

to the President of the Republic, members of government and parliament, mayors and law enforcement, who are on the front line and strive to take the best possible measures as the situation develops.

Thank you to caregivers and hospital staff, who do remarkable work with heroism and creativity.

Thank you to all those who supply and maintain the communication networks, which are so important for life and morale.

Thank you to the cleaners and the garbage collectors, who are essential agents of hygiene and public health.

Thank you to the teachers, who take on a heavy workload and bring precious moral support to young people and families.

Thank you to the artists, who put their work online free of charge, bringing joy and comfort.

Thank you to all those who respect the lockdown, social distancing and barrier measures to the best of their ability, and thus protect the health and life of others and themselves.

From the bottom of my heart, I rejoice in the dedication and civic spirit shown by so many of my fellow citizens.

I am particularly grateful to the caregivers, who despite their exhaustion, continue to work in difficult conditions, because they know that they bring hope and help for the sick and their loved ones.

In my modest way, I would like to participate in this common effort. At my age of 88, I am prohibited from taking the active and concrete role that I would have liked. But as a lama, as a Buddhist practitioner, I pray intensely that the coronavirus will cease its devastation as soon as possible, all over the world, including Europe, and in particular France.

I wish for the happiness, in this life and the following ones, of all those who fight the epidemic with courage and selflessness!