

The Key of
Immediate Enlightenment
Special Edition

The Supreme Master Ching Hai's
1993 World Lecture Tour
Volume I
The far east

The Supreme Master Ching Hai
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On Master Ching Hai's World Lecture Tour

In early March 1993, The Supreme Master Ching Hai, in an effort to bring the message of liberation to souls longing for their Homeland, undertook the arduous task of a worldwide tour. The lectures, discourses, interviews, and responses to innumerable questions posed by seekers around the world spanned a period of three and one-half months and included 16 countries from the Orient to the Occident and back to the Orient. People of all races, religions, and nationalities gathered to hear a living Master speak of an ancient Method by which one may escape from this world of birth, sickness, old age, and death, and describe the beauty of another world that is our true Home.

Thousands of people, yearning for deliverance from the cycle of eight-four, were initiated by our benevolent Master into Quan Yin Method and thereby secured not only their own release but also that of their five generations. These six volumes consist of literal transcriptions of interviews and discourses presented by Master Ching Hai at venues that included university campuses, public auditoriums, outdoor gatherings, historical sites and hotel conference facilities, in cities around the globe. Most of the lectures were given in the English language, but in Germany, Austria, and France, Master Ching Hai spoke in the native languages of those countries.

A small group of practitioners accompanied Her on the tour to assist with the multitude of tasks that are required to deliver lec-

tures to thousands of people in cities around the world. To those of us who privileged to be a part of this tour, we could only regard Master with amazement, as city after city, country after country, with no respite between the crowded lecture venues, She attended to the spiritual needs of thousands of people. This petite Person with a delicate physical body, yet possessing incredible energy and stamina, maintained such an extraordinary pace that we had difficulty in keeping up. There is no doubt that only someone connected to the Universal Powerhouse could possibly have endured the physical hardships and successfully overcome the obstacles that a tour of this magnitude generates. Master has said, "When I teach the Method, it is not my body that speaks, but it is the Buddha (God or the Master power) within."

This report is presented by the News Group that accompanied Master Ching Hai during the sixteen weeks and hundreds of thousands of miles. She traveled in 1993 to bring a message of hope to the masses of people who were praying for liberation. It was in response to those anguished pleas and the repeated requests of longing disciples around the world that Master Ching Hai undertook this lecture tour, because in Her eyes, as She has so often said, there is no need to teach anyone anything. Everything is perfect the way it is. The lectures presented herein and spoken by Her were recorded, transcribed, and sometimes translated from other languages and then edited for publication. We recommend that you listen to or watch the original audio or videotapes. You will get a much richer experience of Her presence from these sources than from the written words. Of course, the most complete experience is to see Her in person.

*First Stop on Master Ching Hai's 1993 World Lecture Tour
News Group Report Surabaya, Indonesia*

Indonesia, the first stop on Master Ching Hai's World Lecture Tour, is located in southeastern Asia and comprises more than 3,000 islands that stretch along the equator from the Malaysian mainland to New Guinea. Master's destination was Surabaya, capital of the East Java province. Surabaya, the country's second largest city with an estimated population of around 2.5 million persons, is a commercial and industrial center, as well as a major naval base.

More than 4,000 believers assembled at the lecture venue several hours before Master's arrival. The admiring crowd, having swarmed around the hall and book kiosks, was anxiously awaiting the appearance of Heaven's perfect Being. Upon first catching sight of our beautiful Master, many people, unable to restrain themselves, rushed forward to shake Her hands or simply to get a closer look. The atmosphere was brimming with excitement and goodwill as Master made Her way through the crowded assembly, silently blessing everyone with Her presence.

Unique Method to Impart Dharma

Due to bureaucratic obstacles that included masses of paper work, we were unable to obtain official permits to use the microphone system. Consequently, Master was unable to speak to the audience. With cancellation of the lecture part of the program, it appeared that the negative power had succeeded in thwarting Her plans for bringing word of the Truth to the people of Indonesia – but She was not to be beaten so easily.

Master's resourcefulness turned this "speechless dharma gathering" into a tremendous success. Lacking the use of microphones, Master distributed blessed food, and as the people came forward to receive it, they were also rewarded with blessing from Her eyes. Master's smiling countenance and elegant manner even transformed the terse and stern demeanor of the uniformed, military police to one of friendliness. Indeed, it was a strange sight to see these men with distinguished medals adorning their formal uniforms helping our lovely Master distribute cookies and candy to the people of Surabaya. This "silent dharma gathering" created a local sensation and made Master almost a household personality in Indonesia.

The local press, very attentive to Master's second visit to Indonesia, competed with each other by printing long columns reporting news of Her activities. The "Surya Morning News" ran daily articles describing Master's philosophy of vegetarianism, Her love for all beings, as well as the Quan Yin Method of meditation. A particularly interesting article revealed that Master is regarded by many of the Indonesian practitioners as "Mei Shin." Mei Shin is a very beautiful Mongolian female swordsman who is known for having a noble character and helping other beings.

During an interview, a magazine reporter asked, "After yesterday's incidents when the program had to be canceled, do You still want to come to Indonesia? Or maybe You are depressed and would never come to Indonesia again?" Master serenely replied, "I do not know this feeling. My lifestyle and activities are decided by Divine Will. If I have to come here again, I would not decline the assignment of God." Many people expressed the hope that Master would return to give a lecture, while others prepared to travel to Formosa to learn the Quan Yin Method of practice. Still others made plans to attend

a lecture at one of the upcoming World Tour stops. The success of Master's visit in Surabaya makes it evident that no matter how adverse the conditions may be, our Master deftly transforms them to Her advantage. Through this unparalleled dharma gathering, Master broadly and deeply sowed the seeds of Truth in Indonesia.

Fearless Spirit, Courageous Lesson

At the group meditation for initiated practitioners, held later that evening, Master told us that this special form of teaching was God's arrangement. In order to judge real success or failure, one must see use the wisdom eye to see it properly. When sharing the message of Truth, it is not always necessary to speak verbally that which one wants to convey. Looking into the eyes of a fully enlightened Master has the same kind of blessing effect and can impart the same lesson. In addition, everyone had obtained a sample booklet that contains the names, addresses, and telephone numbers of the Contact Persons. Those seekers who are sincerely looking for a method of spiritual practice will come to us naturally. Master pointed out that the occurrence of pressure conditions is God's way of helping us to develop a fearless spirit and to learn lessons of courage. Only with an optimistic outlook and positive love can we conquer the negative force.

Master also humorously commented that the large troop of military police assigned to protect Her was lined up in the fashion of a welcoming guard formation appropriate for the arrival of a head of state. Although very regal, it was a bit too formal for our Master's humble tastes. While in Indonesia, Master also met with the American and Japanese Consul Generals. Everyone enjoyed the very lighthearted

conversation during a delicious vegetarian meal. News of the meeting was reported in all the major newspapers of Surabaya.

*Second Stop on Master Ching Hai's 1993 World Lecture Tour
News Group Report Singapore*

From Surabaya, Master's itinerary led Her northward to Singapore. Officially known as the Republic of Singapore, it is located in southeastern Asia and has a standard of living that is one of the highest in Asia. The entire island is densely populated and almost completely urbanized. With its tropical climate and delicious vegetarian ice-cream, the members of the touring group very much looked forward to the stop in Singapore.

Miracles Abound Before The Lecture

Master Ching Hai's visit to Singapore in March 1993 must have been, at least partially, in response to the most ardent wishes of the Singaporean initiates. For more than a year, they had been requesting that She visit their country. On the night preceding the announcement of Her intended visit, a local initiate dreamed that Master appeared in a bright yellow light, and said, "I will come." She did not understand the meaning of the dream until the following evening when a call from Formosa announced that Singapore was to be the second stopover on Master's 1993 World Tour. Upon hearing the news, she, along with the other Singapore initiates, was overcome with joy.

Since notification was received only a few weeks prior to the visit, there was precious little time for preparation. Local initiates quickly organized into teams, each with a specific task, including

publications, transportation, purchasing, administration, etc. In addition to the efforts of the local initiates, a score of Formosan disciples arrived to assist in a variety of tasks that included distribution of pamphlets and putting announcement posters. The rush to finish everything in time was incredible, and would not have been possible without Master's grace. For example, many thousands of free sample booklets and leaflets that normally would have taken several months to print were done in only a few weeks. In addition, the cost of printing was less than half the normal printing costs. In Singapore, official permits for all public talks are required and usually take many weeks for final approval. In this instance, a permit was obtained almost immediately and without the "usual bureaucratic turtle delay" as Master phrased it. In fact, the permit was obtained only hours before the start of the lecture.

Master Gives Illuminating Talk At The Airport

On the day of Master's arrival in Singapore, a large gathering of initiates greeted Her at the airport. Graciously, She gave an impromptu talk that was brimming with praises for the airline, the cleanliness of Singapore, and the economic progress of its government. Master remarked that this progress is indicative of the spiritual level of the local population. After Her talk, as Master was bestowing blessing on the assembled initiates, She suddenly addressed a little girl by name that had not personally met Master before. Although the parents of the child were both initiates, they were literally awestruck at this overt demonstration of Master's omniscience.

Thousands Listen to Dharma Talk

In addition to Master's public talks, She kindly met with initiates whenever She had the opportunity. In group meditations held

the days prior to and following the public discourses, Master read Chapters from the “Tao Te Ching,” and then carefully interpreted the ancient teachings so that we could learn to apply them today in our spiritual practice. She taught that through selfless action we would find fulfillment because when we serve others, we are in touch with our Inner wisdom. Master graciously answered our queries, and even gave special permission for some children of initiates to undergo half-initiation following the public lecture.

The public discourses were very well received and thousands of people crowded into the Singapore Conference Hall for each of the lectures. Master primarily spoke English, so a simultaneous Mandarin translation was provided. The audiences were very responsive and plied Master with numerous questions, including some very personal ones. Master answered all manner of questions clearly and concisely and frequently interjected her responses with humor and good-natured joking. Following both lectures, Master held initiation sessions for the Convenient and Quan Yin Methods of meditation.

Many inexplicable incidents that were nothing short of the miraculous occurred during Master’s stay in Singapore. For example, although the M.C. had an extremely sore throat, he somehow found his voice for the lecture sessions, but lost it again immediately after the talks were concluded. In another incident, a boat was chartered to take Master and some initiates for a cruise around the southern islands. With no prior planning, initiates who were immediately available were asked to join the cruise. After our randomly chosen group had boarded the boat, it was found that the boat had restrictions as to the number of passengers allowed. But it turned out that the boat was actually licensed to carry the exact number of passengers that were in our group!

The following two discourses are the dharma teachings that Supreme Master Ching Hai presented to the people of Singapore on March 8 and March 9, 1993. These inspired and beautifully delivered discourses brought the message of Truth to the thousands of seekers who filled the Singapore Conference Hall.

FOREWORD

Unlike today, in 1990 Supreme Master Ching Hai was a relatively unknown spiritual Master with a small group of followers scattered around the world. I was fortunate to have known Her in those early days, and to attend meetings where the group was small enough to fit into someone's living room. It was at one of those meetings that Master talked about underwear. It seems that Her attendants had given Her men's style underwear. She joked that it was because they thought she was a Buddha, and they still believed that Buddha must be a man. So, while in New York City she went shopping for ladies underwear. I recall feeling somewhat uncomfortable. It wasn't the type of talk I had expected from my Master.

At the end of the session, Master Ching Hai gave pieces of fruit to everyone, much like *prasad* in the Hindu tradition. There was a large box of apples on one side of Her, and a box of oranges on the other. She asked us to hold up one finger if we wanted an apple and two fingers if we wanted something else. As people indicated their choices one by one, she threw the apple or orange to them, quite forcefully, sometimes clear across the room. I waited near the back of the group, not wanting to be pushy. As I stood there I noticed a few big dark purple plums sitting in a small bowl to the side and almost behind Master. I couldn't get my mind off of those plums. They looked so delicious to me, so big, so plump, so juicy, and I realized that it was a plum that really wanted, even though the choice offered was between apples and oranges. When my turn came I held up two fingers. Master, without hesitation, reached behind, picked up a plum and hurled it at me.

Reflexively, my hands went up to catch it, and in an instant the prized plum was smack in the middle of my closed hands. At the exact moment of impact, my heart felt as if it had exploded open, and my perception of reality turned itself upside down. I woke up. What had a moment before been ordinary, mundane, boring, and slightly irritating, became full of radiant Light, unbearably beautiful love, and absolute meaningfulness. It was as if my eyes had opened, and I could see Master for who She truly was, in all Her Majesty and Glory. The moment was full, overflowing with magic and delight. I felt, from this simple event, that God surely must love me.

Shortly thereafter Master unexpectedly walked out of the apartment with Her bags and attendants. She was supposed to have stayed several more days in New York. She told us that our level was still rather low, and that we did not really see Her. It was true. We were asleep. We saw Her through ordinary eyes, and we were not pulling meaningful teachings from Her; hence, the discourse on underwear, and the early departure. Although I had sensed that something felt wrong, I did not know what it was, until I was abruptly awakened by that fantastic flying plum.

What surprises me about this small event is not that Masters can do magical things, which they can, but the fact that we can be so utterly and profoundly asleep. Although I have experienced being awakened several times before and since this incident by this same Master, and other Masters, I still fall asleep, over, and over, and over again. When we are asleep we cannot see clearly, even things of great beauty that are right before our noses, even things that are so critically important to the happiness of our lives. What a pity this is! And I say this, not because it is important to see Masters for who they are, but because it is important for us to see who we are. It is important for us to see that our True nature, our own Majesty and Glory, is identical to that of the Master. And this we do not see.

When we are awake, we know the Truth, with certainty, from a place inside that is deeper than the mind. When we are asleep, we no longer know, so we have to struggle with what we think is the truth from inside our minds. Faith and belief are on one side, and doubts on the other, both fighting each other, each winning momentary battles. We have gotten used to this state of internal tension. This is what we live with day after day. But this is not what it could be. When we are awake, we know the Truth, and there is stillness and peace inside.

The fact that we can be so sleepy, so ignorant, just amazes me. Through our habits of thought, our rituals of comfort and security, we weave the bed that holds us in our slumber. Our overly active minds plan anxiously for a future that never quite comes, and we regret a past that will never quite go away. We want our desires to be fulfilled, and we want to control what is around us to guarantee that fulfillment. We hold strongly to the belief that self-interest is the one key to happiness. The fact that our efforts at creating a lasting happiness do not work does not stop us from trying again, although some become bitter or depressed along the way. The solution is not more effort. The solution is a change in direction, from being asleep to waking up.

Master Ching Hai is here to wake us up. She will use whatever means are available to accomplish this task. It might be a plum; it might be a glance, a sentence in a book, a song, or even a beautiful dress. Everything that comes from a Master has the power to awaken someone. Although it seems like magic, this power is not magical. It comes from the simple fact that one who is awake has the power to awaken others — but only if they are ready. Over the years I have watched Master unerringly do or say things that have been perfectly attuned to the needs of Her followers. Although Her words and actions may not always seem to meet worldly standards of correctness,

they always serve as a wakeup call for someone. Every lecture that Master gives has the ability to pierce the hearts of the listeners. It is as if she is speaking personally to the individual concerns of each of the many thousands of people in the audience.

How does a Master do this? How can Her words serve so many? It is because Her words and actions do not come from the same place as ours do. It is human nature to believe that what is inside of us is also inside of everyone else. We just as same that everyone else operates as we do. It is not so. A Master is not an ordinary person. Whereas an ordinary person acts from a full, well-defined, solid self, a Master is light and empty inside, more like a mirror than a self. Her words do not come out of Her inner needs; rather they exist because of the needs of others.

Master Ching Hai has come to awaken those that are ready. She is also using the opportunity of being here, to teach us. Those that hear Her words can learn about the planes of consciousness beyond this one, but also about how to live harmoniously in this world. She teaches the importance of the Five Guidelines She teaches, by the example of Her charitable giving, the importance of helping those who are in need. She teaches how to live life with beauty, grace, and wisdom.

In this book of lectures from the 1993 World Tour you are surely going to find many teachings to suit your tastes. As you enjoy this small volume, please consider that these lectures were spoken by a Master, and that this Master has the power to awaken you. It may be through a sentence you read, a photo, or maybe even one particular word. Perhaps your plum is inside these pages. If it is to be so, it will happen to you! I would like to close this introduction with a poem I wrote on July 24, 1995 while visiting with Master's disciples in Shanghai, China.

The Thread

The Thread that ties us to the Truth is the thinnest thing I have ever seen. Its infinite delicacy is a marvel to behold. It is so easily lost among the coarse and subtle threads, strings and ropes of our minds that bind us to this world and all lead nowhere. It is truly a miracle that we find It for just one brief moment in a lifetime.

All religions teach us to remember God. We are proud if we can meditate on God for just an hour each day. Yet those that have the Thread remember God every moment of every day, and more. There is no comparison between those who are Awake and those who are not.

This Thread is made of Light and Sound, and something else. It is always there, waiting to be found. If you search for it in an ordinary way, you will find only endless illusions. Beware. These illusions will consume you. Where does your mind take you, my friend? What thought are you thinking right now? It doesn't really matter what you think, or how hard you try. Your chance of finding the Thread, the Truth, or God without the Grace of an Awakened One is very small indeed.

Stephen L. Gorad
New York City
January 1, 1998

A Little Message

In speaking of God, or the Supreme Spirit, Master instructs us to use original non-sexist terms to avoid the argument about whether God is a She or a He.

She + He = Hes (as in Bless)

Her + Him = Hirm (as in Firm)

Hers + His = Hiers (as in Dear)

Example: When God wants, Hes makes things happen according to Hiers will to suit Hirmself.

As a creator of artistic designs as well as a spiritual teacher, Supreme Master Ching Hai loves all expressions of inner beauty. It is for this reason that She refers to Vietnam as “Au Lac” and Taiwan as “Formosa.” Au Lac is the ancient name of Vietnam and means “happiness.” And the name Formosa, meaning “beautiful,” reflects more completely the beauty of the island and its people. Master feels that using these names brings spiritual elevation and luck to the land and its inhabitants.

Walk the Way of Love

Footsteps of a Living Enlightened Master

We will search high and low
For a little love,
For a little love,
To share with all beings
In all corners of the world.

Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, author, artist, designer, musician, film director and spiritual teacher, whose love and care for humanity extend beyond all racial and national boundaries. Since the early 1980s she has also been one of our planet's most dedicated ecological pioneers, promoting environmental protection, biodiversity preservation, reforestation, sustainable living and most importantly, the organic vegan diet, the quickest, most effective way to solve the climate crisis.

With unwavering determination, she devotes her time and resources to awakening the world to the disastrous impact of climate change and to the vegan solution. From 2006 to 2008 she launched the Alternative Living and SOS global-warming-awareness campaigns. She also publishes a news magazine, writes books, produced the 2005 vegetarian documentary *The Real Heroes* and the TV series *The King & Co.*, broadcast on Supreme Master Television, a 24/7, global satellite channel offering news on climate change, the vegan

diet and other uplifting topics. Since 2007 Master Ching Hai has also shared her knowledge with environmental experts, government leaders, VIPs and concerned citizens through over 27 climate-change conferences in 13 countries broadcast live on satellite TV and radio.

As a result of these efforts, her motto “Be Veg, Go Green 2 Save the Planet” and “Be Vegan, Make Peace” has spread around the globe, inspiring humankind to embrace the healthy, sustainable vegan lifestyle and thus evolve into a higher state of peace and harmony.

Through her kind example, Supreme Master Ching Hai also reminds us of our inner goodness and love for all of God’s creations. The profound insights she gained through her spiritual attainment allowed her to identify the root cause of human suffering, social discord and environmental degradation: the violence we inflict on other beings, including our innocent animal friends. Out of compassion for the weak and voiceless, Supreme Master Ching Hai thus wrote the #1 international bestsellers *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds*. These literary gems, available in various languages, reveal the deep thoughts and feelings of our treasured animal co-inhabitants, highlighting their divine nature and unconditional love.

Her Early Years

Born in central Au Lac (Vietnam), Supreme Master Ching Hai studied in Europe and worked for the Red Cross. She soon realized that suffering exists in all corners of the globe, and her yearning to find a remedy became the foremost goal in her life. She then embarked on a journey to the ally

Himalayas in search of spiritual enlightenment and eventually received divine transmission of the inner Light and Sound, which she later called the Quan Yin Method. After a period of diligent practice, Supreme Master Ching Hai attained the Great Enlightenment.

Soon after her return from the Himalayas, at the request of those around her, Supreme Master Ching Hai began sharing the Quan Yin Method, encouraging her students to look within to find their own divine greatness. Before long, she received invitations to give lectures in the Americas, Europe, Asia, Australia and Africa. Supreme Master Ching Hai's compassionate heart is also reflected in her care for the less fortunate. Funds generated from the sale of her artistic creations have enabled her to support her mission of comforting God's children in need through worldwide disaster relief and charity work.

Beautify the World We Live In

Although she seeks no acknowledgment for her humanitarian work, Supreme Master Ching Hai has received numerous awards from governments and private organizations around the world, including the World Peace Award, the World Spiritual Leadership Award, the Award for Promotion of Human Rights, the World Citizen Humanitarian Award, the Award for Outstanding Public Service to Mankind, the 2006 Gusi Peace Prize, the Los Angeles Music Week Certificate of Commendation, First Place Silver for the 27th Annual Telly Awards 2006, the Presidential Active Lifestyle Award from former US President George W. Bush, and the 2010 President's Volunteer Service Award from US President Barack Obama.

In addition, October 25 and February 22 were proclaimed “Supreme Master Ching Hai Day” in the US by government officials in Hawaii and Illinois. Congratulatory messages were sent to her during the Illinois proclamation ceremony by former US Presidents Clinton, Bush and Reagan.

And to commend virtuous individuals and encourage others to be inspired by their examples, Supreme Master Ching Hai has also created the Shining World Awards series, recognizing deserving humans and animals for exceptional heroism, compassion, leadership, bravery or intelligence.

Master’s Dream

Supreme Master Ching Hai thus selflessly dedicates her life to creating a beautiful future for our beloved planet and its precious co-inhabitants. Throughout history great visionaries have had dreams, and Supreme Master Ching Hai expresses hers as follows:

“I dream that the whole world will become peaceful.

I dream that all the killing will stop.

I dream that all the children will walk in peace and harmony.

I dream that all the nations will shake hands with each other, protect each other and help each other.

I dream that our beautiful planet will not be destroyed.

It takes billion, billion and trillions of years to produce this planet and it’s so beautiful, so wonderful.

I dream that it will continue, but in peace, beauty and love.”

“I do not belong to Buddhism or Catholicism. I belong to the Truth and I preach the Truth. You may call it Buddhism, Catholicism, Taoism, or whatever you like. I welcome all!”

~ The Supreme Master Ching Hai

“By attaining inner peace we will attain everything else. All the satisfaction, all the fulfillment of worldly and heavenly desires come from the Kingdom of God – the inner realization of our eternal harmony, of our eternal wisdom, and of our Almighty Power. If we do not get these we never find satisfaction, no matter how much money or power, or how high a position we have.”

~ The Supreme Master Ching Hai

“Our teaching is that whatever you have to do in this world, do it, do it wholeheartedly. Be responsible and also meditate every day. You will get more knowledge, more wisdom, more peace, in order to serve yourself and serve the world. Do not forget that you have your own goodness inside you. Do not forget that you have God dwelling within your body. Do not forget that you have Buddha within your heart.”

~ The Supreme Master Ching Hai

What Makes A Country Great

Spoken by The Supreme Master Ching Hai

March 8, 1993

Singapore Conference Hall

Shenton Way, Singapore

(Originally in English)

Thank you for your love and welcome. I like Singapore. I think the people in Singapore are already in Heaven, [Master smiles] so what do I have to teach you that you want to hear so much? This trip was originally canceled because I was not in very fit condition at that time. Also, I thought that since I came to Singapore last year already, I wouldn't want to make trouble again so soon! [Master and audience laugh.] But due to repeated pressure from enlightened people, here I am.

I'm very happy to see Singapore develop better and better each day. I love to be in Singapore. In fact, this morning I thought that maybe I would stay here, but I don't think that I have the fortune like you to stay in Singapore all the time and enjoy this luxurious surrounding. I have learned so much from your country, which is so much like most of our meditation centers. We plant trees, big ones with leaves, roots, branches and everything, and then we manage the space so that everyone doesn't feel so cramped even though we have a lot of people.

Yes, I feel very much in common with the Singapore system; therefore, I like it very much. I hope the world is learning many things from you - the Singapore people and the Singapore governmental system. And now also, I have learned that your government is a very clean government and that pleases me most. Without clean government, we cannot really serve the people. So I'm happy that you have your paradise on Earth. Also I have heard many good things about Singapore, but you know it already, so I don't need to repeat it.

But sometimes we take things for granted, and we don't appreciate the beauty that other people take the effort to create. For example, yesterday, a disciple said to me that after he got initiation and practiced a little bit, he appreciated more the ex-Prime Minister Lee Kuan Yew. Because I talked to him about how wise he was, and how he had made Singapore become one of the top leaders economically and safety-wise in the world. He said that, yes, now he appreciates it more than before. Before, he didn't know much about how difficult it is for the government and so on. And then one of the other disciples said that before he practiced the Quan Yin Method, or before enlightenment, he didn't even appreciate that the government planted trees for them, or made the roads and the surroundings become so clean and orderly. Only after he became a practitioner of the Quan Yin Method and he became more enlightened, did he appreciate more the environment and the service that he

gets from his country. So actually, at the mundane level, it is also good to be enlightened.

Suppose I came here maybe ten years ago. I wouldn't have appreciated that much your country. I did come here before, in 1972, a long time ago. Yes, twenty years ago, I came here once as a tourist from Au Lac. At that time the war had not ended. I came here as a tourist, but I didn't have such a wonderful feeling that I have now toward your country and your people. I just looked around without even seeing. You look but you don't see. The trees might grow in front of you, but you don't know they exist, and the people are so nice to you, but you do not have rapport with them. You just hang around on the street. You buy fruit and stuff yourself with everything that you get when you are hungry, and then you just run around aimlessly sometimes. Maybe you see this and that spot when you're sightseeing, but you do not appreciate that much the true beauty of the land. And the last time I came here was only for a few days, and this time also a few days, but I do appreciate more than I ever have before. It is probably due to the inner opening of love that I had after the initiation, after the practicing of the inner wisdom. Therefore, from my own experience, I can say to you, confidently, that it doesn't matter in what position we are, we should also try to get back our wisdom, to rediscover our own greatness.

There are many kinds of consciousness, many lev-

els of understanding. We may be very shrewd, and then, we might be intelligent, but we must be wise because wisdom is the highest point in the universe and in human life. If we are intelligent, then we may have some very valuable degrees in the society or have a high position in the country or among the people on Earth, but if we have wisdom, we can attain Heaven even while on Earth.

To Develop Appreciation, Get Enlightenment

I was surprised to hear that some of the Singaporeans, like my disciples, didn't appreciate the work that the government did on the roads. They have only appreciated it recently. And I thought, "Even I appreciate it," but then, I remember twenty years ago when I first came here to your land, I didn't appreciate that much. I was here, but it was just like I wasn't here. I still felt like a stranger in your land. But this time or last time I came, I feel I'm part of your land. I feel very much in common with the people. I appreciate the beauty and the organizational talent of your people and the discipline of the whole country, also the loving enthusiasm of people toward higher values of life such as spirituality, discipline, virtue, and the more inner values like our own Self, our own wisdom, which we really wish to discover.

So actually, after all, we need enlightenment. We

need to get deep down into our own greatest resource in order to appreciate everything, in order to live a truly good human life, to be a good guest on Earth and then to be at home in Heaven. We are here only as guests. Everyone knows that, but even as guests, we should enjoy the hospitality of the host on Earth. Therefore, if we are too busy searching for happiness in the material world, we will forget the happiness within. If we are too busy searching for happiness outside, we will not truly appreciate the inner beauty of all things if we are not in possession of true wisdom. Since ancient times, many sages, saints, enlightened Buddhas, and Christs, have graced our Earth and have taught us the same message: that we look within for all the answers and happiness that we ever imagine or crave to have. Truly, it is only since I have been somewhat in touch with my own inner Resource that I appreciate life more, that I understand things deeper than before, and so do many of the disciples on our path.

It is because of this very deep, unimaginable power of penetration that we have after we get in touch with our inner Self that we have the opportunity to see each other today. It is just because my fellow practitioners believe that what they got, you should also have, or that you may get to know, at least, about it. And then you might think about it: whether you want it or do not want it. Therefore, they arranged this meeting today. I have to thank them, specially the Singaporean practitioners, for all their loving care and

the time that they spent to make this grand gathering come true. It took a lot of work. And also I especially thank the government, the police department, or whoever was concerned, that gave us permission very fast, with no bureaucratic “turtle” delay. [Master & audience laugh.] Therefore, we got permission this morning and we started tonight. In some other countries, it probably would have taken longer or maybe we would not even get it. Therefore, it’s not that we don’t want to share with you the highest happiness and power on Earth; it’s just that sometimes we are not allowed to do so.

People of Spiritual Consciousness Make a Country Great

To the Singapore people, I feel very close and grateful. I’m grateful to you and grateful to the Almighty power that blesses our country. I do not feel a stranger in your land; I never feel for one moment to be a stranger. I’m very much at home because of the cleanliness, the beauty of the land, the many trees, and the people who live a safe life and are not very much nervous or anxious about the future and their living standard. It takes good government and people to work together, but it is maybe because the consciousness of your land is higher than other somewhat less developed countries. I have been in some places other than Singapore

around the world and I have noticed that the mentality of the land, the spiritual consciousness of the people, goes very much with the way the country looks. I don't mean poverty. I don't mean that poverty makes people have a lower consciousness. It's not true; it's not that. For example, India is not a so-called very rich land, but their spiritual consciousness is high. What I mean is the mentality of the people of that land: whether they are open, they are easy, they are disciplined, and they are eager for higher values of life — not materialistic, no, no.

There is a difference between a materialistic country and a high consciousness country. For example, in Singapore, I feel a very high consciousness. You just enter, and you know it. This is not something that I can put to you in black and white. You just feel it and know it. But anyhow, that's why the country is more open and you can come in; you don't need a visa. You can stay for two weeks doing whatever is necessary or seeing the land without much trouble waiting in the queues or begging for a visa for many days for nothing. Sometimes you want to come in only for one week, but you have to wait four, five days for a visa. And in some countries, if you want to go from one part of the country to the next, you have to obtain permission in the same country. And even in that country, they give you maybe one week or two weeks maximum stay, but then you have to wait one week almost for another visa to go to a different part of that country. This I have experienced. Some

other countries are more difficult.

What I mean is that is the total appearance, the total mentality, of the land. Of course, there will be some exceptions — the minority of the people. But then, most of the people, like in Singapore, are very open and very eager for higher spiritual values. And this you can feel also from the administration — not only from the people, but also from the government itself. You also see the surroundings: how they keep their houses and their streets in perfect order and things like that. But these are outer values that we can learn. For example, other countries may come to Singapore and see that your house is very clean, your street is clean, and you plant trees, very big trees, you organize, etc. They may learn from you to do these things, but the inherent quality of the people is difficult to learn - that we must have or we don't have. This inherent quality is the wisdom, or the higher consciousness inside. This we can also learn, but it takes inner discipline, inner awareness to learn this, not the outer discipline like planting trees, making roads, or keeping things nice and in order. Some other countries also keep things in order and clean, and they keep their environment green, but they might not have that higher consciousness.

Just exactly what makes a country in a higher consciousness than another country? First, the government must be wise; they let other good influences come to their land, and they're willing to learn and to sacrifice for the

people. They show the people an example. And they will learn more from wiser people and develop more their own wisdom. Therefore, since ancient times, great kings are worshiped by people and beloved by all for many, many thousands of years. Their names will be engraved in the heart of the universe. And if the governmental system is good, then the people will feel more free and at ease. They will look for a higher value of life because their material side is satisfied; their life security is being looked after.

It takes more to be wise than just looking after people materially, yes, but that is one of the starting points. Then when we are open to all kinds of good influences, wisdom will come to our land; blessings will flow forth into our country. We will feel better and better because the people are united and in one heart to develop the country and also to bless the nation. In some countries, the policy is too restrictive and even wise people or good people can hardly enter. Because they fear criminals and so on, they also make restrictions on wise and good or saintly people. Then, even though our country is much developed materially, we hardly can keep it very long because we lack the blessing from God.

But I feel Singaporean people have this blessing. I know so many religious groups exist here and all religions grow together in harmony. Nothing is forbidden in this land as long as it is good, moral, clean, and uplifting for

the people at large. And this is truly a very wise system. I'm not coming here to praise you. I am just talking in general, maybe for the people of the whole world, that they should know how to make their countrymen happier; how to protect their land without having to use armed forces and spend much money on guns; how to be in harmony with the neighboring countries and all the countries of the world, not having to go into conflict with them by giving them freedom to come and go, but still at the same time, protecting their own country's interests and keeping order in the land. If every country were just like your country, then it would be nice. Our world would be nicer.

I hope one day Singapore will develop even into a higher value - better, more inner discipline and more virtuous, to enhance your already stable and high civilization standard, because we still have more to take from Heaven. We still have more to receive from God, or from the Almighty, from Heaven, from the Buddha power, from our own inner Resource, because our inner Self is connected with Heaven. That's why Lao Tzu said, "Ten thousand things are one." [Tao Te Ching] And if we reach that oneness, that greatness within us, then there is nothing we cannot do. We will have all kinds of miraculous powers. We will be able to solve all kinds of situations in life. We will be able to understand all kinds of religious scriptures without anyone having to preach to us. We will keep all kinds of virtuous disciplines without anyone having to impose them

on us. We will be loving with each other without anyone having to teach us to do so. We will have peace within our hearts, and then peace will radiate outside and help more to make peace on Earth.

Talking about miraculous power, I think you Singaporean people have already a lot of miraculous power - “Yi San Tao Hai.” You cut down the hill and put it in the sea. I think you have miraculous power. You cut the hills and leveled the sea. This is great power, which we call, “Yi San Tao Hai.” Move the mountains and level the sea. That’s great miracle power. I haven’t been able to do that. [Master & audience laugh.] And you move trees so big! Overnight you make the whole park green, for example. These are miraculous powers, but if we practice the Quan Yin Method, we will have even more than that.

I feel very much in sympathy with Singaporeans. You know why? It’s because of your miraculous power. I love a green environment, cleanliness, but natural; not that every tree is cut like a monk. All the leaves are cut off like a monk, and then the plant over there has to sit just there, and the other one has to be a little bit higher, the other one shorter. Too much order is also no good. But in Singapore, they plant trees that look like they have stood there for many hundreds of years, and look very natural. Clean, orderly but not artificial and that’s what I like. And you know why I like it? It is because we do the same in our meditation cen-

ters around the world. Where there are no trees, we will plant trees, and we plant big trees overnight, the same as you do. So we have miraculous power in common. [Master & audience laugh.] That's why I liked it when I heard about the Singaporean people, how they plant trees and they look after the trees. I feel I like it so much! I love it! And every month, I will give them an injection: "Take care of trees like people!" Really, you have a loving nature. That's why many Singaporeans say that when they go out, they appreciate the country more. They don't want to stay outside; they want to come back because the air is clean. The trees and all this greenery make the air fresh, absorb all the toxins and give fresh and nutritious air for the people. And even here you have a lot of high buildings but it doesn't feel oppressive because you planted trees in front. It looks just spread out and we don't feel very oppressed. It's very good.

Master's Midnight Stroll on the Beach

And also the security system is very tight, very good. Last night, I went to the beach about eleven or twelve o'clock. I know in the daytime there will be many people, and if I go out, people will look at me. I am very shy. Of course, when I have to see you, then I see you, but if I can avoid it sometimes, then I would feel better alone. I very much like to be alone, but God plays jokes on me. Since I was a child, I have loved to be alone, but God plays jokes

on me. Hes makes me do this job where I see thousands of people all the time, but never mind. If we can sacrifice anything at all for the good of other people, we have to do it, even if you can call that a sacrifice. For me it is, just because I have this obstinate nature - I want to be alone. For you, probably it's not worth to be called a sacrifice. It's just for me, my selfish person that it looks like a sacrifice. But never mind. I am happy to see you. Don't feel that I don't want to see you. It's not true! It's just that I love to be alone whenever possible. So even I love your beach and I love to have fresh air, but I chose midnight to go out. Then I just sat. I thought I would be left completely alone.

I have three guards, the three guys; one is driving, and the other two are just standing around, in case I have to protect them. [Laughter] They are supposed to protect me, but that is a good way of looking at it. I thought I would be alone because at midnight no one would be there. And I sat there, enjoying the ocean air and the expanse of the water. In fact, I wanted to swim because no one was there, and your ocean is so calm, no waves - just a little bit. I wanted so much to swim but I forgot to bring my suit. So I didn't, although I was very much tempted. If I were completely alone, I would have done it! But then there were two, three guys around. You know what it's like being a woman! [Master & audience laugh.] I didn't swim, and I sat there and meditated for a while. And then, boom, boom, boom — here come the policemen. They wanted to know

what we were doing there. They didn't believe that I'm the Master, and that the three guys are my guards. [Laughter] We had to answer their formal questions and all that. But still, I feel that they were just doing their duty. They worried that maybe something is happening to me that I am alone with the three guys, and they didn't look very handsome or maybe they didn't look very peaceful. [Laughter]

Some of my so-called disciples are very protective with me. They know it's very valuable for me to be alone sometimes — a very valuable time. I recuperate during the tour and hectic times when I am alone. They know the value, so they protect me very much. They even stopped the police car. They said, "You cannot come in here!" [Laughter] I was so scared! I was not scared of the police; I was scared that the police might misunderstand that we are some kind of gangsters or something that we dare try to stop the police car. [Laughter] I sat on the beach, and the police had a motorcycle, so they could drive up to where I was. But my guard stopped them and said, "You don't come near! You don't come near! You stop here. You turn off your car." And they were startled! They didn't know who were the police. The police were very surprised! They wondered just who are the police here. I was so afraid we might cause trouble, so I immediately stood up.

I was afraid they might cause trouble. I said, "Please don't stop them!" But I could not. I had no time then. It was

too late. I said, “Don’t stop them! Let them do what they want because we are only guests here.” But they became the hosts. That sometimes will cause trouble. I immediately stood up, and said, “We are leaving anyhow. We are just taking the fresh air. Please, it’s all right. Everything is all right.” So by the way, I learned that your system of security is also very, very good. Of course, we cannot avoid trouble sometimes, but even then, consider that it is a very good security system.

One good thing about this meditation system is that you can meditate anywhere, except when the police come and you have to answer to them why you are meditating here. [Laughter] It was too late; that’s why the police came. If I had come earlier, it wouldn’t have been that way, but I didn’t want to be among people. So actually, in this world, even though we have a good system, it’s also never good enough. If we want to be alone, then we will see the police, and if we see the police, also we are not alone. Anyhow, with this meditation, we can sit in the park to do it even with people around us. For you, no problem, but for me, just because most of the time I see people, I love to be alone, and therefore, I choose some of the lonely times.

If every day I have to sit in my room, the air-conditioned room, I feel, sometimes, it’s very lacking of some freedom. Therefore, I love to be in the natural air. But when I go around the world, it’s not possible to always be in natural

surroundings like in Formosa or in other meditation centers. But for ordinary people, if we study this meditation method, we can do it anytime, anywhere, even while standing waiting for the bus, or sitting on the bus, or sitting on the airplane, sitting in the office waiting for work, or anywhere while we have time. Five minutes even, or ten minutes, sometimes really gives us refreshing power and clearness of mind so that we can continue to solve the next question, next problem, or to serve in the next job, the next work.

The meditation method or the practitioners of meditation since ancient times were sometimes misunderstood. Some people would think meditators are just sitting in the Himalayas or in a cave somewhere or in a monastery and doing nothing. It's not necessarily so, especially for Singapore people. You have to take care of your land. And for everyone as well, we have duties to perform. I was in the Himalayas, it is correct, but I didn't stay there all the time. I didn't have to stay there. Also it was maybe my destiny that I should be there for a while, but you don't have the same destiny like me. So, you can sit anywhere: at your home, at your office, on the train, on the bus, if you want to get in touch with your inner greatest power, which we call "the Kingdom of God within" or the "Buddha nature," inside each sentient being.

We have heard so much about the inner Kingdom of God - the Almighty power, the God that lives within you,

or the Buddha that is in your heart, but we don't experience It. Therefore, if we practice the Quan Yin Method, get the initiation, then we will realize that the Kingdom of God is truly within us; the God-Father, the Father, is really within ourselves; that the Buddha nature, really we possess. That is the purpose of studying the Quan Yin Method. And this kind of experience, we can almost immediately know at the time of initiation. That's why we call it "immediate enlightenment." We get some taste of this Kingdom of God or the power of God or the Buddha nature. Each day we practice, we get more and more, and then finally, we will become one with God. We and God are one. *I and my Father are one.* [John 10:30] We will see that all sentient beings are truly Buddha, truly have Buddha nature, whether they discover it or not yet discover it.

I think because you are so many in number, I will be short in my speech and let you have time for questions so that I can be leisurely answering you, and you can be leisurely listening to your own queries. Thank you for your attention. [Applause] By the way, it is good that you Singaporean people all know English. It is very international and very useful for business or any kind of transactions. I like that! I think many countries should learn the same; choose one language to be international and your own language also at the same time. Like this, there would be less wars in the world. We can communicate with each other better.

Questions & Answers

Q: Master, is the Quan Yin Method of meditation similar to that of kundalini yoga or raja yoga?

M: It is different. It is different because with the Quan Yin Method, we will teach you how to get in touch with your own Nature, and the highest one, instead of relying on a lower power and then developing further up like in the kundalini system.

Q: Master, must one have a living guru?

M: Yes, sure, you must have a living teacher to learn English or anything else. It's the same if you want access to the Kingdom within. You have to find someone who also has access to the Kingdom within and who has experience in this direction to guide you. We need a living Master, a living wife, a living husband; everything must be living because we are living. [Master & audience laugh.]

Q: I heard from a video speech that spiritual power is better than money power. Kindly let me understand what spiritual power is and how I can gain or achieve it.

M: Spiritual power is the same as God power, Christ power, or the Kingdom of God within, or the Buddha nature within. If we have someone who already knows how to get in touch with that and we learn with that person, then we immediately know how. At the time of initiation, I will show you how and you will know it immediately. It's very easy, very easy because we already have it. For example, I have my fan here. Is it easy for me to take it? If I have eyes, I see where it is and I take it. It's the same if we open your wisdom eye, you will know where your spiritual power lies and then you will know it. Like this. [Master waves a fan.] [Applause]

Q: Master, what is immediate enlightenment? Can You kindly elaborate on the Quan Yin Meditation?

M: It is that we can contemplate on our own Nature. Our own Nature is without form, without sound, but it is the inner form and the inner sound that are invisible to the eyes and inaudible to the ears. When we get initiation, we get in touch with that inner power; then we may see our own true Self, which is manifested as great light and heavenly sound like music, but you cannot hear it with the ears and you cannot see it with the eyes.

It's similar to what Jesus said in the Bible, *Seeing you see but you do not perceive. Hearing you hear but you*

do not understand. [Matt 13:14] And Lao Tzu also said that the Tao cannot be touched and you cannot get hold of It. You don't have to use the eyes but you can see It; you don't have to use the ears, but you can hear It. [Tao Te Ching: 14] It is the same in the Buddhist scriptures which also mention that when you open your inner wisdom, you can hear all kinds of heavenly sounds inside and you can see all kinds of light, all kinds of Buddha's Lands inside. Most of the great religions of the world mention the same thing. We have to experience this inner essence of religion, not just study the experiences of the people from the past.

Attaining Peace of Mind Through the Quan Yin Method

Q: Could You please help me or teach me how to have more peace of mind, to forget and remove my miseries and painful personal sufferings? I am now trying to practice Buddhism but get frustrated because I am unable to achieve peace because of all these disturbances.

M: We cannot get peace of mind unless we get in touch with the Source of peacefulness inside us. Peace, you have within you, and if you look outside, you can never find it. It doesn't matter how great the temple, how big the church, if you cannot get in touch with your own church and your temple inside also, then the outer church and

temple cannot help you much. They can, maybe to a little degree, help to calm you for the time being, but then you have to get in touch with your super-power inside, your super-peacefulness inside, in order to draw the eternal peace from that. That is everlasting. If we look outside, everything is ephemeral, even the body, even the church, even the temple, even the Bible. They are all ephemeral. We have to look within for the Kingdom of God inside and for the Buddha nature inside.

We have to do what our prophets have told us. Just like Jesus said, *Seek ye first the Kingdom of God, and all these things shall be added unto you.* [Matt 6:33] Or the Buddha said, *I have come to teach you to be a Buddha because all beings have Buddha within.* He did not tell you anything else, but just to look inside and find it. Then you will have peace, you will have intelligence, and you will have satisfaction without even having to have anything of this world. That's why many sages of old have forsaken their kingdoms, they have forsaken their wealth, they have forsaken their whole nation — just because they are satisfied inside, like Shakyamuni Buddha, like Jesus Christ, like Lao Tzu, who was offered so many positions but he never wanted them. They didn't need anything of this world because they had arrived at the depth of peacefulness; they had peace within. They were satisfied with everything. Similarly, you have to do like that in order to call yourself a true Buddhist, a true Christian, or a true Hindu, or whatever

religion that you so much love to follow and believe.

Q: Master, since we have many bad karmas, is it possible to be enlightened in this life or immediately? How do we know if we are enlightened already?

M: If you don't know, that means you are not enlightened. [Master & audience laugh.]

And no one has so bad karma as not to be able to know his Self, because the Self is “karma-less”. There is no one who has karma at all; everything is illusion. So please come to the Truth and forget the illusion. But even if I tell you so, it's difficult for you to do. You don't know the Truth, so you cannot forsake illusion. First you have to know the Truth, get enlightenment, and then the darkness will automatically leave you. The illusion, the so-called karma, the burdens of this cheating, will leave you. It's just like when you turn on the light, it doesn't matter how many days it is dark in here, how many years it's dark in here, when you turn on the light even once, all darkness will disappear completely. Actually karma is only illusionary but you don't know it until you switch on the light and all illusions will depart.

Q: Master, may I know if God and Buddha are of the same status in this universe?

M: You still ask this question by now? Okay, for your information, I think both of them never have any competition about their position in the universe. [Master & audience laugh.] They are both very satisfied with each other. Whether they are two or one, they would not care.

Q: Master, can You talk about Amitabha's Western Paradise? Is it actually the Kingdom of God that is Heaven?

M: Yes, it's one of the heavens, one of the mansions in the Kingdom of God. On Amitabha Buddha's Land, you can get information from Shakyamuni Buddha. He has spoken about it and people have printed it in a book that is called the "Amitabha Buddha Sutra." You may get it in any temple. But for your information, I would suggest that it is better if you see it yourself because this is only a kind of menu, no food. You can read the menu but you can never taste the food.

In our Quan Yin Method of immediate enlightenment, we offer you the food and you may see the Amitabha Buddha Land one day yourself. You may see it at the time of initiation or you may see it some other time, according to your sincerity and level of consciousness. Some of our disciples have seen Amitabha Buddha's Land exactly the way Shakyamuni Buddha described, and they are very happy. Sometimes they drive cars and they see it also. After you practice meditation for a long time, you become automatically tuned in with the inner Kingdom or with the inner

Buddha nature and then you don't have to sit quietly in order to see. That's why people say, "See Heaven on Earth," or "The Buddha's Land is in front of you or in any corner." Sometimes the Zen people speak like that. It is true. The Land exists, and there are more, much more wonderful lands, even more wonderful than Amitabha Buddha's Land. I invite you to join our group and see it for yourself.

Q: Dear Master, how do I request urgent spiritual aid, help, protection, grace, love, mercy from You, Master Ching Hai?

M: Whenever you need it, then you request inside you. If the request comes, it must be spontaneous and sincere, and then you will be granted it. I will ask God to help you immediately. I, myself, don't have any power, but I will ask God to help you. Hes granted me that any request from me, Hes will grant, so I will give it to you. Second hand is better than nothing. [Master & audience laugh.]

That's why I have invited you to come and meditate. Join in the initiation, have meditation practice, get in touch directly with Hirm and ask Hirm, and you don't have to go through me, the third-person-agent. It's better to know your own power and bless yourself and do everything in the blessing of your Self, of your God-self, of the Kingdom of God within you, and then you don't have to even rely on

me. Whether you believe me or not, I am exactly the same as you. It's just that you don't know how to use your power, so you become like a beggar. If you know it, you are just like God because you and God are one; at least you are the children of God. You are entitled to have most of God's power, at least. Why don't you claim it?

Q: Dearest Master Ching Hai, I am fourteen years old. I am a student and my mother is an initiate. I'm really looking forward to getting initiation from Master. Will Master allow me to get initiation?

M: Sure, welcome. From twelve years old, if you have your parents' approval, you may get initiation completely. From six years old, if you have your parents' approval and you have parents who are also initiated, then you may also get initiation — 50 percent.

Q: Master, what is Buddha nature?

M: The Buddha nature is this. [Master waves a fan] You see it? You see Buddha nature? No? The Buddha nature is the one that makes you sit here and listen to me. The Buddha nature is the one who makes you eat when you're hungry. The Buddha nature is the one who makes you love one person and not the other. The Buddha nature is the one

who seeks enlightenment. The Buddha nature is the one that seeks the Buddha nature itself. It's very confusing but that's the best I can explain to you. [Applause]

Q: Master, does the Quan Yin Method involve chi as in chi kung?

M: No, it doesn't involve chi but then all of your chi will open.

Q: Master, can You please teach me how to meditate correctly?

M: The meditation itself is a part of the whole process of self-improvement or wisdom-opening or wisdom-rediscovery. And then accompanying meditation, we should have moral discipline and we should have a high ideal for life; therefore, meditation alone is not very sufficient. I would suggest that you also keep to a very good standard of ethical living; like you try to avoid harming sentient beings, you try to avoid too much meat and liquor which dull your intelligence and your higher power of spirituality; also, you should try many other virtuous deeds. Then when you meditate you should concentrate on the inner wisdom or on Amitabha Buddha, Jesus, Mohammed, or whomever you worship and believe the most.

But those are just general guidelines. When we initiate people, we teach more deeply and in more detail and then you will know how to meditate better. And also I will look after you daily until you fully grow up and develop yourself. Sometimes just to teach you to meditate at random and later if you lose touch, you may feel a little bit confused and it might not be very good for you. If you truly want to learn some kind of convenient method without having to be fully vegan or fully initiated, you may get in touch with our practitioners in Singapore. And like this, we are in touch with you in case you have more questions in the future, or you develop some more intelligence or some other questions, then we have to take care of you. Getting initiation is the best, and then I can look after you, inside and outside. It's safer. [Applause]

Q: How do we achieve power through meditation?

M: After you meditate, you will achieve the power. It's not a question of how. It will come automatically because the super-power, the Supreme Master power inside, already exists. We just kind of dig into it, rediscover it, and use it partially or wholly according to our need and position in life.

Q: You mentioned that the Buddha nature and the Kingdom of God are all within us. Are there an external God and an internal God?

M: No! No, no, no. Yes and no. The external Gods are the ones who sit in front of me, and the internal God is the one you find within each one of you. But actually, the external Gods and the internal God are one, the same. The internal God makes the external God. Hes just maybe multiplied so that the internal God can see the outer God, just maybe for fun. Actually it is the same, only one.

Q: Dear Master, I am a Convenient Method meditation member. During meditation, once I saw a bright yellow light and another time I saw a bright white light. Can you please explain these?

M: What else can I explain? If you saw the light, that means you saw your own Nature. Even if I just teach you the Convenient Method, meaning not the complete initiation, you still have the taste of the Kingdom of God within. The more we see the light, the more intelligent we become, and the more loving we will be. That is the result of meditation. Not that we see the light or not that we hear the sound that it is good. It is good because of the result of it. Just like when the food is tasty, it is fine, but then our bodies also derive nourishment from it. That is the best part of eating food — that we have nourishment apart from good

taste. Similarly, the inner food, if we taste it, it not only uplifts our spirit, makes us feel happy and charged with energetic power, but also opens our inner wisdom. It makes us see things in a better light, makes us endure hardships in a better way, and we can solve problems in a quicker way and in a better light. We understand everything better than before, and we become more loving and tolerant with other people.

Q: Dear Master, is it true that it is easier to meditate in the U.S.A.? Some authors claim that the energy is higher there? [Master & audience laugh.]

M: Why do you look down upon the Singapore people after I have praised you so much? [Applause]

This is a problem of complexity. That's the problem with looking outside and not looking inside. If you look inside, the Buddha is here right now. The Buddha's Land is in you, and in Singapore, also in America, also anywhere, even in your toilet, excuse me. Yes, some of our disciples, sometimes they have to do their duty as citizens and they have to go into the army. In the army they have to sleep all together, and sometimes it's noisy and there's smoking, and they cannot be quiet to meditate, so they go into the toilet, lock themselves in there, and meditate for a while. They see everything they want to see, Buddhas and all. Buddhas nev-

er feel that they should not come into the bathroom. [Master and audience laugh.] Only we discriminate. Singapore is all right. I would like to stay here. Don't dream about another land. Singapore is the best land for you. [Applause]

Q: Dear Master, one day when I was walking up the stairs to my room, I suddenly wanted to cry. When I reached the room, there were tears in my eyes. Why? I'm sorry if you think I'm silly, but there is something inside me which I don't understand; there's a force.

M: And they want a silly answer. [Master & audience laugh.] If you don't know why you cry, how should I know? Never mind! We don't need to know every silly thing. If you cry, have a good cry. If you want to laugh, have a good laugh and forget about it.

Q: What happens during meditation and what do you hear and see?

M: It depends on your level of consciousness. If you are in the elementary level, you probably will hear some different sounds and see a little bit dimmer light or see some different scenery, etc. If you are on a higher level, you will hear different sounds, higher pitched or more beautiful, more selective, more exquisite, more exclusive. You will

see a brighter light or higher civilizations in the universe, a higher plane of existence.

There are many levels, could be up to many long levels, but we will bring you up to the fifth level and then there you will be on your feet. You will become Buddha, all-knowing, all-pervading, omnipotent, omnipresent. Then we will leave you, and you will study further yourself. There is more to explore in the universe.

Q: What is the highest nature? Is it a state of being or feeling?

M: Actually, human language is not adequate to describe the highest nature of ourselves. The best way is to know it ourselves, but then at that time, we don't know anything. First we don't know anything and then we have to learn to become enlightened, and later on we know everything, but it seems like we don't know anything. So now if you tell me to explain the highest state of the universe, I am speechless. I just know it, but I cannot explain it to you, so please excuse me very much.

Q: Is the Quan Yin Method the same as Zen?

M: It used to be the same as Zen, but nowadays

most of the Zen is not like the olden Zen; therefore, I can say yes and also no. “Yes” before in ancient times, “no” in modern times.

Q: Master, what does one experience after death?

M: Oh, you can’t wait? I don’t know yet. After I die, maybe I will come and tell you if I have a chance. Please give me your address and telephone number in case. [Master & audience laugh.]

Q: Master, are UFOs true? Who are these people?

M: UFOs are true. The people who belong to UFOs are those people who are from other planets. Some of them are more civilized than ours are; some are also peopled like our Earth. Some of them are more invisible to the human eye, but they are very civilized. They are more technically civilized so they can invent many machines and many flying objects, which our Earth has not yet been capable of making. That is all. They are true. There are numerous planets in the universe. We can explore them when we come inside.

Q: Master, is the method of meditation the same one as practiced by the Quan Yin Bodhisattva in the Surangama Sutra spoken by Shakyamuni Buddha?

M: Yes, exactly the same.

Q: Can You please explain the process of initiation?

M: There is nothing actually to explain because when I transmit to you the so-called initiation, I don't speak at all. We will sit in silence and perceive the Tao. But before that, some of my disciples will explain to you the way to keep the guidelines so that it will be better for you in some way, how to sit so that you will be more comfortable, and where to concentrate so that your thoughts will not stray, etc. But I cannot explain it here.

Q: I am a follower of Mahikari and I have been a vegan for eight years. I like meditation. Can I be initiated?

M: Sure, welcome, please.

Q: Master, how do you get to know your inner Self and how do we reach that Supreme power?

M: Through initiation and sincerity. I will show you how because I know the way.

Q: Is our present life related to our past life?

M: Don't you think so? Is your today related to yesterday? Yes, sure, it's the same. Our present life is related to our past life.

Q: I was a sailor. Once Jesus came to my side in order to solve the problems on board the ship. I was so truly happy that for three days I went without food or sleep; I only drank water. But that happiness is fading day by day since five years ago. How can I get that happiness back?

M: Get initiation! You will see Him again. [Applause]

Inner Food Nourishes Body and Soul

Q: Master, if one day we see the Western Paradise through the Quan Yin Method, how do we know it is not just an illusion due to our wish to see it?

M: Visions, of course, are of two kinds: illusion and Truth. If you see hallucinations or illusions, you will feel very tired and exhausted afterward. You don't feel fulfilled or any enjoyment. But like the sailor just mentioned, he saw

Jesus truly appear to him; therefore, he was happy for three days. He didn't even need food, but that is a short-lived experience. If we practice meditation according to the instructions of an experienced teacher, we will preserve this every day — maybe less, maybe more, but somehow you preserve some part of this joyfulness in life. Then you can do everything in this joyful mood. That's why we have to *Seek ye first the Kingdom of God, and all these things shall be added unto you.* [Matt 6:33]

We have to see face to face with Jesus; we have to see God face to face. We have to know our own Kingdom and then we will be always joyful. We will offer service without any complaints, and we will be more intelligent, more efficient, more loving in every way. Our lives will be completely fulfilled, without material possessions, even. It's truly like that. Because you're happy, you don't need them. I can tell by my own experience that even though I have a lot of work and my physical body is not very strong, (I'm smaller than most of you and lighter, even) I can work a lot and am happy. Even though I have pressure from the karma of the different people and different mentalities and demands, but still, inside, I am very stable and happy. And you don't need much food; therefore, the more you practice, the more economical it is. I ate only once today, and even that made me feel tired. But I have to put some fuel into this car so that it runs. After I ate, I just felt so tired - same with you.

Therefore, the inner food is very good for you. You can eat once or twice a day, completely enough and you work very hard but you don't feel so tired. I'm only tired when I eat the food. After I eat the food, I feel tired. Even only once today, but I feel tired afterwards. I had to rest from eating. From eating, not from working, mind you. And I ate very little then, for the whole day, for twenty-four hours. I can understand the sailor who said that he didn't eat for three days. That is true.

Just like when Confucius heard the music, (they say music, but it must have been the inner heavenly music because in Lao Tzu, Chuang Tzu and Con Tzu, they often mention the heavenly music), when he heard that, he didn't know the taste of food for three months. That's what it is: three days, three months, or three weeks; it's according to the strength of the samadhi, of the joy that we receive from Heaven. It's according to our inner discipline and our outer discipline that we can keep that state of mind for a very long time or short time. That's why when we teach our fellow practitioners the Quan Yin Method, we teach them also moral discipline and also how to protect themselves every day from the so-called influences of this world, of the non-practitioners, and also how to keep our inner happiness, to make it last longer.

But then you don't even need to keep it because if you meditate today, you get it. You get joyful today, and if

you meditate tomorrow, you get it again. It's just adding more and more all the time. It's just like when you earn so much money and you don't know how to spend it. You will leak it out into the worldly environment and help uplift the consciousness of the whole world and then the whole universe also. We are all linked together in the universe; therefore, many other planetary people came to our world in UFOs in order to try maybe to connect with us so that we can develop together. If our Earth is underdeveloped, it affects also other planets. We cannot work together; we cannot cooperate. It's just like in Singapore. If the citizens of Singapore do not cooperate with the government in the higher positions, then also it's difficult for the government to work. [Applause]

Q: I practice spiritual healing as an act of mercy for the salvation of beings. Must I refrain from getting initiated?

M: No, you don't need to, but then you waste all your energy on healing; therefore, your meditational practice might not improve very fast. Whatever we do with the ego will sap our inner strength because we do it with the limited resource of power. When we study the Quan Yin Method, we have to learn to rely on the greatest power, which heals without healing, which does without doing. Therefore, you should maybe refrain whenever not nec-

essary from doing this kind of healing so that the people who come to you have to look inside themselves, to look for their own great power to heal themselves. You also will develop this great power and later you will heal without healing; you will heal without knowing, even.

In many cases of my disciples all over the world, for example, they see me come and heal them or help them. There are many cases like that, but I don't know about it. I cannot be proud because I'm not doing it personally, individually or intentionally, in order to heal someone. But we will heal the whole world. Whoever has affinity with us and sincerely prays to us, we heal them without healing; we know we do things without doing. At that time, you are not entangled in the karmic patterns of the lower universe. You will not be in any trouble, but your help extends to the whole world without you feeling proud, without feeding your lousy ego.

And we help more numbers of people instead of one by one, two by two, exhausting our resources. That is why I say, better to refrain from so-called "spiritual healing." I don't say refrain from healing, but I just tell you to heal in a higher level, with a vaster power that can heal at the same time thousands of people, not only one or two or three. It's up to you. You can come for initiation, but I suggest this way.

Q: Master, please help me. I find no meaning in life. Can You please let me see You in my dreams?

M: [Master & audience laugh.] What happens if that day you don't dream, or that you dream and you forget all about it? It happens. It happens that we dream and when we wake up, we just remember that we had a dream, but we don't know what the dream was. And then you will blame me that I did not come. How can I argue with you? [Master & audience laugh.]

It is not the best way to see the Master in a dream. If you see it, it's good for you. But you might not even remember it. The best way to see your own Master is that you, yourself, become a Master, and Master of your own house, Master of the whole world and the whole universe, Master in discipline, in wisdom, in loving kindness. No need to see me. I and you are one. [Applause]

Q: How can we enlighten a selfish person?

M: I don't know who is selfish. What is the definition of a selfish person? I don't know who is selfish - maybe me. I love to be alone all the time; therefore, sometimes it feels very difficult to come and lecture here and there. My disciples ask me a year ago even, or half a year, or sometimes two or three years before I come to see them. So, I think I'm the most selfish person in the world. And don't

blame yourself for anything else.

Selfish person — how can it be? We cannot be selfish because more or less you work for the world. It doesn't matter what you do; you are working for the whole world. There is no selfish person in this world. Even if he doesn't love anyone, he loves a dog or cat or he loves himself. His self is the whole universal Self — the whole Buddha-system, the Kingdom of God. How can you say a person who loves himself is selfish?

Q: In a boy-girl relationship, we may give a lot of love toward the other, but it can turn to hatred. Why is this so?

M: It is because we always look outside, and don't look inside. If we all look inward and find our loving kindness, the eternal Source, then we can never hate anyone. We can only love. The love without possessiveness, the love without knowing that we even love, without feeling proud that I have loving kindness in my heart. Without having to practice loving kindness, we will just have it. Just like Buddha, Jesus or the great Masters of old, they loved without knowing even that they have love. Then you can never hate anyone because you will see that each one is yourself. All are one. Ten thousand things are one. You will see that and feel it in your heart - no more separation; therefore, hatred

cannot breed itself in that circumstance.

Q: If a person, after initiation, doesn't practice diligently, will he lose the enlightenment he got from Master? If he continues again, will he regain the enlightenment that Master gave to him?

M: Yes, but it will take a little bit more effort and longer time after you fall down. After you fall down, it's harder to climb up, but I would not bar anyone from that. You always have to try again. Whenever we fail, in any kind of situation or any circumstance, we have to rise up and try it again until we succeed.

Q: Master, can this meditation cure our illness?

M: I cannot promise you, but in many cases it does. But if you look forward for initiation because of your illness, then it is not very ideal. You should look forward to the freedom from all illnesses, all the time, in all ages to come. That's the best way - the everlasting health, not only temporary relief of your physical condition, but the eternal blessing, happiness for your soul. That's the best way to come for initiation.

Q: Is meditation necessary before initiation? How

will initiation help me in my everyday life?

M: Meditation and experience about meditational practice are not required. If you have it, it's okay. If you don't have it, it's okay. You might have to start all over again because you didn't meditate in the right way anyhow. We start to help you from A, B, C.

And after your initiation, you will see miracles every day. It helps you in all aspects in your life. Whether you work better or you take better care of your family, you're more loving toward your family members, more loving toward yourself, more self-confident, everything, one thousand and millions of things. I cannot tell you all. You have to experience it. It helps you; otherwise, what is the good of meditation and suffering every day waiting for Heaven? We have to bring Heaven to Earth by meditational practice. We enjoy some part of Heaven here, and then when we quit this Earth, we will enjoy even more.

Q: Apart from being vegan, must we also try not to use leather products?

M: Now, I will not forbid that. We are not so fanatic; if you have them, use them. If you don't feel like using them because it will remind you of the suffering of the animal, that's fine. After you practice for some time, you will feel the atmosphere of the things that you use. Even though

it became dead matter, it will remind you of some suffering of the animal and out of compassion or peace of your own mind, you will not like to use it anymore. But that is up to you, because actually animals were not killed for these skins or the shoes that you wear. They are killed for meat and the skins and horns and all these things are left over. It is not that we intentionally kill the animals for these, so you may use them. But some people don't like it. [Applause]

Q: I have never been a religious man, but after reading Your books, I am deeply drawn to Your teachings. Can You please explain why?

M: It is because what I say in the book is the same as what you think. It agrees with your inner wisdom and your own Self; therefore, you like it. That means I teach the Truth, which you accept. [Applause]

Q: Does everyone who is initiated get enlightenment?

M: Yes. [Applause]

Q: If man and God are one, can man reach the level

of God through meditation?

M: Yes. [Applause]

All Religious Scriptures Advocate a Vegan Diet

Q: Compassion has been taught in every religion; therefore, the practice of vegan-ism seems to be a rightful prerequisite. Suppose a religion does not expound on such a practice, do we still consider it to be a good religion?

M: Every religion expounds on this subject. It's just that we do not understand and we overlook it. For example, in the Bible, I have told you many times, God said, *Do not kill all these bullocks, lambs, and he-goats to make offering to me. You have to repent your sins because your hands are full of innocent blood; otherwise, I will never listen to you when you pray to me, and when you look upon me, I will turn my head away.* [Isa. 1:11-15] That is advocating vegan eating, no? [Audience: Yes]

Also, it is said, in the first chapter of the Old Testament, that God made all living beings and food for them and God made human beings to rule over animals. And the animals will be friends of human beings, but Hes didn't say, "You eat them." Hes said, *I made all the fruit in the field, which is beautiful to the eyes and delicious to the taste, and all the herbs in the field. These shall be your food.* [Gen.

1:29] Hes didn't include animals in the diet so don't blame God or religions for non-vegan food. Blame our own misunderstanding. Every religion, even the Koran, Buddhist scriptures, Hindu scriptures, Christian — every scripture advocates a vegan diet, never anything else! You go home and study deeper into your own religious scriptures and then answer your own question. Study deep; look in every page.

Q: I practice meditation. Sometimes I see hills or mountains and I ride around the hills. Can you please explain?

M: Why do I have to explain? When you see a beautiful girl, do you ask me to explain? [Master & audience laugh.] That is what you call enlightenment without enlightening, knowing without knowing.

Q: Is there a law of karma in the universe?

M: No, nothing. No karma at all, but just our own mind that misunderstands and deceives us. And our own judgment makes things look like karmic burdens, otherwise, nothing —only love, compassion, light, and Heaven.

Q: The world seems to be repeating its mistakes of making people suffer. What advice could You offer?

M: Enlightenment! Get initiation, practice the Quan Yin Method, keep the guidelines, eat vegan — if that's worth any of your attention.

Q: One of Your disciples related her experience before Your talk. Don't You think it is just imagination or a dream she had?

M: Can you imagine like that every day, with your imagination? It is not true that you just imagine and then you have everything. Even if that is imagination, it's a good one. Try to imagine like that every day and then you will be in Heaven. [Master & audience laugh.]

No, there is a difference between hallucinations and the Truth. Hallucination is when you lack oxygen, or you take drugs or things like that. And this hallucination or vision makes you suffer more later, but the true vision of God, or of Buddha's Land, or your own inner Self, will rejuvenate you and make you better, elevated, more intelligent, happier, younger, more enthusiastic, more energetic. And it lasts very long, sometimes three days, sometimes one week, three months, or one year, and then it continues. It brings you more youth, wisdom, and happiness every day. That is the true vision.

Q: I'm a Taoist. I pray to Tu Di Gong [local deity, Earth god] and other small gods. If I get initiated, will there be a clash with my religion?

M: No, I will only teach you how to see the Tao in the right perspective, and you will become a better Taoist. After you can hear the sound that doesn't need the ears to hear, after you see the Tao that doesn't need the eyes to see, you will become a better Taoist, and the small gods will pray to you. [Laughter & applause.]

Yes, it's true. When I was in a Taoist temple, some of my disciples saw that your Taoist god came and bowed to me. Someone asked if I feel very proud about it? No, this is just to let you know you will become a living Tao Master instead of bowing and worshiping the dead or small gods, as you have called them.

Q: Many prophets are saying that we are entering a new age. What and when is this new age?

M: When is this new age? Now! When you get initiation, you enter into the Golden Age. [Applause]

Q: Why do religious people want to fight against each other, killing innocent men, to honor their God? Is

there such a thing as a devil?

M: It is just because they misunderstand the message of their Messiahs, of their Masters, who have already passed away. They need a living Master to clarify all their misunderstandings about what is in their religious scriptures. They need a living Master to put them in touch with their own God inside, so that they will know that they are God, all are Gods, everyone is God. There is only one God. And then they will not kill each other anymore. So that is your duty. You should get in touch with your own God, and then spread this message to other people. Help them to understand also their own God nature, and therefore stop the fighting and killing.

Q: Can You please explain why one has the ability to see auras and is it a sin to do so?

M: No, it's not a sin. It is just that you are gifted with some degree of heavenly vision that you can see people's auras, but that is not the highest degree. That's all. Perhaps you have been in touch with some Master who blessed you with a gift of heavenly vision that you can see things that other people cannot see. Perhaps you have been a good meditation practitioner in your last life; therefore, some left over power is still there. It's not a sin.

Q: What is a mantra? Is it the same as Quan Yin meditation?

M: No. A mantra is part of, maybe, Quan Yin meditation of the ancient times. For example, “Om Mani Padme Hum,” is the most popular mantra. When you meditate in the Quan Yin Method, you may hear it inside. Perhaps your Master teaches you that in some specific level so that your wisdom will open until that level. But then when you pass above this, you have other, different so-called mantras, or you don’t probably need a mantra anymore. So, you can call it a part of the Quan Yin enlightenment result, not like the Quan Yin Method — a very small part of it, a very, very, tiny, sometime no-need-to-mention, part of it.

Q: How can we get rid of war and reach eternal peace?

M: Practice the Quan Yin Method. We must reach our inner peace first, and then we can bring peace upon Earth. Otherwise, we will still struggle, still have “I” and “you,” still have the ego, still be concerned about fame and position, hence, causing wars.

Q: It is said that people have soul and spirit. How does it relate to our life?

M: It relates. Without the soul and spirit, you can't live.

Q: Is it a universal law that there must a guide for us to attain full enlightenment? Is it impossible for us to reach it by self-cultivation?

M: It is too difficult because you don't know the way. You don't know where to go. Of course, with a guide who knows the way you can walk faster. Our life is so ephemeral and short. You grope in all directions. How can you find the way in time? Sometimes you go in a wrong direction, fall into a deep hole, and hurt yourself.

Q: Master, is fate predestined?

M: It is predestined, but it can be changed somewhat. If we practice the Quan Yin Method, we are enlightened and we will be able to see how it can be corrected. Hence, we can change it a little bit, and thus we can improve our life somewhat.

Q: Why can't God prevent wars?

M: Why should Hes interfere with our game? Wars

are caused by us human beings. As long as we don't realize that others and all creatures are ourselves, we will still have wars. Until we are bored, we are hurt, or others are hurt, we will not get enlightened. Eventually we will long, from inside, to search for the Truth. We will understand that wars are useless. We should have peace. We should love others as we love ourselves. This is our lesson. So, God lets us learn this lesson. He does not prevent wars. He could terminate wars, but that will not do us any good because then we would not learn our lesson. We should prevent wars by ourselves. We should get together and end all wars. Only then will we truly understand what true eternal peace is.

Q: You have so many disciples; is there anyone who is already fully awakened? Is there any disciple who is enlightened?

M: Every one of them is enlightened. They attain enlightenment at the time of initiation, and have greater and greater enlightenment day by day. They realize their greatness daily. One can get enlightenment right away; that is why we say "immediate enlightenment."

Q: I am a follower of Buddha. How can I stand in the middle way between good and evil?

M: After enlightenment, you can stand anywhere!

Q: Master, will the past five generations truly be saved and lifted to a better realm if we practice the Quan Yin Method?

M: It's true. Not only five generations, but many more! [Applause] Even your friends and relatives will all benefit.

Q: Will one get possessed while meditating?

M: It might happen if you grope by yourself in all directions or in a wrong direction. If you are guided by a competent Teacher, you will be all right.

Q: Does spiritual practice mean escaping from reality?

M: Nonsense. I work very hard to earn the air-ticket to come here to talk with you, and you are saying I escape from reality! Besides, my disciples work very hard to earn their living to be able to afford this venue for your sake. We don't even ask a penny from you, so what on earth are we escaping from?

After we practice, we can serve the public and the country better. I have told you already about the trees that are so beautifully planted by your government, but my disciples did not appreciate them before. Only after enlightenment did they start to appreciate the effort by the government. Even in such a little thing, if we do not have real contact with our inner wisdom, sometimes we would ignore it easily. We do not escape from reality, but we do become a better person and a better citizen.

Back to the Golden Era

Spoken by The Supreme Master Ching Hai

March 9, 1993

Singapore Conference Hall

Shenton Way, Singapore

(Originally in English)

We have many prejudices, many so-called preconceived ideas: about life, about enlightenment, about religion, about how we should lead our lives, about how religious people should be, about how an enlightened Master should lead his or her life, about how she or he should dress, eat, and even speak. I had, also, many preconceived ideas before, and after enlightenment as well. Before, of course more, but after a little bit of enlightenment, it was less and it will become less and less each day. God made me more humble each day until I had no more of my own ideas left, except God's idea, and now I have to do absolutely what He wants. Just like you, I had to learn by mistakes.

Some people asked me, "Why do You wear such beautiful clothes? You're supposed to be a practitioner, You should wear rag clothes," — or something like that. I used to think that way — that an enlightened person should just wear some kind of rag clothes. At that time, before enlight-

enment, I criticized some of the enlightened people who wore nice clothes. So now God has punished me by saying, “You must wear beautiful clothes.” So you know what it is. And by the way, I don’t like the red color at all. I never liked it before, but today He made me wear it in spite of my protest.

But anyhow, since long ago, I have learned to give up protesting because I know it’s no use. Sooner or later God will have His own will, and will make you do it whether you like it or not. You will do it today, or you will do it tomorrow. The sooner you get over with it, the better. That’s all. It’s just like you owe a debt to someone and then whether you pay it today or you pay it tomorrow, you will have to pay it. Maybe you pay it faster with less interest, but if you delay your payment, you have to pay more due to the interest rate. Since then I have learned to be more humble and obedient to the will of Heaven.

And sometimes in doing so, I have also some misunderstanding from the people, but I cannot do anything else except to go through this. What I like or don’t like doesn’t matter anymore, and whether I have a good reputation or a bad reputation, I can no longer choose. In that case, you might ask me, “Well, we thought after enlightenment, we become free, that we could do what we want and very freely decide what we do in our lives?” Yes, we are free, very much free, because we don’t take any more responsibility

upon our shoulders. Everything is arranged by Providence, and we absolutely have no fear of doing whatever is arranged for us to do. In that way, we are absolutely free. We know the will of Providence; we know the plan of the Universe, and we can go along with it smoothly without any hindrance, without any hard feeling or protest in our hearts.

Why We Cannot Achieve Perfection in Our Work

Before that, we also did the will of Providence, but we didn't know it. We protested a great deal and we delayed our duty and action because we thought it would be better tomorrow. It would be better to do "that" instead of "this," because what we are supposed to do, we don't like. We thought if we did it the other way, it would be better because it was more suitable to our habitual thinking or preconceived ideas. After a great deal of trouble and lessons, we will have to surrender at last to the will of the Most High — call It the Buddha nature, the Almighty, God, or whatever name that you see fit to worship as the Most High.

Sometimes we think we are the "doer" in this world, and therefore we take all the burdens upon our shoulders. That's why we get exhausted. We get tired, and then we get nothing done sometimes. If we get enlightenment, we

will know how to use the greatest power, which is already provided within us, from which we came and also to which we will return, and in which we live our lives. Then we will have less confusion, less and less each day, until no more confusion is left in our hearts except to do the will of the Almighty. Jesus Christ also mentioned that, *I do, but not I, it is the Father in me who does it.* [John 14:10] And Hinduism always mentions “Not I, but Thou.”

Every religion mentions the same thing. I don't want to demonstrate my knowledge of different religions; therefore, I have mentioned just a few. Please forgive me if I have not mentioned your religion — like Sikhism, Islam, Buddhism, or Taoism. I have studied all of them with reverence and sincerity since my childhood, and I can say I understand most of the famous religions. That's why I know that all religions point to the same Truth, which is within us. They point to the same Supreme Master power, which we possess. The only difference is that sometimes we forget to look to this Supreme Master power inside, and instead we worship the supreme masters of the past, or we go to the church to worship God.

We Are the Temple of God

The church - the outside church, mosque, or temple, is the symbol of the Kingdom of God within us, which is built to remind us of our own temple. Jesus said, *Know you not that you are the temple of God, and the Holy Spirit lives within you?* [1 Cor. 6:19] If God resides within us, if the Buddha nature is within us, then it is very obvious that we must look for It within ourselves. Most of the people have not been shown the way to look inside - inside the kidney, or the liver or the heart? [Master & audience laugh.] It is not the material level that Jesus or Buddha meant to point out to us. It is the super-consciousness within us. I have not enough words to praise this “super-power” that loves and nourishes all things without ever even mentioning or murmuring one word.

The worldly power we do have and the worldly people can do many miraculous things also, but then everyone knows about it. Everyone remembers the heroes, the great kings, or the great benefactors of mankind when he or she does some good deeds or charitable works. But we forget to remember the great Charity, the greatest loving power, which nourishes and sustains the whole universe. And in every scripture it is mentioned that we have this power, we possess this power, that God lives within our hearts, the Buddha is inside us. We all have read it, but we don't know

how we can be so great. How can we, such ordinary people, become so great?

God has made me, a very humble person, very possessive of shortcomings, become a vehicle in order to let me know that everyone can become one with God, in order to let me reassure you that you, who are better than I, could even become one with God quicker. That is the only reason why you see any shortcomings I have — if the dress I wear doesn't please you, doesn't satisfy your expectations, or anything I do at all doesn't measure up to your high standard. That's the only reason. In God's eyes, everyone is His child; everyone is great. And so often I have had this experience that truly everyone is greater than I am.

Why did God choose such a humble person, this very imperfect person, to become His vehicle? I often pondered over this. Then, later I knew it was just so that I could truly understand how to be humble, how to know that there are many other people much better than I am, and that they can be one with God. If such a person like myself can become one with God, then everyone else can. That's perhaps the main reason God has chosen me. [Applause]

Learn by Our Mistakes and Preconceived Ideas

In the process of enlightening, each day after initiation we come to learn many great lessons through our mistakes, through our own prejudices and preconceived opinions about other people's actions, appearances, and ways of life. Before enlightenment, of course I also had criticism in my mind. I also had dislikes and likes of how other people should live their lives. I had my opinions about many things in this world. Even though they didn't concern me, didn't harm me, and had absolutely nothing to do with me at all, I would even venture to criticize them or to try to make them right. And that's how we have been busy all of our lives.

After becoming so tired with criticizing the world and trying to make people right, I have come to realize that I am the only one who should improve and everything else will be all right. God makes us learn by our mistakes, by lessons, and by other people's examples. That's why the old Chinese proverb says that when we walk with three persons, at least one of them will be worthy to be our teacher. This is the truth that I have learned up to now. Even other people's mistakes also strike some memories within us, reminding us of something that we might have done in the past that we should never forget and should learn from to improve ourselves, and that we should never criticize other people.

Enlightenment comes by practice and in dealing with other people. I was enlightened in the Himalayas, that is correct, but my view about life did not broaden enough until I came in contact with you, or my so-called “disciples.” I call them fellow practitioners, or “xian sheng,” and “shih jie” because I respect them. “shih shiong” means elder brother, and “shih jie” means elder sister. Of course, sometimes when they make me mad, then I call them disciples just to use some of my authority. [Master & audience laugh.] When they do things and obstinately think that they are right even though they might hurt other people or make trouble for another person, then I would sometimes use my “Master’s Degree” just to settle the situation. But in my heart, God makes me more humble each day to learn from each situation and to accept everything as the will of Providence. In this way I’m more free, more free than before when I tried to take care of the whole world.

Let Great Burdens Fall From Our Shoulders

An American philosopher, Emerson, wrote in one of his books, “A great burden falls from our shoulders if we let God run the universe.” But we always run everything, and we run God as well! Is that not so? [Master & audience laugh.] Look at our prayers! When we go to the tem-

ple, or we go to the church, we dictate immediately, “Oh God! Please make my business more lucrative.” [Laughter] “Please punish my little child because he is not very obedient.” “Please, my wife is spending too much money! Tell her to stop it.” “And please,” — one thing after another. I did the same thing. I’m not laughing at you. I’m laughing at myself, at my own foolishness when I tried to tell God what to do, even to let me pass the driver’s license test. Yes, I bothered Jesus and got angry with Him because He didn’t let me pass the first time. [Laughter]

We have to learn through all this that it’s okay to make mistakes. It’s all right to be different and to choose different religions. As long as you study very deeply into your own religious scriptures and know what your religion wants to teach you, you are all right. I think that the church and the temple are very holy, sacred symbols of our devotion to God. And every time we pass through a church, a mosque, or the temple of any religion, we should truly remind ourselves of the reverence we have for this symbol of worship. But it probably would be better if the people who come to these temples, churches, or mosques truly could find their God within - within this temple also, [Master points to Her body] — not only in the brick temple, but in the true temple of God.

Solve the Problems of This World at Their Roots

I never read newspapers or watch the television news. Well, I won't say "never," but very seldom, except when I am on an airplane for thirteen, fifteen, or twenty hours. You know what it's like! At that time I watch TV or look at the news, and every time I look at the news, there is not much in it. There is no good news, or very little good news, and more bad news. Is that not the truth? You read newspapers every day, you know if that is not so. There is some good news in it, no doubt, but the bad news is so much that sometimes I think it is better if I don't read newspapers. I wouldn't do it out of habit or out of detesting them. It's just because I feel that I don't need to read those. It's just like some of the clothes you don't feel you need to wear or some household items that you don't need to have in your house. But even then, I know something about the world. I just know, and sometimes act according to the world situation and also to the development of the whole planet. Thus, I'm not very much out of date.

But now I have started to read newspapers more regularly since I've been in Singapore. So, please, news media, don't be angry with me. I have started to read now. [Laughter] I do not advocate people not to read newspapers. It's just that I did not read them before — very seldom. It's very depressing when you read about the news in the

world with its many unsolved problems. The governments of all the nations try their best to improve the environment of their countries as well as the neighboring countries. Also, they try their best to negotiate with one another and even with those who have not been in a good relationship with them before. They try sincerely to make up with each other and to improve each other's standard of living. That is very good, but even then, according to the newspapers, there is much less hope than we expect. And things are done in such a slow way that sometimes the people of the nation feel frustrated, so they demonstrate on the street and protest one thing or another.

But on the general outlook, I think the world has improved a lot. Don't you think so? [Audience: Yes] We now have much less idealism than before, less conflict between the theologies of different nations. Each nation is trying very hard now to come together with each other, and this is a good thing. But even then, I was thinking while reading the news that actually we all need enlightenment if we truly want to settle the affairs of the world.

Back to The Golden Era

I was also somewhat enlightened after thinking like

that. I thought, “Ah! I know why God makes me do this and that and other things, including wearing beautiful clothes.” It is so that we may go back to the golden era where everyone is beautiful, graceful, and does things nicely but effectively, leisurely, but very, very successfully — where we don’t need to always run around in our jeans and eat sandwiches on the road to work, or have a quick cup of coffee and just gulp it down to wake ourselves up before work. Maybe we should think and dream a golden dream again. Maybe we should go back to the golden era of ancient times — where God and humans lived together - where all the fairies could talk to us in our own language and could instruct us how to have a better value of life — where everyone looked upon enlightenment and wisdom as a very natural way of living, when no one would doubt a Master like Jesus when He came to Earth to grace our world — where no one would ever criticize another great being like that again — and where no one would ever have any doubt in his heart about any Master who graced our Earth, because the Master is our Self. I very much hope that this dream will come true, and that every one of us becomes a Goddess, God, or fairy. Then our planet will shine with the halos of all of the Earthlings who have become enlightened, wise, graceful, and beautiful.

We have been living in rags and poverty for a long time. I think we deserve to enjoy some of the golden atmosphere — the beautiful, royal style of a high standard of liv-

ing, in which everyone is graceful, royal and beautiful, like the queens and kings of the ancient times, with dignity and virtues fit to be Gods. I do not see why we have to represent poverty. This is why I have corrected my mistake. I became a nun, wore rag clothes, and I didn't feel disturbed by that. I thought that it was great. I thought that's how enlightened people should behave. But afterwards, God made me see differently. He said, "No! Why should you represent poverty and disgrace? You should represent the glory of Heaven, or at least a symbol of glory and grace because all the fairies of Heaven are beautiful and graceful." The Quan Yin Bodhisattva is beautifully adorned with all kinds of jewelry and beautiful dresses.

When we ascend to Heaven, we see glory, richness, everlasting happiness, and joyfulness. Nothing there is like our Earth, nothing at all. If we want to have access to Heaven, we should do it from the inside, but maybe we also can do it from the outside. And why not? Most people can only see from the outside, so we should start from the outside. Whatever we can reconcile inside, of course people will feel it; people will smell it; people will accept it by their wisdom because we cannot cheat a person's wisdom. That is the best judge, the most intelligent and the most correct judgment. We may be able to cheat people outside but not inside.

Only Enlightenment Enables One to See the Truth

Sometimes we find in our experiences with life that we are doing some transactions and we have been very cleverly designing a scheme of cheating the opponent in order to win a little bit more of the share of the possession for ourselves. But then we will be surprised to see that we cannot deceive them, even though no one knows about our plan. Somehow the plans are corrupted and canceled. We could not achieve our wish. It is because the inner God, the inner wisdom, understands it. If it is unjust, and if it's not in our store of karma, then it cannot be carried out. So sometimes we see injustice in this world, but actually it is not always absolutely injustice. It is probably that we have done something unjust in our past previous experience on Earth; therefore, now we have to reap it in order to learn our lesson. Just like in the Bible, it says, *As you sow, so shall you reap.* [Gal 6:7]

Many things on Earth cannot be rearranged for the better benefit of mankind if we don't use wisdom. If we only use our own power of the "computer" brain, then we can do something, but not the perfect thing, not the complete thing according to the will of Heaven. We don't have complete wisdom. We have not rediscovered our own complete wisdom; therefore, we sometimes resist the will of Heaven, and do things in a clumsy way or in a resisting way. We can-

not carry out our duty in a perfect manner. Therefore, if we get enlightenment, then we truly see the whole picture with our wisdom, not with the human brain. Then we do things just naturally, automatically correct. Even if we don't know why we did it, it always turns out correctly. This is why we need enlightenment. This is why since ancient times all the sages and saints have encouraged us, emphasized to us, *Seek you first the Kingdom of God, and all these things shall be added unto you.* [Matt 6:33] This is why an ancient Chinese wise sage said, "You first improve your own self, then you can take care of the family, then you can govern the country, and then you can pacify the whole world." [Applause]

I was a very lazy person and loved loneliness, as I have confessed to you last night, but God made me come out and do this "seeing-many-people" business against my will, my obstinate will. But now I have accepted it fully, and I shall do whatever there is, as long as my body is fit and my mind is in order. If I can drag myself around the world and share this message with you, I will do it.

Everything Comes From God

Many people do not understand God's will; do not know what is God's will. That's why we are clumsy in life, and even though we have the best intention, we always make mistakes. God tells us to do "this," but because of prejudice, we think we should do it the other way. Even if we are forced to do that in the beginning, we struggle inside, and are not concentrated enough to carry out the task that God wanted us to do in the beginning or we delay it and upset the plan. But then God will force us to go around, and we will have to do it sooner or later anyhow. It's just delayed or spoiled somewhat because we are not concentrated enough. We are not willing enough to carry out that plan, which according to our preconceived opinion is no good because our society says that it is no good, because our grandmother or parents say that it is not very good, or because our teacher in the school says so, or because we have learned from books that it is no good. We do things without happiness because we don't know the will of Providence, of the Almighty. Only after enlightenment will we know, more and more each day, how to accept the things that are assigned to us while we are here, and by the way, get access to Heaven at the same time.

We don't need to forsake our family and we do not need to go to the Himalayas. Oh, I did, but I was stupid

then. You don't need to; you are wiser. Therefore, I have to come here to serve you at your doorstep, and I had to go searching a very long way. You are better, more fortunate, more virtuous, with more merits; therefore, God spoils you. God brought me all the way here just to serve you, so no need to worship me. If you want to know God, just accept my teachings, accept God's gift for you, nothing to thank me for, and no need to worship me at all. I am a humble servant and God made me to serve you. In this world if someone teaches you something, you call him a teacher or a Master, that's the only reason. In my heart, I'm only happy if I can serve the whole of mankind and make them elevated, make them know their own greatness. And if even I, one person, go to hell for that, I will smilingly stay there.

Heaven on Earth Is Possible in This Lifetime

We don't have to go to the Himalayas or forsake our family and we don't need to even forsake our makeup or our beautiful clothes. You have to wear nice, good things in order to face the world, to beautify the environment of our Earth; just like you plant colorful flowers in your house or put out some flower arrangements when the guests come. So be a good guest on Earth and treat others as good guests. Just do everything as God has given to you to do and that

you are happy to do, but get enlightenment. Then you can do it in a better way and you can accept all things without criticism, without protest, without any obstacles and struggling in your heart. And that is what we call “Hsien Shi Jiei Tuo” — we are liberated even in this life already. We will have Heaven in this life because we will be free from every preconceived idea and from every responsibility. We will do things but without doing. We will be loving but without being proud that we possess love. We will give charity but never claim any credit because we know everything comes from God and we only distribute as an agent.

Questions & Answers

[The following questions and answers were originally in Chinese.]

Q: May I ask Master, does our soul exit from the Deva eye or from the pai-hui chakra on the top of the head?

M: Our soul doesn't go out from anywhere. We don't go out from anywhere in the first place. Since we know nothing about liberation or freedom, we say for the

time being that we exit from here or there, from the heart or other lower organs. This is for the ordinary people. As for the people who have attained a high level in their spiritual practice, their souls are completely free. Their souls are not bound by this physical body. Their souls are free as soon as they meditate. Sometimes their souls are also free even when they are not meditating. Simultaneously they live in this world and keep contact with Heaven.

Q: Is it possible to open one's wisdom eye through meditation?

M: You have to open your wisdom eye before you practice meditation. Otherwise, how can you see the right way to go? [Master & audience laugh.]

Q: Master, if good people have good karmic retribution, then why do some good people die young and some bad people don't? [Laughter]

M: Then should we wish all these people to die? It's all right. We should be happy for anyone who has a long life.

Good or bad, God knows, and the Buddha understands, but we cannot judge correctly. Our preconceptions

are mostly not correct. Perhaps the so-called “bad” person is here to reclaim what he was deprived of in his previous life, but we will blame that person without knowing the cause and consequence. We don’t see the whole picture but we blame him. Perhaps the so-called “good” person owed someone something in a past life, which he has to repay now whether he wants to or not. Therefore, Shakyamuni Buddha said that true charity is giving without giving. This is the reason. We don’t know whether we are good or bad. It is best for us to try our best to be good, forgive the bad person and exhort him to become better. Give him your blessings if he lives a long life. Do not pray that he will die as soon as possible! [Laughter]

Q: Is learning to be a noble and highly cultivated person the purpose of practicing the Quan Yin Method that You teach?

M: You are already a noble and highly cultivated person. I only help you to recognize the inner, greater quality — the omnipresent and transcendental wisdom within you. It doesn’t relate so much to how a person behaves but to the inner wisdom and getting close to the qualities of a Buddha.

Q: Master, when we are learning to meditate, should we put our attention on the heart chakra?

M: No, I don't think so. The heart helps our blood circulate to other parts of our body. This is its only function. Our wisdom, intelligence, or any achievements are all attained through our minds, so we'd better focus our attention on our minds. Isn't this more logical? If you focus on your heart center, it might cause a "traffic jam." [Laughter] Your blood circulation might be blocked, so you'd better not do that.

Q: Master, vegan-ism is very common in Singapore, however, the older generation cannot accept it completely. Most of them are Taoists. They kill a lot of pigs and chickens for their ceremonies. Growing up in this kind of background, they can't be convinced to become vegan right away. How can I solve this problem?

M: Then let it be. Whoever wants to become a vegan can do so. If they don't want to, it is all right. You can suggest that they minimize their killing and eat vegan meals more often whenever it's convenient. This will at least benefit their health. Very often the karma of killing could lead to shortening one's life. I am speaking according to the scriptures. Don't blame me. [Laughter]

Q: What was the world like before the appearance of humankind?

M: None of us were here at that time. Why do you ask me? [Laughter] It is more appropriate to be concerned about the present.

Q: Master, how can one dissolve one's karma quickly?

M: By practicing the Quan Yin Method and getting initiation. After receiving initiation, you will understand gradually. Maybe you will understand immediately or maybe you will take some time, depending on the extent that your inner wisdom is opened.

What will you understand? You will understand that karma doesn't exist originally, and then you will forgive yourself. Also, we won't continue to create any karma in the future, so we don't have to reincarnate again. That's the fastest way so far as I know. If you know a quicker way, please inform me. [Laughter]

Q: Which religion does the Quan Yin Method belong to and how does it differ from other religions?

M: All religions are actually the same. They all talk

about the Supreme power, the noblest and most compassionate quality within us, so all good religions are included. I never taught you to attack each other's religions. This is not the proper attitude for ordinary people let alone for spiritual practitioners.

Q: Is it true that when a person dies, the family members can, through a psychic medium, invite the deceased's soul to speak with them?

M: I haven't died yet, but you keep asking things about death. [Laughter] I teach you how to live a good life, but you prefer the death subject.

[Master sighs] Even if we could really summon a dead person and talk to him, wouldn't we be bothering him too much? He has finished his worldly work and duties and has gone to take a rest finally. Why keep bothering him all the time? We'd better liberate ourselves from the cycle of birth and death before we die. When we have already been liberated from it and understand completely what it is, then we ourselves are not only liberated but can also lead others to be liberated. Otherwise, there is little we can do for the dead ones. Better to get enlightenment immediately, then we can understand.

For all these questions, I have no proof as to wheth-

er it is true or not. Sometimes we can't tell if it is really the deceased who came back or the living who are deceiving us. [Master & audience laugh.] I fear that I might ruin some people's businesses by speaking the truth. You are welcome to play any game you like. Don't involve me in it!

Q: How can a person help himself when he is in despair or extreme sorrow?

M: There are many ways. The first one is to pray immediately to the inner Supreme power for help. [Master points to Her wisdom eye.] Secondly, have a closer look at the situation to see why we are in despair and whether it is really hopeless. Sometimes we are too nervous. We hastily make a wrong judgment and think that there is no solution, while in fact there is a solution. Sometimes our preconceptions and habits could also cheat us for we have learned many different things in our past lives and our brains have recorded them like computers do. They play back the corresponding material and responses when we come across similar situations. In fact, these similar situations are not exactly the same. Sometimes there are differences; therefore, we should calm down and pray to our inner Self for help. [Master points to Her wisdom eye.]

If you believe in Buddha, pray to Buddha or the Quan Yin Bodhisattva for help, pray to Jesus Christ if you

believe in Jesus Christ, pray to Allah if you believe in Allah pray to Brahma if you believe in Brahma. Pray sincerely as if you are crying for help while you are drowning. Only through such intense sincerity can we reach our innermost, highest, lifesaving power. Then we sit down quietly for a while, ponder over our problem to see if there is really no solution; take time to analyze the situation. Sometimes the situation changes the next day, or after an hour better news comes and the problem is naturally resolved. It is best to calm down and pray first, and then solve the problem in your own time. Of course, the Quan Yin practitioners always know what they should do - just leave all their problems to the Master! [Applause]

Q: Why do we feel so assured upon receiving Your photographs? Why do we naturally close our palms and bow to You when You enter the hall?

M: I don't know either. If any of you get any benefit through me in any respect, it is due to the grace of God, the love of Buddha for you. There is no need to ask me why. I'm not related to most of these things; I don't know anything about it.

Q: Master, what is spiritual practice and how does

a person practice?

M: Come for initiation and we will teach you how.

Q: Isn't it enough for a person to be kind and benevolent? Why should one get initiation?

M: It is enough if you feel it is enough. I won't force anyone. I only worry that it is not sufficient! Sometimes we think it is enough, but actually it is not. How can we tell if it is enough or not? In this world there are so many people suffering. Can we help them all? In this world there are so many places that are politically unstable. Can we settle them all? In the universe there are so many mysteries that we don't understand. Have we apprehended everything? Is it enough? Do you think that you are good enough? If you do, I have nothing to say and I will ask you to be my Master. [Applause]

Q: Will an enlightened person transmigrate again in his next life?

M: It depends on how much he is enlightened and whether his Master has enough power to take him up and teach him gradually in the higher levels. If his Master is not powerful enough, then both the Master and the disciple have to transmigrate again.

Q: Master, is our suffering in this lifetime the punishment for our mistakes in past lives?

M: It seems to be the case according to the explanations found in the scriptures of Buddhism, Hinduism, or other religions. However, my understanding is that our greatest mistake is ignorance. Once we are enlightened, we can solve any problem and eliminate our karma. We realize that karma doesn't really exist. The universe is nothing but an illusion, a dream. Therefore, any obstacles, the so-called karmic hindrances, are caused by our ignorance. Once we know the Truth, the whole universe is ours; we can do whatever we like. How would we still suffer? Even if we still suffer, we will know that it is only a drama. We won't feel so deeply hurt, we won't be so ignorant, and we won't have so much attachment as before.

Q: In order to earn my living, I have to kill beings every day. Although I can't bear it in my mind, I can't find another job. Master, how can I rest my heart?

M: In order to make a living, we often do many things that are disturbing to us. If you are uneasy, then you can take time to find another job. Before you can find one, try to ease your mind. Try to do your work contentedly. Perhaps you are destined to do that job for a while, so there is no need to blame yourself too much. If you kill for your living and have no alternative, the Buddha won't condemn

you. It is just that maybe you will have an uneasy conscience. Try to find another job. Before you can find a new job, don't blame yourself too much. That will only make you feel more painful, and won't help improve the situation.

[The following questions and answers were originally in English.]

Q: Why must we be initiated in order to get enlightenment?

M: Because you don't know how to get enlightenment yourself, otherwise you're welcome to try without initiation. If you already know how to get enlightenment, then don't come, please. I will have less work.

Q: Should an unfaithful husband be treated with love, tolerance and more understanding?

M: Sure. There was a lack of love, and that's why he was unfaithful. [Laughter & applause.] So forgive him and improve your appearance. [Laughter] Love him more sincerely. And look into the family's affairs to see whether anything needs improving, apart from your own appear-

ance. I've told you already, make-up in the evening only [Laughter] and only wear beautiful clothes for him. Because, even if the whole world loves you and you only care for your husband, then if he's the only one who doesn't love you, you are surely in trouble and in misery. So take care of him more, love him more. Give him the best of everything.

See if your cooking is still as lousy as last year, and then improve it. If your clothes are too lousy, then improve them. Take care that the children are nicely bathed, and smell nice, and you, yourself also. Buy a little bit of new perfume, new make-up, new clothes, and take care of the house.

Q: As a practitioner, can I enjoy dancing and listening to loud music?

M: Yes, you can, but you must meditate apart from that. If you do two and a half hours of meditation, and then do other things, I do not forbid it. But after some time of meditation, you won't feel like listening to it any more. You have inside music, which is more enchanting, more cleansing, more refreshing, and more energizing — that I tell you.

Before, I also liked music very much. Since I was young, I was chanting all the time and loved all this music. Also, I loved to go out dancing with my husband but now I

only dance once every ten years. And in my place, wherever I go, I don't have a radio, television, music or anything. It's not that I hate them. It's just that I don't feel that I need them. It's not that I leave them, but they just leave me. They just forsake me because they feel I'm too boring and I'm not fit for the music of the world anymore. So do whatever you like until you're completely satisfied but meditate and keep the guidelines so that you will progress.

Q: I always meditate on silence and emptiness to contact my inner Self. I was bothered by a spirit one day. Once I witnessed a spirit meddling with the mat I was sitting on. I no longer dare to meditate alone. How can I protect myself?

M: Then let him sit there and you can find another mat. [Laughter] What's the problem? Is the mat so expensive you couldn't donate it to the spirit? Maybe it's because he sees that you're meditating so nicely so he wants to learn also. You should teach him — become his Master. [Laughter]

Well, this is the problem when you sometimes meditate by yourself, alone, without a Master, or sometimes with a not very highly competent Master. Try to find another way to do it or try the Quan Yin Method. And then we and the spirits and whatever are all in harmony. There will

be no fear between any beings. If they ever come, they will be just loving and harmonious.

Q: How can I remember my past life so that I can retrieve the knowledge that I have learned then?

M: No, it's enough to learn the present because in the present life, we haven't even learned enough yet. The past life is gone. God has drawn a curtain between the past and present. It's for our own benefit. Therefore, it's not always necessary to trace the past. If we know too many things about the past without enough power to handle it or to improve it with concern to the present, then we will be in trouble. That's why people sometimes fall into a kind of possessed state of mind. Knowing too much about the past, they will be miserable living in the present.

Suppose you knew that in the past life, you were the sultan of such and such country and now you drive a taxi. Would you like it? [Laughter] Or suppose that you knew that in your last life, you and your wife were having some kind of bloodshed with each other, and now every time you see her, would you be afraid? And because she killed you last life, could you ever be loving to her again? It would affect very much your family harmony and your personal relationships as well as your own happiness. Therefore, we don't need to know the past. We take care of the present and

the future will come beautifully.

Meditate on your inner Self or choose whatever method you like. I only recommend the Quan Yin Method because I know from all the studies that it is the best, the highest, the quickest, and the safest. We offer it to you in case you want to gain more knowledge in the present and for the future. The past takes care of itself. The past is gone. The past, we can just forget.

Q: My husband is not a vegan. Can I get initiated or should I divorce him? [Laughter]

M: No! Why? Each one has his own opinion about how to live his life. I only suggest the vegan diet and the saintly way of living. But should you not want to take it, or if your husband or wife doesn't want it, don't force them. You can reason with them in the course of time, or just show them, and let them choose. If they don't choose the vegan diet, it's all right. You can cook for him lovingly, and then hope God will bless him one day that he may go on the same path with you. That would be better for both of you. That is all. But we don't force, or we don't divorce our husband or wife just because they are different from us. It's okay to be different.

Q: Can You please describe what Heaven is like?

M: There are so many descriptions of Heaven already in the Bible, in the Hindu scriptures, in the Buddhist sutras, in the Koran, and in all kinds of scriptures. Please refer to them. They have better literary talents than I have. I can only experience them, but when it comes to describing them, I am completely helpless.

It's so beautiful that I cannot speak. I'm afraid to degrade it by talking. Just like a beautiful woman, when you saw her, you were speechless. And then your friend asks you, "What does she look like?" And you say, "Oh, her nose is very straight, her eyes are big, and her lips are very red." And that's it. When the friend goes out to look for the girl, he would say, "Oh, the girl looks . . . the nose is straight, the lips are red, and the eyes are big." Is that enough to convey the beauty of that woman? No, because the imagination of that friend is different from the reality. He might have misunderstood the beauty of that lady. That's the difficulty.

Also, can you describe the love between a man and a woman, or a mother and a son? No, it's very difficult, so I'd better keep quiet. But I invite you to see it for yourself. Make an effort to learn to know Heaven by your own will and your own sincerity. Everyone can do it. There's no need to ask me. Secondhand stuff is no good. You are a first-class citizen. You have to know everything first-hand.

Offer Unconditional Love to Your Family

Q: Can You please tell us how to cultivate unconditional love toward our family?

M: There are two levels of unconditional love. In a mundane way, we should serve our family in whatever way is beneficial to them, not to us. We should not demand but instead always give and sacrifice. And if each member of the family does the same thing, then of course there will be harmony and love in the family. Most of us serve with a motive. When we love someone, we expect love in return. Or we want to love the way we want, not the way they want it. For example, if your mother-in-law wants a banana, you would force her to take apples. Even though they are the best apples from Japan, the biggest and the most expensive, she doesn't like them. So just buy a banana! It's so simple!

You don't have to always force your way with your family members. Whatever they want, give it to them. Therefore, just as I've said to you before, if your husband doesn't want to eat vegan, then cook meat for him. I would not, for my sake and my belief, forbid him to eat meat or force him to eat vegan just because I think it's good for him. I think it's good for him but if he doesn't like it, then he is okay to choose his own way.

Similarly, that is how we can treat other people unconditionally with no motive. Let God deal with them and teach them in their own time to come around, to do whatever God thinks is proper for them. Maybe he wasn't ready for that thing; maybe his stomach cannot digest apples, for example. Therefore, it is a very simple thing to take care of the family. Whatever they want, do it for them as long as it doesn't harm other people or isn't a criminal action. You should obey and serve them with love and devotion just like you would serve God. Then that is unconditional love.

On another higher level, after you've become enlightened, your love inside will grow at such an incredible, unlimited speed that you can serve your family members without even knowing you love them. You just automatically do things right - that is, if you've already put down your ego and have completely surrendered to God.

Q: I am so afraid of losing You as my Master. It is indeed a rare opportunity to be initiated by You. I am not a vegan but yet I want initiation. Even after initiation, I may not be a full vegan. Can I still be initiated by You today?

M: You know the answer. I am also very touched by your honesty and sincerity, but we have another way for you. We won't completely reject you. You can practice the Convenient Method, and you can try vegan food whenever

er it's convenient for you, ten days per month, or twenty days, or fifteen days, whenever convenient. Until you're completely satisfied with the idea that God comes first, God comes before everything else in life, before every reason, before all logic, before any price at all, and then you can get initiation.

Otherwise, it's not fair for everyone else and I must initiate the whole theater, the whole hall! Why you alone? Most people like my teaching and would love to follow the initiation process, but they cannot eat as a vegan. So why you alone? Then I just make it cheap and wholesale where everyone is welcome. It's not that I care whether you eat meat or vegetables, but you must know what you want and pay for it. [Applause]

Light and Sound Are Food for Our Soul

Q: Master, why is seeing light and hearing sound so important in meditation?

M: It is because that is our own real Self. Light and sound are the manifestation of our wisdom inside, which is invisible to the eyes and ears. Hearing the sound doesn't mean that you hear with the ears, and seeing the light doesn't mean that you see with the eyes. It's just the inside aware-

ness of your own Self, of your own glorious Nature, that we are Light, we are a beautiful Melody and that we are not the body. And the more you hear this invisible, inaudible sound, the more you see this invisible light of Heaven, the wiser you'll become, the more loving you'll become, the more satisfaction you'll gain, and then the more efficient you will be to serve the world.

It's not because the light and sound are important; it is because it is our Self. It's just like food. We don't eat it because of the taste only. It is because it will give nourishment that will later manifest as strength and energy so that we can work for the family, we can think, we can read books, and we can do other things. That is the importance of food. Similarly, the importance of the light and sound is that it makes us wiser, more loving, and more capable in all aspects.

Q: Master, You said that the Supreme wisdom is within us. When we are dead, where will the wisdom be?

M: We never die, just the body decays. We change our clothes, the fleshly clothes. Just like yesterday I wore white and today I'm wearing red. Similarly, we change the bodily clothes to another kind of clothing that is maybe more beautiful, maybe less beautiful, according to our choice in life. We choose it by being enlightened. We know

which choice is better, which clothes are better for the next activity. If we choose beautiful clothes, we'll go to Heaven. If we choose ugly clothes, we will go to a little bit lower level than human beings. If we choose human clothes, we will come back again. But only the enlightened person can choose. One who is free of the karmic force can choose; otherwise, most people will be forced to be born wherever their karma or their deeds from the last birth lead them. They have no control whatsoever about their future or about the new clothes that they will buy.

Q: My dearest Master, I was initiated last night. Since I came in contact with Your teaching in Sydney six months ago, I realized You are the Master I have been searching for, for many lives. All I would like to say is "Thank You. I wish You good health!" [Applause]

M: Thank you.

Q: Is it true that a relationship and marriage will distract us from immediate enlightenment?

M: No, it's not true. It's not true at all, but it might make us a little bit sidetracked for a while, for a while only. If you are completely enlightened or are very strong on your spiritual path, very much enlightened, not completely even,

it doesn't matter what you do, how attractive the world is, you will always remember what you want.

But by the way, enlightened people will not become metal or wood. It's all right to take care of your family and your marriage. Most Masters were married, had children, and raised a family just like you. And I say it's absolutely normal. Anyhow, it's absolutely normal to fulfill our duty in life and at the same time aspire to Heaven. God doesn't put us here just to be lonely, or to endure hardships, or to be "feeling-less," or lifeless. It's all right. Whatever happens naturally, accept it, without struggle, condemnation, or rejection. Just accept it and do things in a moderate way. We practice the middle path.

It's all right if you don't want to get married or if you don't want to take responsibility for a family life. But if you want to get married, if you love someone, it's all right. It's part of the Universal Love. Any love is a part of Universal Love. Just accept it as God's gift to you should you find a good partner. If God doesn't give to you, even if you look throughout your life you won't find any. So don't worry about it. [Laughter]

Q: Dear Master, are our soul and our mind the same?

M: No, they aren't. The soul is likened unto the

chauffeur, the driver, and mind is likened unto the car. Also, like a computer and a secretary.

Q: Yesterday when I saw You for the first time walking down to the stage, I started to cry and my heart was calling, “Master! Master!” How much I wanted to hold You! I don’t know why. Master, is this okay?

M: Maybe we have an affinity. Maybe your soul is longing for liberation. Maybe your soul inside, the wisdom inside you, recognizes, “At last, I’ve found my own Self, my own comrade!” So you are happy. Call me Master, friend, whatever you like and be happy that you have found something you’ve been looking for, for many centuries.

Q: Master, what happens when Heaven becomes overcrowded? [Laughter]

M: It’s not Singapore or Hong Kong. It’s Heaven, please! When you say Heaven, its expanse is limitless; it can never be overcrowded. Hell can be overcrowded, but Heaven - rarely. [Laughter]

Q: How does a man cope when he’s married unhap-

pily and falls in love with another married lady?

M: You have to see to your own marriage — whether it absolutely cannot be rescued or improved, or whether you seek love in another relationship just as an excuse for your own pleasure. It's already bad enough if you have one marriage - troublesome enough. It is better that we take care of our marriage relationship. I know it is difficult. Everything is difficult in this world but it doesn't mean it's impossible.

Talk to your wife about where the problem lies. But don't talk to her about your affair, please! [Laughter] If you talk about that, there may be no more solution. It's all right if you think that it is a mistake, you may try to cut it down or to forsake it. But talk to your wife about how to improve your relationship - where she fails or where you fail, where you need her attention or improvement, or where she needs you. Talk to each other. Buy a new present for her; buy a beautiful dress for her. Adorn her with beautiful things; make her beautiful. Make her a beauty of your life instead of spending your time and energy on someone else's woman because you don't possess her anyhow.

It's better to take care of what you have than to waste time and energy on other people's possessions. It doesn't matter how much you like the neighbor's car; you don't go and spray gold on it. Spray it on your car! Is that not so? Take care of your car because you drive the car. You need

the car every day; the car is necessary for you. The neighbor's car, you can admire silently, quietly, but don't spray gold on it. Don't look after it so much and neglect your car. One day maybe the neighbor will drive the car away and suddenly you'll be without anything. Your car will be in the garage, broken down, uncared for, and then you will be in trouble.

Work for your marriage if you think it's worthwhile. And then also at the same time, respect other people's marriages. It hurts to forsake the things you love, but think of the other man. If you were in his position, would you feel happy? Would you not prefer your wife to be faithful and devoted to you? Make your wife a good wife; make yourself a good husband. And make the neighbor's wife also become a good wife to her husband. That would be the best solution.

Thank you for trusting me with your personal, family problem. This is also very important. If your heart is not peaceful, it doesn't matter how many wives you have, your business and everything will go wrong. It's better to be satisfied with what you have, to take care of it and beautify it. Make it more beautiful, more suitable for your taste just like you cultivate your garden, plant your roses. Make it more beautiful for yourself.

Q: If I am honest, how do I deal with people who are not honest? Will I lose out?

M: Even if you lose out, you must be honest. Honesty doesn't mean stupidity. Deal with people the way you should, but keep your dignity and keep your own honesty because you are the one who lives with yourself. Even if you can cheat other people, you yourself know what you are like. It's best to protect ourselves. To be honest with other people is the best protection for our dignity and our conscience. It's the best way for us.

I will take leave of you now but I will take you in my heart. [Applause] And please keep me also in your heart — sometimes — when you're in trouble. [Applause] Thank you these days for your love. I truly enjoy being in Singapore. You feel very free here, no repression, no hard feelings at all in Singapore. I congratulate you for being in such a good atmosphere. Keep your country better and better each day. Thank you for your love.

Master Will Return to Singapore

When Master was leaving for Australia, many foreign and local initiates saw Her off at the airport. It was a tearful farewell as She hugged the children and a few of the adults. When She was embracing one of the recently initiated women, a child suddenly exclaimed that she had seen this scene twice before in her dreams. The parents were very surprised since the woman was a foreign initiate whom the little girl had never seen before. Perhaps it was a demonstration of the strong links with which initiates are connected to each other and with Master. Before leaving, Master hinted that She would return to Singapore by mentioning that for the next visit, a day would be set aside for the children. She also left a dress behind, saying that it would be for Her use in the future.

During Her stay, Master was most compassionate to the needs of the Singapore initiates and even telephoned later from Australia to inquire about their welfare. It was truly a great blessing, not only for the local initiates, but also for all Singapore, to be graced by a visit from The Supreme Master Ching Hai.

Some Benefits of a Vegan Diet:

Source: www.SupremeMasterTV.com/harms-benefits-flyer

- * Lowers blood pressure
- * Lowers cholesterol levels
- * Reduces Type 2 diabetes
- * Prevents stroke conditions
- * Reverses atherosclerosis
- * Reduces heart disease risk by 50%
- * Reduces heart surgery risk by 80%
- * Prevents many forms of cancer
- * Stronger immune system
- * Increases life expectancy by up to 15 years
- * Higher IQ
- * Conserves up to 70% clean water
- * Saves over 70% of the Amazonian rainforest from clearance for animal grazing
- * A solution for world hunger:
 - Frees up 3,433 million hectares of land annually
 - Frees up 760 million tons of grain every year
 - (Half the world's grain supply)
- * Consumes 2/3 less fossil fuels than those used for meat production.
- * Reduces pollution from untreated animal waste
- * Maintains cleaner air
- * Saves 4.5 tons of emissions per US household per year
- * Stops 80% of global warming

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Veganism:

The Best Solution to the Global Water Crisis

Water is essential to the survival of all living things on Earth. However, overuse of our planet's water supply, as revealed by the Stockholm International Water Institute (SIWI), has placed this precious resource in jeopardy for future generations.

Below are some startling facts reported at the SIWI's annual World Water Week conference held from August 16-20, 2004:

- * For several decades, the increase in food production has outpaced population growth. Now much of the world is simply running out of water for more production.
- * Grain-fed meat requires some 10,000-15,000 kg of water for every kg of meat produced. (This amounts to an efficiency rate of less than 0.01%; if any ordinary industrial process ran at this level of efficiency, it would quickly be replaced!)
- * Cereals require 400-3000 kg of water for each kg of grain produced (i.e., 5% of that needed for meat).
- * Up to 90% of all managed water is used to grow food.
- * Countries such as Australia, where water is already scarce, actually export water in the form of meat.
- * In developing countries, meat-eaters use resources equivalent to 5,000 litres (1,100 gallons) of water a day compared to the 1,000-2,000 litres (200-400 gallons) used by people on vegetarian diets. (Reported in the Guardian 8/23/2004).

Also, in a further note, not derived from the SIWI report, increasing areas of Amazon rainforest are being cleared to

grow soybeans. However these beans are being fed to beef cattle. It would be far more efficient to feed them directly to people!

As many initiates will recall, Master addresses the environmental effects of meat production in Her lecture “The Benefits of a Vegan Diet” contained in The Key of Immediate Enlightenment sample booklet: “Raising animals for meat has its consequences. It leads to rain forest destruction, rises in global temperature, water pollution, water scarcity, desertification, misuse of energy resources and world hunger. The use of land, water, energy and human effort to produce meat is not an efficient way to use the Earth’s resources.”

So in order to significantly reduce the amount of water consumed globally, humanity needs a new approach to feeding the world, and the vegan diet meets this need.

For related reports, please visit:

[Http://www.worldwatercouncil.org/](http://www.worldwatercouncil.org/)

[Http://news.bbc.co.uk/2/hi/science/nature/3559542.stm](http://news.bbc.co.uk/2/hi/science/nature/3559542.stm)

[Http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm](http://news.bbc.co.uk/1/hi/sci/tech/2943946.stm)



Good News for Vegans

The Essential Vegetable Protein

A vegan diet is not only of great benefit for our spiritual practice but it's also very healthy for us. However, we must pay special attention to the balance of nutrition and make sure that we do not lack the much needed vegetable protein.

There are two types of protein: animal protein and vegetable protein. Soybeans, chick peas and snow peas are some of the sources of vegetable protein. Keeping a vegan diet does not simply mean eating fried vegetables. Protein should be included to complete the nourishment a person requires.

Dr. Miller was a vegetarian his entire life. He practiced medicine and treated the poor in the Republic of China for forty years. He believed that we only need to eat cereals, beans, fruit and vegetables to get all the nourishment we need to maintain good health. According to Dr. Miller, "*Bean curd is 'meat' of no bones.*"

"As soybean is very nutritious; supposing if people could only eat one kind of food and they ate soybeans, they would be able to survive longer."

Preparing a vegan meal is the same as cooking a meal with meat, except that vegan protein ingredients such as vegan chicken chunks, vegan ham or vegan meat slices are used in

its place. For example, instead of cooking “saute shredded meat with celery” or “seaweed soup with egg,” we can now cook it as “sauteed shredded vegan meat with celery” or “seaweed soup with bean curd sheets.”

If you are in countries where these vegan protein ingredients are not readily available, you can contact your local Center of The Supreme Master Ching Hai International Association and we will provide information on some main suppliers and vegan restaurants for your reference.

As to how to cook vegan food, you may refer to *The Supreme Kitchen* that’s published by The Supreme Master Ching Hai International Association, or any vegan cookbooks.

In order to obtain a list with vegan/vegetarian restaurants around the world, please visit:

[Http://www.godsdirectcontact.org.tw/eng1/food/restaurant/](http://www.godsdirectcontact.org.tw/eng1/food/restaurant/)
[Http://www.lovinghut.com/index.php](http://www.lovinghut.com/index.php)

"Initiation is not really initiation... you just come here and let me help you help yourself. I have not come here to make you disciples... I have come to help you become Masters."

~ The Supreme Master Ching Hai

"Everyone already knows how to meditate, but you meditate on the wrong things. Some people meditate on pretty girls, some on money, some on business. Every time you pay full attention, whole-heartedly, to one thing, that is meditation. I pay attention only to the inner Power, to the Compassion, the Love and Mercy qualities of God."

~ The Supreme Master Ching Hai

"Initiation means the beginning of a new life into a new order. It means that the Master has accepted you to become one of the beings in the circle of Saints. Then you are no longer an ordinary being, you are elevated. In the old times they called it "Baptism" or "Taking Refuge in the Master."

~ The Supreme Master Ching Hai

Initiation: The Quan Yin Method

Master Ching Hai initiates sincere people longing to know the Truth, into the Quan Yin Method of meditation. The Chinese characters “Quan Yin” mean contemplation of the Sound Vibration. The Method includes meditation on both the inner Light and the inner Sound. These inner visions have been repeatedly described in the spiritual literature of all the world’s religions since ancient times.

For example, the Christian Bible states, *In the beginning was the Word, and the Word was with God, and the Word was God.* (John 1:1) This Word is the inner Sound. It has also been called the Logos, Shabd, Tao, Soundstream, Naam, or the Celestial Music. Master Ching Hai says, *It vibrates within all life and sustains the whole universe. This inner melody can heal all wounds, fulfill all desires, and quench all worldly thirst. It is all powerful and all Love. It is because we are made of this Sound, that contact with it brings peace and contentment to our hearts. After listening to this Sound, our whole being changes, our entire outlook on life is greatly altered for the better.*

The inner Light, the Light of God, is the same Light referred to in the word “enlightenment.” Its intensity can range from a subtle glow to the brilliance of many millions of suns. It is through the inner Light and Sound that we come to know God.

The initiation into the Quan Yin Method is not an esoteric ritual or a ceremony for entering a new religion. During the initiation, specific instruction in meditation on the inner Light and inner

Sound is given, and Master Ching Hai provides the “Spiritual Transmission.” This first taste of Divine Presence is given in silence. Master Ching Hai need not be physically present in order to open this “door” for you. The Transmission is an essential part of the Method. The technique themselves will bring little benefit without the Grace of the Master.

Because you may hear the inner Sound and see the inner Light immediately upon initiation, this event is sometimes referred to as “sudden” or “immediate enlightenment.”

Master Ching Hai accepts people from all backgrounds and religious affiliations for initiation. You do not have to change your present religion or system of beliefs. You will not be asked to join any organization, or participate in any way that does not suit your current life-style.

However, you will be asked to become a vegan. A lifetime commitment to the vegan diet is a necessary prerequisite for receiving initiation.

The initiation is offered free of charge.

Daily practice of the Quan Yin Method of meditation and the keeping of the Five Guidelines are your only requirements after initiation. Keeping the guidelines prevents you from harming either yourself or any other living being. These practices will deepen and strengthen your initial enlightenment experience, and allow you to eventually attain the highest levels of awakening or Godhood for yourself. Without daily practice, you will almost certainly forget your enlightenment and return to a normal level of consciousness.

Master Ching Hai's goal is to teach us to be self sufficient. Therefore, She teaches a method that can be practiced by everyone, by themselves, without props or paraphernalia of any kind. She is not looking for followers, worshippers, or disciples, or to establishing an organization with a dues paying membership. She will not accept money, prostrations, or gifts from you, so you do not need to offer these to Her.

She will accept your sincerity in daily life and meditational practice to progress yourself towards Sainthood.

The Five Guidelines

1. Refrain from harming any living being*.
2. Refrain from speaking what is not true.
3. Refrain from taking what is not belonging to oneself.
4. Refrain from sexual misconduct.
5. Refrain from using intoxicants**.

* This guideline requires strict adherence to a vegan diet. No meat, dairy, fish, poultry or eggs (fertilized or non-fertilized).

** This includes avoiding all poisons of any kind, such as alcohol, drugs, tobacco, gambling, pornography and excessively violent films or literature or video games.

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