-19. Wash at link - <a href="https://youtu.be/G9Txo5exAJI">https://youtu.be/G9Txo5exAJI</a></p>	 <p><a href="https://youtu.be/G9Txo5exAJI">https://youtu.be/G9Txo5exAJI</a></p>

6	Metta Network Daily Group Practice Schedule during MCO	See ATTACHMENT I (Page 09/11)
7	<p>Brother Koay Chow Huah, committee member of BMSM Welfare Section generously Dana Herbal Drinks via his family business enterprise, to two Police Stations during Movement Control Order (MCO) period.</p> <p><a href="https://m.facebook.com/kbssrela/photos/pcb.250809129641075/250808782974443/?type=3&amp;source=48">https://m.facebook.com/kbssrela/photos/pcb.250809129641075/250808782974443/?type=3&amp;source=48</a></p>	
8	<p>The Blood Bank Stock is alarmingly low during the Movement Control Order (MCO) period imposed from March 18 and extended to April 28, 2020. In response to the National Blood Centre appeal for donation of blood on urgent basis. BMSM Kajang and St. John Ambulance Malaysia, KSS jointly organised the Blood Donation.</p>	

## ATTACHMENT I

Metta Network Daily Group Practice Schedule (Everyday during MCO)

① Time: 8.00AM daily

By SKE & BMSM Melaka

Metta Meditation, Sutta Dhamma talk video with interactive Q&A

Coordinator: Brother Danny Teoh

Zoom Meeting: <https://us04web.zoom.us/j/732728995>

Meeting ID: 732 728 995 Password: 571920

① Time: 10.00AM daily

By BMSM-BBN Wing

Sutta Chanting and Dedication of Merits

Coordinator: Brother Leslie Chong

Zoom Meeting:

<https://us04web.zoom.us/j/73957017567?pwd=ZXp0YXFyRG1DQ2tQeFErLzZyaWM3UT09>

Meeting ID: 739 5701 7567 Password: 003826

① Time: 7.30PM daily

Evening Puja

Live from Buddhist Maha Vihara Malaysia

BMSM Birth Temple/Registered Address

Facebook Live: [fb.me/sewanagala.sumangalahimi](https://fb.me/sewanagala.sumangalahimi)

① Time: 8.30PM daily

By BMSM Sabah

Self Practice for One Hour and Dedication of Merits

Coordinator: Brother Jimmy Loy

Participants will start own practice at 8.30pm and receive list of dedication of merits from coordinator at the end of session.

① Time: 9.30PM daily

By Penang Metta Circle & BMSM Penang

Sutta Chanting and Dedication of Merits

Coordinator: Sister Bee Hui

Participants will receive the dedication of merits list from coordinator at the end of session.

Webex Meeting:

<https://meetingsapac2.webex.com/meetingsapac2/j.php?MTID=me39863f27192d9458d665e659e4406f2>

Meeting ID: 580 216 546 Password: Ratana Sutta

## APPENDIX I

### METTA-IN-ACTION: BUILDING A METTA NETWORK

#### *Bhante Mahinda's call to action to check Covid-19 spread*

1. Practice metta and mindfulness meditation for at least 20 to 30 mins daily or chant Karaniya Metta Sutra or Ratana Sutta and dedicate merits accrued for the swift check of the Covid 19 in Malaysia. See page 2 for steps on how to start your practice.
2. The practice of meditation or chanting can be done in your own home at the time of your convenience but must be done daily.
3. Register your participation in your respective BMSM Branch/Section/Friends WhatsApp group until the number of participants reach 108. Once the 108 is reached, another group can start.
4. The idea is to create multiple networks of 108 participants. Each network of 108 should have their own co-ordinators so that we could communicate through them. Please inform BMSM Secretariat (info@bmsm.org.my) the name and contact of coordinator of each 108 group for ease of communication and further instructions.
5. Once every BMSM branch/section/associate/members/Dhamma Friends has recruited their 108, we can also fix a certain date and time when all can do together.

*"Covid 19 must serve as a wake-up call for all Dhamma practitioners to realise the urgency of practice to overcome the tendencies of greed, hatred and delusion for the welfare and happiness of all sentient beings.*

*Fear cripples the mind and drain our energy making our body susceptible to various diseases.*

*Fear arises when we only think about ourselves and our loved ones.*

*Metta or loving kindness will open our hearts to all...with the wish that all beings be well and happy.*

*Metta will help to build protective auras not only around yourselves and your loved ones but also around the world and beyond... above, below and all around.*

*Our genuine and sincere good thoughts will transmute negative energies, negative thoughts and negative entities into light, love and harmony.*

*Let us quickly build up this spiritual network. We need the numbers to generate the power of collective thoughts.*

*We appeal to you and all peace loving people to join our Metta Network."  
-- Bhante Mahinda*

## **METTA-IN-ACTION: BUILDING A METTA NETWORK**

### ***METTA PRACTICE***

***Easy steps to start your practice (Long - Allocate at least 20 minutes for metta meditation or reciting of Suttas)***

1. Pay respect to the Triple Gem (Buddha, Dhamma and Sangha) with three bows
  - First Bow – Recite ‘Namo Buddhaya’
  - Second Bow – Recite ‘Namo Dhammaya’
  - Third Bow – Recite ‘Namo Sanghaya’
2. Chant the following: Vandana, Ti-Sarana, Panca-Sila, Karaniya Metta Sutta, and Ratana Sutta.
3. Next, begin the metta meditation. Get started by sitting in a comfortable and quiet location. You may want to follow Bhante Mahinda’s recorded metta meditation guide.
  - Metta Meditation Guide link: <https://clyp.it/nei1n13p>
4. After the meditation, chant the verses of Blessings and Sharing of Merits – Sumangala, Anumodana, Patti Dana
5. Upon completion of practice:
  - Dedicate merits for the swift check of Covid-19, and for peace, harmony and stability in the world.
  - Cherish the thought that may all suffering beings be free from suffering; may those in sorrow be free from sorrow, and may those in fear and danger be free from fear and danger.

Rejoice in your wholesome deed. Repeat this practice daily.

### ***Easy steps to start your practice (Short)***

1. Chant the following: Karaniya Metta Sutta and/or Ratana Sutta.
  - Chanting script link: Ratana Sutta <https://youtu.be/2rSoxp1NqUQ>
2. Next, begin the metta meditation. Get started by sitting in a comfortable and quiet location.
  - Bhante Mahinda’s Metta Meditation Guide link: <https://clyp.it/nei1n13p>
3. Upon completion of practice:
  - Dedicate merits for the swift check of Covid-19, and for peace, harmony and stability in the world.
  - Cherish the thought that may all suffering beings be free from suffering; may those in sorrow be free from sorrow, and may those in fear and danger be free from fear and danger.

Rejoice in your wholesome deed. Repeat this practice daily