

**18.03.2020**

**Thaye Dorje, His Holiness the 17th Gyalwa Karmapa shares his thoughts on impermanence and karma and gives advice on how to deal with the Corona pandemic.**

**Karmapa's teaching on change, karma and COVID-19 – in English**

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**Chenresig Practice – Thaye Dorje, His Holiness the 17th Gyalwa Karmapa**

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The text for the Chenresig practice can be downloaded [here](#) (tibetisch & englisch)

[www.karmapa.org](http://www.karmapa.org)