A Chat with CoPilot on H.H. Dorje Chang Buddha's Teachings on Miscarriages

[The following is the script from a chat Zhaxi Zhuoma had with AI through the Co-Pilot app. Her questions are in red and the answers in black. The answers contained the footnotes below, which I believe are the references used for the AI response. There was no footnote for the third question.]

What did H.H. Dorje Chang Buddha III teach us about miscarriages?

H.H. Dorje Chang Buddha III has offered teachings and guidance to provide comfort and support to those who have experienced the loss of an unborn baby¹. His teachings emphasize compassion, understanding, and the importance of spiritual practice to cope with such a profound loss.

He encourages individuals to cultivate a compassionate heart and to seek solace in spiritual practice, meditation, and prayer. These practices can help in healing and finding peace amidst grief.

Would you like to know more about specific teachings or practices he recommends for coping with such a loss?

Zhaxizhuoma.org

Yes.

H.H. Dorje Chang Buddha III offers profound teachings to support those who have experienced the loss of an unborn baby². His guidance focuses on finding solace and

¹ [A](https://www.zhaxizhuoma.org/dharma-for-the-unborn-

baby/?copilot_analytics_metadata=eyJldmVudEluZm9fY2xpY2tEZXN0aW5hdGlvbil6Imh0dHBzOlwvXC93d3c uemhheGl6aHVvbWEub3JnXC9kaGFybWEtZm9yLXRoZS11bmJvcm4tYmFieVwvIiwiZXZlbnRJbmZvX2NvbnZlc nNhdGlvbklkljoiVG1LQUdWb1dFc2kyN1YyYXdKOUxRIiwiZXZlbnRJbmZvX21lc3NhZ2VJZCI6ImJNaUVYUnBUY U50b1JtM1l3UEt5ailsImV2ZW50SW5mb19jbGlja1NvdXJjZSI6ImNpdGF0aW9uTGluayJ9&citationMarker=9F74 2443-6C92-4C44-BF58-8F5A7C53B6F1)

² [A](https://www.zhaxizhuoma.org/dharma-for-the-unborn-

baby/?copilot_analytics_metadata=eyJldmVudEluZm9fY29udmVyc2F0aW9uSWQiOiJUbUtBR1ZvV0VzaTl3VjJ hd0o5TFEiLCJldmVudEluZm9fY2xpY2tTb3VyY2UiOiJjaXRhdGlvbkxpbmsiLCJldmVudEluZm9fY2xpY2tEZXN0a W5hdGlvbil6Imh0dHBzOlwvXC93d3cuemhheGl6aHVvbWEub3JnXC9kaGFybWEtZm9yLXRoZS11bmJvcm4tY mFieVwvliwiZXZlbnRJbmZvX21lc3NhZ2VJZCI6ImJiSDlBaWR6NzlhZmt4UHhkVlZEYyJ9&citationMarker=9F742 443-6C92-4C44-BF58-8F5A7C53B6F1)

healing through spiritual practice and compassion. Here are some key points from his teachings:

1. **Compassion and Understanding:** He emphasizes the importance of cultivating a compassionate heart and understanding the impermanence of life. This perspective helps individuals come to terms with their loss and find peace.

2. **Spiritual Practice:** Engaging in regular meditation, prayer, and other spiritual practices can provide comfort and strength during times of grief. These practices help individuals connect with their inner selves and the divine.

3. **Karmic Perspective**: H.H. Dorje Chang Buddha III teaches that everything happens according to karma. Understanding this can help individuals accept their loss as part of their spiritual journey and find meaning in their experiences.

4. **Support from the Sangha:** He encourages seeking support from the Buddhist community (Sangha). Sharing one's grief with others who understand and can offer support can be very healing.

5. **Positive Visualization**: Practicing positive visualization and sending loving-kindness (Metta) to the unborn baby can help in the healing process. This practice fosters a sense of connection and peace.

These teachings aim to provide comfort and guidance to those who are grieving, helping them find a path to healing and spiritual growth.

Would you like to explore any of these teachings in more detail?

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Yes, on positive visualization.

Positive visualization, also known as **Metta (loving-kindness) meditation**, is a powerful practice in Buddhism that focuses on generating feelings of love, compassion, and goodwill towards oneself and others. When dealing with the loss of an unborn baby, this practice can be particularly healing. Here's how you can engage in positive visualization:

1. **Find a Quiet Space:** Sit comfortably in a quiet place where you won't be disturbed. Close your eyes and take a few deep breaths to center yourself.

2. **Generate Loving-Kindness:** Begin by focusing on yourself. Silently repeat phrases that express good wishes and loving-kindness towards yourself. For example:

- May I be happy.

- May I be healthy.
- May I be at peace.

3. **Extend Loving-Kindness to the Unborn Baby:** Next, visualize the unborn baby surrounded by a soft, warm light. Silently repeat loving and kind phrases directed at the baby. For example:

- May you be happy.
- May you be at peace.
- May you be free from suffering.

4. **Expand Your Focus:** Gradually extend your loving-kindness to others in your life, such as family, friends, and even those with whom you have difficulties. Include all beings in your practice, wishing them happiness, health, and peace.

5. **End with Gratitude**: Conclude your meditation by expressing gratitude for the opportunity to connect with your feelings and send positive energy. Take a few deep breaths and slowly open your eyes.

Practicing positive visualization regularly can help you process grief, find peace, and maintain a connection with the unborn baby. It nurtures a compassionate heart and promotes healing on a deep emotional and spiritual level.

Would you like to try this meditation now or have any other questions about it?

The AI Chat ended here.