

Dear _____,

I am writing to you as a friend and someone deeply concerned about the state of Burma at the moment. Each day brings more horrific news of what is happening on the ground. Since the military coup happened on February 1st, the people of Burma have been creatively resisting and peacefully protesting against this takeover, only to unfortunately be met with senseless and accelerated violence from the military police, now in the form of mass grenades and shootings.

The implications of the military takeover is not only political and crucial to address from a human rights perspective, but we believe, an important spiritual issue too. Political freedoms are crucial in order for the Burmese people to express their spiritual freedoms and will affect the next generation of the Sangha and the life of the Sasana beyond the country's borders.

Many of us have benefited from the meditation teachings and practices preserved by people in Burma. We often say we are indebted to the lineage of teachers, the people, and the country. In the most challenging of times, with harsh crackdowns, the people have made clear their commitment to the Buddha's teachings of *sīla* by resisting through nonviolent means. Collectively, we can aid the people of Burma in their efforts to secure basic human rights and safety and thereby repay our debt of gratitude.

This [letter from a monk](#) urges foreigners to show support at this time, alluding to how the ethical teachings of the Buddha may prompt acts of generosity. If you are wondering what you can give at this time beyond sending *mettā*, other forms of political, financial and emotional support can greatly help the Burmese people continue with their movement. Here are a few ways to show support for their acts of resilience, non-violence, and loving-kindness. No amount is too small to make a difference.

- Contribute to credible **fundraisers**:
 - [This fundraiser](#) helps organizations provide food, shelter, safety, and medical treatments to those affected.
 - [This fundraiser](#) will support organizations and individuals with access to information, communication and technology resources and other resources needed at this time.
- Sign **Petitions**
 - Sign this [petition](#) asking President Biden to take further action through honoring targeted sanctions against the military.
 - Sign this [petition](#) to demand your senators to support the fight for Myanmar through co-sponsoring a resolution.
 - Sign this [petition](#) to demand House representatives to support the fight for Myanmar.
- Provide **Emotional support**
 - Reaching out to a Burmese friend to check-in and show that you care has immense impacts on their mental health at this time. You can read this [blogpost](#) that explains why this is more crucial than we think.
- **Volunteer** your time
 - Join a group of organizers that are part of the [Global Movement for Myanmar Democracy](#)
 - Help [Insight Myanmar](#), a podcast producer with production of relevant content.
- If you feel moved, copy/paste or reuse parts of **this letter** and send it to other friends and meditators that may care.

Thank you so much for reading and caring.

With hope and loving-kindness,
