



The Supreme Master Ching Hai
The Key of Immediate Enlightenment 5

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Book 5

The Supreme Master Ching Hai

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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 reflects more completely the beauty of the island and its people. Master feels that using these names bring spiritual elevation and luck to the land and its inhabitants.

***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

***B**y 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

***O**ur 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

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

and her yearning to find a remedy became the foremost goal in her life. She then embarked on a journey to the 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 of meditation. 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 acknowledgement 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."



The Way to Save the World from Doomsday

Spoken by The Supreme Master Ching Hai
September 8, 1994
Narita Airport, Japan
(Originally in Chinese)

I feel much more relaxed in Japan this time. [Applause]
You have been initiated for a longer time now! You have also
practiced and meditated diligently, purifying yourselves. This
is very helpful to the atmosphere of Japan. We are helping the
world in this way, so I say you are the saviors of the world.

In this world, many of our brothers and sisters have forgotten their original duties, forgotten their inner Nature, the quality of God. Instead, they have done many harmful things to the world, to the universe. If everyone were doing so, and doing nothing to counterbalance, our world would be in great calamity. Many mishaps have already happened, but more disastrous ones are yet to come. Until now, these calamities are affecting mostly one country or part of a country. Should everyone keep on disregarding spiritual practice as before and doing bad deeds instead; neglecting other people's lives and feelings, and ignoring human rights, greater disasters will happen, even affecting the whole globe. Without using miracle powers, we can see into the future. We can know it without using miracle powers, because it is logical, it is cause and effect.

Many of the so-called clairvoyants and prophets anticipated that many grave disasters would simultaneously happen in the world. In different countries and different ages, different people have had the same vision. Those people could really see into the future, they were not remarking casually. There have been such persons in many countries in all ages. They were not rare.

However, perhaps we are practicing well. Our practitioners are in many countries, setting up big group meditation Centers. Grouping together, our power is very strong. So, I think the world can still be saved. If we sincerely pray for something together, or practice together, we can generate an enormous atmosphere of peace, and it will have a great effect. It is not limited to that specific place.

For example, there is no river in your land, but there are rivers in other places. The water in the rivers and seas would be evaporated to become steam, and then become rain. Subse-

quently, your land will also be affected. Another example: you may have run into trouble today on the road or in a certain place, you may have had a car accident or another accident. Then, you met two very compassionate people who cared and helped you, making you feel loved, safe and very comfortable. Later, you left when everything was all right, or after spending a week in the hospital and that loving feeling was still affecting you. Whomever you saw thereafter, or in a conference with many people, you would be very loving and patient to them, and then those who you treated compassionately would continue sharing the love outwards, also treating others with love. And then, those whom they had lovingly treated would again spread this love to more people. The transmission would go on and on, just like a drop of oil, spreading outwards continuously.

Similarly, if a person has sufficient time to practice, he would be serene within and then, his serene attitude and atmosphere would further influence the people he sees, the neighbors and people around him. Upon seeing him, the people would be affected by his aura and become peaceful. They would think, "Oh! This is right! We ought to be peaceful and loving!" As the influence spreads out, many people would be affected. Therefore, our spiritual practice is truly beneficial. This is simply logical, nothing esoteric or beyond comprehension.

Many undesirable things happen in the world because the people are not happy and lacking love. For instance, we often read some remarks in the psychological books or in the newspapers. Most of the more troublesome and violently inclined persons are those mistreated or neglected in childhood. Without receiving any love, they grew up in a bad mood and developed a negative personality. This is the cause for most of them.

Now, our meditation Centers are providing places where people can rest and calm down. Sensing the tranquility, they know this place is safe. No one would annoy them, abuse them, so they become more peaceful and calm at heart. Subsequently, they are no longer afraid or nervous, or feeling endangered. Besides, we can also teach them to communicate with their Almighty Power within themselves. Gradually, they realize their real greatness, and improve. They would definitely feel increasingly serene and peaceful. That was exactly what happened to you! [Applause]

So, you see! Spiritual practice is very logical! You can understand by logical reasoning. These places of spiritual practice are necessary for people to introspect and seek their peaceful corner within. This is why your lives are getting better as you practice. You are feeling increasingly more intelligent, realizing more, you are more relaxed, it's easier to forgive others, and you are more compassionate. Previously, you didn't know the way to nurture yourself, so you felt uncomfortable, weak in both body and mind.

In heaven above, they heal with Light instead of with medicine. I think, perhaps we could also heal illnesses with similar Light in the future. There are also some illnesses which can be affected by sound, say like music. This method we are practicing includes the Light and the Sound. Many agonies and Pressure minimize naturally, and eventually disappear. We are originally highly intelligent beings. However, in this world we are excessively oppressed and have no time to rest. Even when we find time to rest, we don't know the proper way. Outings and activities simply tire us even more after spending much money. We just feel even more uncomfortable. Now, we have the time to practice, and the power of Light and Sound that heals all ill-

nesses, and we also have wisdom. In serenity, we can find our original wisdom, so it is simply natural that we are becoming better and better.

Ordinary people, after being loaded with heavy work, go for a rest by the seaside or in the mountains for a while, if they can afford it. Then they feel refreshed and are ready to carry on with their work. However, it is much better that we have a brief rest each day than taking a week off after a long time. Our two and a half hours meditation is our every day rest. Besides resting, we are also saving our lives! The Light and the Sound purifies our mentality and bodily cells, etc. Therefore, the more we practice, the younger and more comfortable we feel. Most illnesses disappear.

I have read in a magazine lately that they are using a special sound to heal cancer. Have you read that? They have started experimenting on it, and it seems to be effective. Having read this news, I felt that our contemplating on the Sound is really the best. Many fellow initiates, having practiced the Quan Yin Method, have gotten rid of their cancer unknowingly! However, this is only a natural, bonus effect. We do not practice for healing. In another sense, we are also practicing for healing! Our illness of ignorance is the worst, from which many other illnesses are born.

For instance, being ignorant, we would enjoy all kinds of pleasures – eating meat, consuming alcohol or even drugs. We think these will bring us pleasure, while in reality, we are ruined both physically and mentally. This is a result of our ignorance. Understand? We ignorantly take drugs and poisons, and become ill. We suffer from disordered livers, lungs and hearts, cancers and everything, all because of our illness of ignorance.

Originally, God sent us here to bless the world, so the

world would evolve, become more beautiful, as if in heaven. The outcome is, after we have entered this “tool” (the human body) we abuse it instead of using it to implement God’s will. We destroy this “tool” given by God, so we are feeling very uncomfortable.

Master is teaching you to do the right thing, to find the proper way of using your “tool,” and remembering your mission. Otherwise, each of us would come to this world and then get lost in materialistic enjoyment – fond of this, fond of that, fond of this “tool.” Instead of using this “tool” to beautify the world, we are indulging in the “tool” – intoxicated. Of course the world is hopeless in this way. There must be someone like us reminding people of their original mission, to remember and understand that they must not be indulging and getting lost in this world, destroying the world, together with themselves. Therefore, spiritual practice is our obligation.

When an ordinary person is very ill, he will be sent to the hospital, not only for the medication, but also for a rest. His body will then generate a resisting energy to cure the disease. Usually, after taking medicine we feel heavier and sleepy. The purpose is to let us rest more so our body would yield resisting power. We are cured naturally, and medicine is not the only effective substance. Therefore, even though we are not sick, we rest every day, taking the “heavenly prescription” – the internal Light and Sound – in a dosage of several hundred liters each day, of course, we feel better! We have rest and we have the medication, naturally we are healthy and sound, physically and mentally. Therefore, the more we practice, the more we feel that it is hard to quit. We simply enjoy it more and more, like a kid unable to quit drinking milk.

Most people have some problem or another, either

physically or mentally. We might be a little too late starting now, but it is better than never. If we have our own kids, hurry and give them this “medicine,” so they have no need to take that much when they grow up. Look at the hospitals in the world, they are full of patients eating a lot of meat and drinking alcohol. They are not poor people, right? They are rich people, experts in food and wine, ending up in the hospitals. Also, they recover very slowly, even when their illness is a minor one.

On the contrary, those vegans who lead a simple life like us can recover from illness very soon, if not immediately. Besides, there won't be any side effects after taking medicine, no adverse reaction. If we practiced only very recently, our systems may not have adjusted or improved so fast. We cannot change fast enough at the initial stage of our practice, should the illness be too heavy. Therefore, we are occasionally sick. If we were not practicing, the situation would be even worse.

This Light and Sound is the medicine and food for our body and soul. It changes and renews our body cells. Therefore, you may observe that good practitioners look younger, at least younger than before. If you see them again after a long time, their skin is more shiny and tender, as if reliving their youth. If our life is not a hustling and nervous one, the change would be even more apparent. It is good enough for us to practice for two and a half hours each day! We can live on. At least the pressure would not be too heavy, to the extent of half alive and half dead. Not that I need you to practice, but that you truly need to practice. I will also try my best traveling about, reminding people of the benefits of spiritual practice.

With respect to the resolution to practice diligently or not, it is your own right and obligation to decide. Truly, I cannot urge you, drag you, pull you, or do anything. All I can say

is: the more you practice, the more you will enjoy it – feeling the benefits, feeling very comfortable, feeling physical changes, feeling not the same anymore. Really, when I come back to see you after a few years – “Wow! You are so healthy! Very different from the first time we met.” [Laughter and applause] You applaud because you understand, is that right?

Our physical body is affected by the spiritual body and our mentality. If our spiritual body and mentality are satisfied with taking the spiritual food, our physical body would also change to become prettier. If we are mentally heavy, unhappy, our physical body would also look tired and frustrated. Then we are restless and distressed.

Here is a very logical example: don't you look very pretty when you are happy or in love? Or, when your family is warm, comfortable and peaceful, you look cheerful, pretty and bright. When we are worrying about our job, obstructed in business, if our lover runs away, etc; or we lose in gambling, our faces will show it. Sometimes, people would say, “I am so mad I could die. I am annoyed to death, I am missing my lover!...” Understand? He is not dead yet, but he looks very much so! These are only the worldly distresses, not to mention our spiritual body if we fail to let it rest and nourish it each day. The Light and Sound are our spiritual food. Without nourishment, our spiritual body would wither and become frustrated, upset, and then inevitably affect our physical body.

The several years between 1994 to 1996 or 1997 are the most sensitive period of our Earth. Therefore, many incidents have happened. In the last few centuries, we have done so much harm to our planet. Sometimes, the actions looked like we were helping the world, or making the world progress, but the price has been too high! We human beings are too ignorant. Just to

earn money quickly in our businesses, we have disregarded the future consequences. So, now we better slow down and consider our situation, and that of our next generation and the background of the world. We have destroyed too much!

For instance, we may cut down trees, but we should plant two trees for every one we cut! We can retrieve used materials for recycling, that is all right! We may also change our meat diet to a vegan one, because meat eating has used up most of the resources on Earth.

Each year, many forests are destroyed just for raising livestock. To raise the animals and provide beef for our consumption, forests and jungles equivalent to the area of England are being felled each year. Raising cattle consumes a lot of water, forage, time and land; and the land cannot be used again. After the trees are felled and the earth trampled by the animals, you have to wait fifty years to plant things again. Also, with the trees gone, the exposed rich soils are washed away by the heavy rain, erosion is out of control, and the land becomes barren and dry. There will be a chain reaction of one thing affecting the other, and the destruction is not limited, but has many aspects. Pure water sources are used for animals to drink and take baths, leaving only the filthy water for us, and in insufficient quantities too.

We have abused technology and damaged the protective layer of the Earth's atmosphere. This has also affected our planet, the Earth is getting hotter. If, it is hot then there is no rain, and no shading trees. Without rain, trees cannot grow, without trees, there is less rain. Therefore, the climate is becoming hotter and changing unpredictably.

All these end up affecting our bodies, affecting our children, our businesses, our mental states and other aspects, and

eventually affecting the moral state of our Earth. Without sufficient food, prices would soar; many people would not afford it. Business would be bad which would result in bankruptcy. People without money would resort to robbing and do evil deeds, or become homeless. They might even harm themselves and their families. You would be the first victims if there were nothing to eat. Very soon, the whole world would be in hunger.

The consequence has already affected the children, affected them morally. Therefore, the United Nations and many countries are getting together to discuss about abortion and future food shortages.* They have resolved to approve abortion, etc. That is resolving to kill the children, the infants. Yes! To legalize and encourage abortion. As the number of people is increasing, and food is insufficient, they want to kill people now. To say it bluntly, they are killing people for food. However, this is really happening. They kill infants, they kill children. It is because they sense the danger; food is getting less and the population is on the rise. They do not change their way of living – to be vegan, refrain from cutting anymore trees, and to plant them instead; stop raising livestock, but plant crops instead. On the contrary, they are slaughtering children.

Therefore, you can see that the influence is like an iron chain, continuously affecting another and another. You can't say, "Eating meat is my business." It affects the whole world, affects the next generation, and your innocent children. You can see this is terrible, the damage is so enormous. Now, do you still ask why Master wants you to be vegan?

We have to solve this problem from the root. We water

* The United Nations and some countries' representatives gathered in Cairo between Sept. 5 -13, 1994 to discuss the overpopulation and future food shortage problem.

the plants at the roots, not on the leaves. Yes, the more we eat meat, the more we have to produce meat. Raising animals requires vast land areas and plenty of water for the grass to grow. The more trees we cut, the less water we get; and then the water is used for the animals and people are left without. Without water, we cannot plant crops, so we have less fresh produce. When the supply drops, they'll be more expensive. When the population is soaring and food production is decreasing, wars are inevitable. There will be more violence like robberies and killings, just for eating, just for food. Finally, they think of murdering – murdering the children to save their own skins.

Previously, no one ever even thought of abortion, but now they try to legalize and publicize it. In my humble opinion, I feel that the United Nations and many other countries ought to think in a more logical manner, and to find a more effective and correct method, instead of just killing children. If the situation persists, it is not enough no matter how many lives you kill.

Many people have prophesied that in the future there will be some countries that will need to eat human flesh to survive. They will reach the stage of eating the meat of dead people. However, there is a way to change the future, but not if they continue in this way.

We can change, change our world. We can save our world. We should rebuild our way of life – live a moral life, be a vegan, cultivate ourselves mentally and physically and there will be immediate results. Our world will be changed at once! If everyone plants trees instead of cutting them down, then we would be saved very soon. Within ten years, the world would not be the same – not have so much problem. Truly there is hope, but only with the cooperation of everyone.

For example, you disciples listen to what I say and you

will further influence other people you know. However, if that land does not belong to us, we cannot demand the landowner to plant trees! He ought to realize the gains and losses. This news should be propagated to the whole world for everyone to know. They have to believe, and they have to think in a more logical way. Everyone has to be united to save the world. Otherwise, there is no point worrying about Doomsday. We are killing each other already before Doomsday arrives. Since the beginning of Creation, we have never heard that wars are for killing children! It means that our moral standard has been degraded to its lowest point.

Nowadays, if you have killed a person, the judge, the police would arrest you and put you in jail. You have to compensate for the lost life with your own life. However, they are now trying to legalize the massacre, and no one seems to think this is immoral. This is really incredible! I hope the United Nations and the participating countries will keep their minds clearly awake. Otherwise, it is really terrible to put the future of our next generation and the whole world in their hands, and let them decide for us! If they are not enlightened, and incapable of logical thinking, you could imagine how serious the situation is!

When there is a cause, there is an effect. God is not going to stand on one side watching them decide the life and death of the people, the children of God. God definitely would not allow it.

We often accuse others, “He kills, he is a murderer!” Everyone would scold him, hate him. We are also disgusted by wars, killing. However, murder has now become a natural course, and the murdered victims are babies, infants. This is truly horrible! It is different if it has to be done due to compelling situations. However, they are now doing it openly, without

any urgent reason; just because the food rations are insufficient. The babies have to be killed simply to ensure the adults' food ration. I hope abortion is not legalized. Try our best to think of a way, and don't let this happen.

If any of us like and agree about this, we can write to them, in about the same content of my speech today. Each of us may accordingly write to the United Nations, to the President of the United States, and the relevant nations. Request them to find another solution, instead of employing this undesirable method! Perhaps they will listen to our advice, perhaps not. I hope they will listen. Otherwise, even if we kill all the children to save the adults and other privileged children from starving, the retribution of the karma incurred would be even worse.

It is strange! I don't know what the people of the world are thinking. They cannot solve even such a simple problem. I am sure most of the politicians know about the statistics from the books researching the gains and losses of a meat diet versus a vegan diet. They have more opportunities to read these books. They are wealthy, and they have people to inform them, submit the material to them. They should know better than us. They are obliged to manage the country and work for the people, they should know about these facts. It is so simple; just encourage the people to be vegans, and they themselves should also change to a vegan diet. The world will soon be saved this way, not to mention going to heaven through spiritual practice, and the incurred merits!

If a vegan diet can save the world, then everyone just has to sacrifice a little. The political and religious figures have great influence and authority over the people. They are free to use any means. They have television, radio and everything. They can talk about anything at any time. They should talk

about good things, propagating a vegan diet, and environmental protection. That is the right thing to do for ourselves and our next generation. Is that right? It is very convenient for the major political and religious groups to do so.

We have received many warnings lately. There are natural disasters and earthquakes everywhere. Furthermore, we are terrorized by killing among humankind. Humans are powerful. They could be a Saint or they could be a demon. “As a Saint (fully enlightened being), they could save the whole world.”. As a demon, they could destroy the whole world.

Until now, we have been afflicted with many problems. Some mentally unbalanced people have created wars, or invented some bombs, much of which destroy the wealth of the world and people’s lives. Sometimes we think a bomb is nothing; to destroy a city is nothing, etc. So much money and effort is required to build a city. If the city is destroyed, the economy of the nation is affected, and pressured. Rebuilding the city entails great pressure. It is a tremendous burden to the economy of the nation. So, there are natural disasters, earthquakes, typhoons, bombs, and strange diseases. Don’t say the whole world is destroyed – it is extremely disastrous if only one third or a part of the globe is affected. The situation will deteriorate with a chain reaction.

Therefore, I hope the people of the world will wake up quickly. I wish you would spread the message to everyone, telling them to save this Earth together. Otherwise, what should we do? Heaven only accommodates the virtuous people. If the Earth does not exist anymore, where do all the not-so-good people go? Therefore, we must spend some effort for the less desirable people.

This planet Earth is very precious. Should God wish to

punish it, destroy it, there is nothing we can do but to comply with Hiers will. However, if it can still be saved, then we should save it. It is because this world is a very good school, where many souls may come here to learn and grow.

When this lecture was delivered by Master, the UN International Conference on Population and Development was being held in Cairo.

During the conference, international newspapers continually reported the divergence of views on the abortion issue. The delegates who were in support of anti-abortion were opposed to the proposed plan for population control, as it caused the increase of abortion. Consequently, they refused to endorse it. The following are excerpts of anti-abortion standpoint which were continuously reported by many newspapers.

Cairo: As the United Nations population conference held its closing session yesterday, Muslim and Roman Catholic countries criticized references to abortion and sexual rights in the final report.

— excerpt from H.K. Standard Sept. 14th, 1994

... The Vatican, joined by conservative Muslim nations like Iran, has charged the document condones abortion, extra-marital sex and homosexuality.

... “We must go and oppose it rather than leaving the arena open” for Western thoughts on family planning...” “We will not accept anything in the document that is against Islam.” Mrs. Bhutto has decided to go to Cairo as the only female head of an Islamic country to attend.

... Turkish Prime Minister Tansu Ciller, her Bangladeshi counterpart Khaleda Zia and Jordan’s Queen Noor have dropped plans to attend. Indonesia President Suharto also withdrew from the conference.

... Vatican spokesman Joaquin Navarro said the draft proposals would allow adolescents to obtain abortions without their parents’ permission.

... “No Western country has a law like that. Nevertheless they want to offer it to others,” he said. — Agence France Press.

— excerpt from H.K. Standard Sept. 5th, 1994

... The Vatican – which has an estimated 800 million followers in the world – and conservative Islamic states such as Iran have led a campaign against the document.

... The Vatican said it could not give “explicit or implicit support to those parts of the document regarding abortion.” As well as those which “harm the family and encourage free sex among young people.”

– excerpt from H.K. Standard Sept. 7th, 1994

Egyptian Islamists sniped at the conference, saying the opening day on Monday confirmed their worst fears that it would promote sexual perversion, extramarital sex and easy abortion.

... A young girl in an Islamic head scarf, captioned “Our future generations have no right to live.”

– excerpt from H.K. South China Morning Post
Sept. 7th, 1994

In the end, the conference took into consideration the anti-abortion delegates’ point of view, and by compromise included additional alternatives.

[Safe motherhood], a notion which does not include the [promotion] of abortion as a method of family planning, has been accepted in many countries as a strategy to reduce maternal morbidity and mortality.

– excerpt from “Program of Action of the Conference”
page 57 (H.K. Standard)

Vatican vows to stand firm on abortion

THE Vatican officials said they were determined to stand firm on their opposition to any legislation that would allow abortion in any form, or to legalize the procedure, in any country.

The Holy See's position is based on the teaching of the Catholic Church, which sees man as a soul and a body, and believes that the soul is created at the moment of fertilization.

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Cardinal Joseph Ruffini, secretary of state, said the Vatican would not be moved by any pressure to change its position.

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SOUTH CHINA MORNING POST
HONGKONG, WEDNESDAY,
SEPTEMBER 7, 1994

Vatican stands firm on abortion

(CARDINAL RUFFINI) says that the Vatican will stand firm on its opposition to any legislation that would allow abortion in any form, or to legalize the procedure, in any country.

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HONGKONG STANDARD
5 September 1994

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STANDARD 9

tries to row at ululation conference

CAIRO: The United States yesterday sought to defuse a row with religious conservatives over abortion on the eve of the Islamic Nations conference on population.

With the bells here drawn across a US-UK alliance on the one hand and the Vatican and Muslim allies on the other, Pakistan Premier Benazir Bhutto set off for Cairo to argue for Islamic values against the work.

But Timothy Wirth, US deputy secretary of state for global affairs, said "We respect the right of every government to make its own decisions on abortion."

"Negotiations and the agenda have been made. While I have been in Cairo, we have been talking about it in a briefing room at the conference building just north of the Egyptian capital city."

He said there were different interpretations of the words of Allah and reproductive rights. Wirth says a 12-page draft survey plan issued at the end of the conference last week.

The Vatican, joined by conservative Muslim nations like Iran, has charged the document with "blasphemous, even insulting and disrespectful" remarks.

Mr. Wirth urged delegates to focus on the "real issues of development" in the draft survey plan. "We are not here to discuss points of agreement."

"There is a broad agreement around the world about this document, and about the consensus of world leaders," he said.

"All nations must respect fully and respectfully" a "free, open and democratic society."

Before his departure for Cairo, Mr. Wirth's special assistant, Mr. Jeffrey Shih, said the US must go forward with the work before the start of the Islamic Nations conference in Cairo.

"We will not accept anything in the document that is against Islam," he said.

Ms. Bhutto, who refused to change her program despite US pressure to reverse her stance, has decided to go to Cairo as the only female head of an Islamic country to be seen.

Pakistan Prime Minister Benazir Bhutto, her husband, and her children have been invited to attend.

Indonesia President Suharto also withdrew from the conference.

Mr. Wirth said the Vatican has already been the firm stance in the matter over the issue of abortion. He said the Vatican's position is based on the teaching of the Catholic Church, which sees man as a soul and a body, and believes that the soul is created at the moment of fertilization.

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7 September 1994

HONGKONG STANDARD

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DARD

WORLD

WED

Row over abortion dashes hopes for unanimous global agreement

Vatican refuses to sign population document

CAIRO: United States Vice President Al Gore has dashed hopes that a unanimous agreement can be reached in a row over abortion at the Cairo population conference, saying the Vatican will refuse to sign a plan aimed at curbing the world's soaring birth rate.

The conference has to agree on a 112 page action plan on limiting world population that the Vatican and Islamic conservatives say is a compromise solution, but necessarily and extremely bad one.

"The one should give up the illusion that there's going to be some kind of result that covers the Vatican to sign this document," said Mr Gore, who held talks with Vatican delegates for 40 minutes yesterday.

The Vatican said it could not give "implicit or explicit" support to the many parts of the document that refer to abortion, family, and sexual rights.

But Mr Gore said that even without the Vatican's signature, the final document will have the broadest international reach. An Iranian official said Islamic states were leaving the conference satisfied.

The Vatican — which has an estimated 800 million followers in the world — and conservative Islamic states such as Iran have led a campaign against the document.

The European Union has proposed a compromise formula that is being discussed by the media conference members.

Delegates said that they were focusing on chapter eight, which deals with abortion when the number of life is at risk. Under the compromise, a paragraph would

HONGKONG STANDARD

HONGKONG STANDARD
14 September 1994

Abortion references spark criticism at conference

CAIRO: At the United Nations population conference held in changing nations yesterday, Muslim and Islamic Catholic delegates criticised references to abortion and sexual rights in the final report.

Despite the compromise, delegates were opposed to approving the final program of action aimed at curbing the world's burgeoning population and sexual rights. The Islamic delegation said it was disappointed that they had signed a "bad" document, and even now international politicians and groups are trying to change it.

Delegates opposed the nearly 100-page document, drafted by a group of 100 nations, but had to do

with the final document in an afternoon session.

Delegates over the report's references to abortion and other reproductive issues have dominated the three-day conference. Disagreements have erupted in a row of a document that reflects all delegations.

Since the end of the 1970s, delegates representing the world's nations were busy with the final program, at least in the spirit, said a prominent speaker that they had signed.

It was not immediately clear how many of the delegates would be affected by the final document.

Muslim countries, including the Arab League (OIC), criticised inclusion of the word "individuals" in a section on sexual activity.

Delegates have raised the issue of abortion, which is defined as a reproductive activity, which is defined as a reproductive activity, which is defined as a reproductive activity.

It includes, for example, the word "individuals" in a section on sexual activity.

The plan includes the approach to individual nations by including, for the first time, reproductive development, and environmental protection.

The Vatican, which said the right to life is under attack, and reproductive health provisions, was the

most vocal critic of the document, which is defined as a reproductive activity, which is defined as a reproductive activity.

When delegates finally signed the document, they agreed to the abortion provision, the most controversial part of the document.

Paul Lee, a Chinese official who chaired the drafting committee, emphasized that the

plan makes clear that it is up to each nation to decide how to carry it out.

The UN International Conference on Population and Development had a program to limit world population, which is growing at 2.5 billion a year.

The focus was on women — education, health care, family planning, and so on — and better the health to do it.

The action plan calls for a summit conference of UN member states in 1995, to review progress and discuss the document, or about when the current report is due.

On the last week, said it would not sign the document in Cairo "to ensure what happens within the range of what is likely to happen."

It gives "implicit or explicit support to those parts of the document regarding abortion, as well as those which touch the family and reproductive health provisions, was the

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The compassionate Master also put forward a wise, humane and practical solution to the world population problem. To put this Child Care Plan that transcends country boundaries into practice is really the first step towards "World Unification."

*A Letter To The Department Of Humanitarian Affairs,
The United Nations, New York, U.S.A.*

Department of Humanitarian Affairs,
The United Nations,
New York, U.S.A.

March 27, 1995

Dear Sirs, Madames,

The population problem is now of international concern. Some countries are handicapped by their low population, while others, being overpopulated, are carrying out compulsory birth control policies which are causing tremendous resentment among their people and provoking God. (Take the recent incident in Peking for example. A man, provoked by the death of his wife who was forced to have an abortion, became insane with sorrow, and killed people at random.)

Actually, this perplexing problem can ultimately be solved by allowing the children from the overpopulated countries (e.g., China, India...) to be legally adopted by families in underpopulated countries (e.g., Singapore, United Kingdom, France and other Western countries) without much bureaucracy and Red Tapes.

The launching of this scheme will at least bring about the following advantages:

1. Balance the population of the world.
2. Comfort the childless parents, giving their life new vitality.
3. Minimize the vice of killing, as well as alleviating the sorrow and animosity of the parents. (To control the population, some nations are carrying out compulsory abortion and the killing of babies.)
4. Bring about economic benefits. (The underpopulated nations gain a greater working force, whereas the overpopulated countries benefit financially from the adoption fees and less burden: The future parents take care of the medical costs, etc... for the mother and adopted child during pregnancy, and therefore offer mental and psychological support to them as well as easing the national public health care burden.)

Your establishment may worry about the possibility of this scheme turning into trafficking of human beings. However, this can be avoided if a legal record system is set up, followed by continuous case monitoring and counseling. As a result, the international community can exchange resources (including human resources) with each other, and the ideal of 'The Earth Village Without Boundaries' will soon be realized.

Sincerely,
The Supreme Master Ching Hai
International Association





We Are Stepping into the Golden Age

Spoken by The Supreme Master Ching Hai
December 4, 1993
Portland, Oregon, USA

Sometimes we are touched. It is not because of the Master, I don't think. People make a big deal out of any Master, call them even the Supreme Master; but I think, it is you that makes things happen with your sincerity, your openness of your deepest intelligence and love within yourself that you'll experience some time or another on different occasions, this kind of blissful experience. We sometimes experience this, less or more, in

some degree, through deepest prayer and/or sometimes when we are in very deep sorrow or experience some untold sufferings – we feel that the blessing from God is very near.

Meditation or contemplation is just another kind of opening our sincerity and longing to be a kind of receiver for the abundant blessings and love which is always present throughout the universe. Perhaps sometimes coincidentally or through the arrangement of the highest intelligence, we feel more blessings in some places or in encountering someone special. Maybe because that someone is also in the same frequency with us; in the same sincerity, longing and openness to God like we are. At that moment, the two united forces experience the blissful feeling or the so-called awakening.

Many of our people in this world think they are OK. They don't need to change their lives, don't need to do anything, don't even need enlightenment. Therefore, they don't search for it. Even if the teacher or a good friend, unconditionally out of love and devotion, comes to them, to their door, they still reject him.

That's what makes our world the way it is, still now. We have not learned the unified Power. Many of us have not learned yet to use the greatest blessing that is in abundance everywhere in the universe, just have to stretch out our hand and fetch it, and everything in our lives will become smoother – all our desires.

We Are Not OK

Many of us always blame God, or blame circumstances or situations that are unfavorable to us. Many things we ask are not given. We blame the society, sometimes the governments,

our parents, even our schools, anything we can lay our hands on. But if we stop to think deeply or fairly a little bit, we should think: what do we contribute to the society, our nation, the world at large to make it become a better place; instead of waiting for it to be better by itself, which is sometimes impossible.

God doesn't create us here so that we just lay in our "rose bed" every day, waiting for bread and butter. We are here to learn, to learn to grow as well as to learn to use our limitless power of love and creativity in order to make a better world wherever we happen to be incarnated. If we do not learn to do this, then we have to return again; and that is what people call reincarnation. The unfulfilled desires or the unfulfilled mission, which is dormant within us, will be always awake inside, reminding us time again and again that we have not yet finished our job.

Many people think that we are OK, we are doing right; but we aren't, we are not truly OK. One fifth of the population of this world is hungry. Another large portion of the population, our brothers and sisters, are undernourished. That is according to scientific research, it's not from me. You can read that in the newspapers or demand for the proof. Many portions of our beautiful planet are still suffering under war, conflict, violence and many other disasters – man-made or by nature. It's because we are not OK.

Even sometimes, we can't do our hair alone, just to talk about small things. We don't know how to clean the house properly. Sometimes we can't even help some people in need the way they want it. We make more mess out of our good intentions. Even if we want to help, we can't. That's why many projects are failing, many good leaders have become kind of almost useless, despite their very, very best intentions to help the world

and their people. Why? Because we are not OK. We are not OK the way we should be OK, not the way we think we are OK.

If everything – many things in our life go wrong, if many of our desires go unfulfilled, if our next-door neighbor suffers, or if we suffer in any way, that's because we are not OK.

It is time that we face up to our own shortcomings, our own accumulated, undesirable habits in order to reshape our beauty, our Godly nature so that we can do what we want to do in perfection, or at least, near perfection. At least, don't make a mess out of our good intentions whenever we want to help or we want to better ourselves, our families or our environment.

Enlightenment Is the Way of Life

Enlightenment is not an advertisement from our disciples for you or anyone to come and just to research, or maybe curiously see what's going on. It is a way of life, it is a survival fact. It is a necessary ornament in our lives here and after.

If we have any religious beliefs, we know there is life after death. If we don't have any religious beliefs, we should know that there is life after death, because there is a lot of medical research on death, near-death or after-death experiences. This kind of information is available to us nowadays, in abundance.

Many books about enlightenment and about bettering our inherent powers, etc, are available in the markets. These are good for us; yet in a sense, not always that good. The Americans, the ones who read a lot and love to read, are very intelligent. They hunger for knowledge so they read a lot. I read a lot, too – before, between and I still continue to read. It is because sometimes I have to know what's going on; what's the trend in

the society in order to respond to it or to explain, to kind of solve some of the doubts which result from these books or intellectual food.

Why I said this, is that sometimes all this information is not always good for us. Because we love to read, we “eat” everything from the intellectual supermarket, and sometimes we have “indigestion” or we stuff our brains with all kinds of intellectual information without truly having personal experience. So, we think we know, “Oh! Yes! I know, Yogananda – the Light. I know what it is, Sant Mat – Light and Sound. I know Master Ching Hai, She teaches the same. So I don’t have to come and listen to Her.”

It’s not that we come to listen. We must come so that we have the true experience, if we already did not have; if we had some portion of the enlightenment experience, but we do not know how to go further with it, how to nourish it, or how to live with it or to integrate this enlightened wisdom into our daily productivity in order to serve the world.

Make Our World into Heaven

We must make our world into heaven, not run to heaven; because everywhere is heaven. God created only heaven, until we messed about with our computer-brains – kaput one; I mean damaged, or not very in order. Enlightenment is the way to put ourselves back in order. It’s not a kind of far-fetched heavenly mythology the way we think, but it is just daily experiences of our great resource of love and wisdom, which God bestowed upon us before we arrived in this physical dimension. If we think that heaven is somewhere high above the clouds, then we are in trouble; because we have to wait at least sixty or a hundred years in order to go there. With suffering and all kinds of

misery in this world, we don't have to do that.

Life is meant to be joyful for the children of the Most High. If you are the children of the king or the president, now you go to school, how do you feel? You have guards, you have a special Rolls Royce, you have all kinds of privileges, even all the school looks upon you with reverence, love, admiration, envy and many things. You feel you know your status.

In the Bible, it is stated that, *We are the children of God, and Hes is king of all kings*. Now, we live in this kind of life and we worry about pennies, everything frightens us, even just a bullet, that big. One thousandth of your weight could frighten you into losing your sense of dignity and even begging for your life. We'd do anything just to be alive, just to keep this physical body functioning. This is not a life of dignity. This is not the life of the children of God, if we truly understand what God means. God is the owner of the whole universe and we are the children. Can you believe it?

Just talking about it and never knowing it, is not the way of enlightenment. And we think we are OK! As long as there is one person suffering in this world, as long as there is still war and famine going on in our neighborhood, we are not OK; because we share the responsibilities of this "house" that we live in. It is a big family, extended, because we can't live together in one room and we don't have to. We need variety. We need different talents in order to make the world colorful and interesting. That's what God wants us to do.

We have so much talent, each one should contribute something. Even with all our talents we can't contribute as much as we'd want or we cannot be as useful as we'd like to be; because we are not yet OK. We lack something. We lack the true wisdom, the true love which lays sleeping within each of

us.

Use God's Love and Power for the Best

There shouldn't be any Master; there shouldn't be any teachers; there should be only spiritual friends, spiritual brothers and sisters; because we inherited the same portion of great wisdom from God. There is no difference between any Master and any of the audience who sits here, and no difference between him and any child or any older citizen; because we all have the same portion of Love and Power within ourselves. If we don't use it, it's the greatest waste on Earth. It doesn't matter how much we recycle materials, we still waste. The greatest waste is that we don't know we have wisdom, we don't know we have God's Power, we forgot that we are the children of God.

It's OK, you say you know it already, you read the Bible, everyone knows they are the children of God. But, what makes the difference whether you know that or you don't know that? Because you are just the same as yesterday, you don't truly know. You only intellectually heard about it and that makes the difference.

If anything I said today makes sense to you, it is because I recognize this wisdom within myself and I know you have that within yourselves. It's just you don't want to use it. You reject it, you deny it, or you feel too inferior about yourself. We didn't do anything that wrong. If you did or if we did, it was because we did not know. Now it's time to know what is the righteous thing to do, so we can change very quickly.

How much time do we spend every day in order to take

care of this body? We know it won't last long, but still it's necessary to take care of it. Now, if we don't take care of our real body, then we are in even more trouble.

Most of the suffering in this world is due to ignorance of the greatness of our position. No other reason! Because we're ignorant of it, we identify ourselves with the habits that we learned from maybe TV as a youngster, or maybe from neighbors, from books. We do many things that our conscience within us tells us that this is not correct, but we still do it because many people do it. Then we run into many problems.

Sometimes, we know we shouldn't take drugs, for example; but we feel empty within ourselves, we feel frustrated. Sometimes we have talents, we don't know how to use them, or where to use them. Society sometimes rejects us for some prejudices, race problems or our appearance doesn't please them. So, we fill this void with all kinds of cheap substitutes which, in the long run, ruin us mentally, physically and spiritually. It is because we do not know that we are great, or how to make use of our greatness.

I'm not here to collect your money, tell you what to do, or make you into any condition that is difficult for you. I just want to help you find your great wisdom, your greatest ability again, in order for you to better your life. Because when you better your life, I better my life, too; and my children, my friends' children, my sisters' and brothers' children. We have a better and better environment to live in because we are all connected with each other.

Suppose you don't keep America clean and safe. Could I sit here and talk to you? So, we owe each other everything. Suppose the farmers don't grow any crops. Even if we have money, can we fill our bodies with nutrition? No! So, we owe

each other everything. I cannot say that I come to teach you anything. Please don't have this notion despite all this "Supreme" what – never mind, because we are all supreme.

We came from the supreme Source before we descended into this physical body and we'll go back to the supreme Source when our time comes. There is no denying our supreme status. If you don't want to acknowledge it because you are humble, or because you feel you are not up to it, it's up to you. But I don't want to deny my status because I know. There's nothing arrogant about it. It's just admitting you are, without any pride, without any fuss, without false humility; because false humility is also false, it's not true.

We should be true, beautiful and virtuous in spirit, speech and actions. That is a perfect human being. Even if we don't want to follow this method of immediate enlightenment, we can try other things; at least to think, so that we can focus back again within ourselves, to remember who we are, and to truly understand the sentence that, *We are the children of God*, or for Buddhist, *We all have Buddha Nature within ourselves*. That means we are equal to the Buddha, instead of worshipping the Buddha.

We should worship in the right way – to recognize ourselves so that the Buddha (enlightened Master) has less work to do. If we truly want to worship a Buddha or any Saint, we should become one; so that they have less burdens, less worry and one more companion to uplift humankind. That's why some people don't like it when I say, "Don't worship the Buddha(Saint). Be one!" And I can show you how to be one. I can make a Buddha (Saint). Not by sculpturing or carving, but by pointing into your own Buddha(Saintly) qualities; and you have to recognize them day by day until you're fully convinced.

There is a way to recognize them; face yourself until you're fully convinced that you are a Buddha (Saint). That is the time when you are equal to all the Buddhas (enlightened beings) in the ten directions and three periods of time – past, present and future.

Changing Ourselves Changes the World

We are stepping into the Golden Age, so we have to change. We have to leave behind all these old useless conceptions of how a Saint should be; or we should leave behind the dark thinking, the negative expectations of the world and ourselves. Do something!

We start from ourselves – we clean our house. If our house looks filthy, we clean it first. If there's anything we don't like about ourselves, change it! Replace it with more positive, more virtuous qualities. For example, before, when we saw any homeless person we didn't bother about him. He could stand there on the highway for hours under the sun, wanting to work for food. You'd say, "Oh! No! I cannot take a stranger into my house. That's dangerous!"

Yes, but we could give him food. We don't need to ask anything from him. Then sometimes we pass by a homeless person, we feel nothing. We don't want to help because of our slow reaction, habits, so we don't help him. When we get home, we feel something is wrong, "I should have helped." But then we cover it up quickly, "No!" and watch television or do other things.

We don't want to listen to our conscience, that's why the world will never get better. If it is the case, whatever we

think makes the world better, at least a more comfortable place for ourselves and neighbors, we can share. Begin with sharing, then we will feel a subtle change in ourselves, more love will pour into our consciousness. We will be aware of something, that is the beginning.

That's why the five Guidelines are just a suggestion that we should change some of the corners of our lives which we do not like. It's not that we should feel so guilty or blame ourselves, should we fail some of it. But it is a goal so that we go forward. For example, we try to be more loving instead of violent or angry; be more giving instead of trying to take; we should be more faithful to our partner instead of having another mistress, or it could be mister. [Master and everyone laugh]

You always blame the man, I don't know why. There are women also, who want to play Madam Butterfly [Laughter], flying from one "flower" to the next. There are two kinds of "flowers" – male and female flowers. You know that! These brighten our world more and create a more calm atmosphere around us so that makes us better. That is all good, also a kind of meditation.

We meditate anytime anyhow in our lives. We just meditate mostly on the wrong things. So now, we just use that meditation Power, switch to the right thing, that's all. When we think too much about how to make money at the expense of others, that is also meditation; we meditate on money. [Master and everyone laugh] We use all our concentration power, or our mighty thinking power in order to get that piece of paper, and on that piece of paper is printed "In God we trust." [Master and everyone laugh] Isn't that paradoxical?

Our God is money sometimes! You see, "In God we trust" means we have to know God. If we don't know God, how

could we trust? It's very easy to say, "In God we trust," but how? Who is Hes? What does Hes look like? What did Hes do for me? What will Hes do for me that I have to trust Hirm? So, we must know that is what enlightenment offers. We have to be enlightened in order to know what God is, who Hes is, and what does Hes do to help us every day in all details of our activities. That is the thing we know after enlightenment. We know more and more.

If we did know God before, in some of the blessed incidents; then we'd know Hirm more and more every day through a meditative attitude, through a very scientific way of maintaining our enlightened awareness. If we are enlightened once or twice, we still feel not yet there. If someone is hungry for a long time now, and you give him just a little bit of water and bread, will he be satisfied? Of course not.

Only God Dwells Within Us

So, immediate enlightenment means you have a taste of enlightenment and then we tell you how to nourish it, keep it every day, and expand it until you truly know the whole spectrum of enlightenment – know your real Self. That's when you know God, because only God dwells within us.

Does the Bible say there are two persons dwelling within our "temples?" Did Jesus say that? Did Buddha say there are two Buddhas inside – one is Buddha and one is a mundane person? Did He say that? No! No Bible, no Scripture says there are two persons in this "house," in this body. So, who is that inside? Only God!

If we cast aside, we overlook our habits, our accumulated knowledge of mundane nature, then there is nothing there

except God. The habits, the knowledge, the Ph.D. person, is not the real Self; we were not born with it, and we will not die with it. So, this only real one is God, our true Self; but most of us have forgotten. [Applause]

You keep asking me, “How can we have immediate enlightenment when we meet You?” You are already enlightened before you met me. Just you don’t know it and you forgot; because you identify yourself with Mrs. so-and-so who works eight hours a day, who has three children, who gets angry sometimes, and who is loving sometimes. All this is not you. You just accumulated it, you just react to the environment and the necessities of the time; but it’s not you. We were not born with all these.

Therefore, we are truly God-like but we are also part of God. Actually, we are God. You may not believe it now, but think about it when you go home. We are breathing in God, we are living in God, we are born from God, and we’ll go back to God. Where can we go? Where could we have come from except from God?

Do you think we came from the carpet, from the ceiling or even from the drop of blood your father sent to you before you were born? Is it the food you eat that makes you become you? Then should we call ourselves “B-burger” [Laughter], “C-cabbage” or “Vegetable grocery shop,” instead of a person or a human being with an intelligence? Even if you feed the cow or the dogs all the food which you eat, they will not be as intelligent as you. If you give a drop of blood from your father to the dog or to any other thing, will it become a human being? No!

So, what is it that make us the way we are? It is God Power and it’s all over the universe. It’s in the air. It’s everywhere that we walk, everywhere that we stay. It just happens to

be housed in this instrument, in some of the instruments, and it houses itself just like an electric power. It houses itself in a bulb of light, in a refrigerator or in some motor generator. The electric power is all over. It's the same power everywhere. It houses itself in some instruments only; therefore, the God Power is housed within us.

We are one of the instruments that happens to contain the God Power for a while. Catch it, just like a current of water flowing from a waterfall or from a mountain very high. Someone happens to dig a hole or a swimming pool, get the water into it, and the water comes in and out again, connecting it with the river. The water in the pool is the water from the river.

In Hong Kong, we dug a swimming pool, actually we didn't dig it. Where I stay, is a mountain. You'll be surprised to know Hong Kong has mountains – very quiet, next to hundred-story buildings. You just walk five minutes out and you see the whole Hong Kong; and you turn, in five minutes, and there is a retreat mountain with all fruit trees – green, beautiful and quiet. That's where I stay in Hong Kong.

Now, we have a kind of mountain, so there are many levels, terraces. You see level after level. So, between the two different levels we surrounded it with rocks and cement, and made it natural looking. We led the water from the stream nearby into the pool. And under the lower layer, I grow vegetables – big ones; that is when I have time. I don't always do that. The water from the swimming pool when I swim will go onto the vegetables, so I don't have to work too hard. The water just goes in and out all the time, and it is always fresh; because we clean it now and again, to take out all the moss – the green stuff that covers our pool. We put a lot of big pebbles, shining and beautiful like ornamental pebbles. They're cheap – one dollar for ten

kilos; but beautiful. They were put in the water, and sometimes become covered with green, so we wash them.

The fish came in also. They are very expensive fish. They sell it for about twenty-two hundred US dollars for one fish – but that big. It can grow that big [Laughter], but not much different. He is a kind of very stupid pea fish.

So, the fish surprised me one day. He is supposed to be a stupid fish – very slow and does nothing; but because they are a rare species now, many people want to catch them, and buy and sell them. We don't. We don't make money out of that, we protect them. No one can come in our territory and take, because our territory is filled with this fish. I could be a millionaire in no time, [Laughter] opening a fish-market.

Now, this fish is very special. On top is dark brown, underneath has bright orange spots – under his stomach, hands and all that. And he can swim in the water as well as go on the dry land. He can survive on both, that's why people like him.

I thought he was a very stupid fish; but one day he surprised me, because they can talk with each other lovingly, just like a loving couple. One was kind of angry and turned around, and he just kept following. Just stopped in front and looked him in the eyes, and did like this. [Master demonstrates] [Laughter and applause] Like when you want to make up with your lover when she is angry. That one! Just like that! Can you believe it? I was so touched, and thought, "My God, I'm sorry. I apologize for thinking that you are stupid, [Master and everyone laugh] as you make a better lover than we." So, after a while, the female agreed. Then they both swam with each other and had no more of this argument.

One day he surprised me more, because he's a very slow action fish – stupid-like. Like this, very slow in the water.

When I came to the pool, I saw one of them. I was surprised, and said, “Hey! You there, come up!” Just a joke, you know. Then he came up. Then he zoomed like this to me where my hand was. He touched, and he went down back again. I said, “Hey! Can you understand me? Then come back again.” He did as requested three times in a row just to show me that he is not stupid. [Laughter]

Now, I spend all day repenting to God and apologizing to this creature. Fancy being a Supreme Master and didn’t know the fish is intelligent. [Master and everyone laugh] So, I feel very bad. But it was good, there were other witnesses with me; not that I made up a story at all.

[Master speaks to Her attendant] You remember the fish, it came from the pool three times. Yes! Yes! He was there and he tried to go and fetch the movie camera. But when he, fish, saw the black eye of camera looking at him, he said, “Uh-uh! I don’t want to be on TV.” [Master and everyone laugh] He didn’t want to be famous! Probably he was scared, and I thought, that’s right! That’s right! I told him, “Don’t photograph him in this way, because people will catch them more, make commercial out of it, and they will be in danger.” They are already an endangered species.

He is very intelligent, you see. He knows when to come up, when not. Three times he came in a row in one minute. I said, “Come up!” and he came right away. Then he went back down and I said, “Come up again,” and he came. Just right where I am, not to sideways. Just zoomed like this, straight!

Love for All Beings
Begins with Veganism

After you see all these things, it's good not to eat fish or meat. Actually, if we can love a dog, why not love a cow or pig; because they are the same. [Applause] This is one of the reasons why we should be vegan – love for all beings, extending love. Enlarge our love, enlarge ourselves, to the whole universe. We shouldn't even cut the flowers or eat vegetables, but still we have to do what is minimum, what's less suffering. The flowers when we cut them, they can sprout again and make more flowers. Vegetables when we cut a branch, they can sprout a few more branches. So, it's not that bad.

Even though all beings have feelings, plants have the least feelings, because ninety percent of the constitution of vegetables is water. That's why they have less consciousness than animals or human beings. We human beings are a combination of many things, and that gives a good environment for intelligence to activate. For example, even though you are very intelligent, you need a good computer in order to program some intelligent things – some distinguished program.

Similarly, God Power needs this body which is a composition of different elements, in order to manifest inside into the outer world. That's why we have more feeling, more intelligence, because God Power can make use of many of the tiny instruments within ourselves in order to spread out the blessing, the message and the intelligence. In the plant, God Power cannot do that, because there are not enough instruments. That's all.

Just like the bulb here. If the electric bulb is a 100-watt, then its electricity can be brighter than in a 20-watt. If we damage the 100-watt bulb, it is more expensive, more of a waste than a 20-watt bulb. This is why we try to economize. This is why we should eat the least conscious thing possible, like vegetables. Is that logical to you? [Audience: Yes.]

I don't try to push you into guilt or things like that, but we discuss the possibilities of why and how. That's why to kill a human being is the most terrible crime, to kill animals is second to it, and a plant is not much. They can grow again, even from the root. But the animal, even if you cut only half of its head, won't grow again. Therefore, we have to believe things when they're logical; not because it's the guilt-inflicting theory or because we have to do that because some of the teachers say so or some of the religions say so.

I do not feel that we are unintelligent beings, that we could swallow anything, especially the Americans. They are nonsense folks. They don't just "eat" anything. So, we have to tell them whatever is logical. Even if people do not accept it today, they can think about it later.

Sometimes I believe also, that during the course of my speaking, sometimes it's too fast – you sometimes listen to one sentence and you miss the next, and also it's difficult. So, if you want to listen again, you can get the tape. All the tapes we promote are without profit. It's like a good quality empty tape, because we don't believe in promoting God for profit. We make profit other ways, by mundane talents like dress designing, lamp producing, painting pictures. All these things we are allowed to make. It's our mundane talents, so we get the mundane profit; but not to promote God for profit. We don't even collect money, get a member's fee, or anything to do with God's teachings; because it's all free for every of Hiers children. It was free for me. It will be free for everyone, as long as I can afford it. If I cannot afford, then I stop. Very simple!

Now, can you see why we are God? God Power is omnipresent, is all-pervading everywhere; and we are just one of the beholders. Just like my swimming pool – the water came

from the nearby stream, led in by a pipe, and we have a hole underneath or on top so that it will flow out again into the river without stopping a portion of the water. The water in the pool, even though it's surrounded by stones and cement, is still water from the river and is connected in some other way.

If our swimming pool is blocked from connecting with the spring for some reason, then we have to unblock it. Maybe the pipe is blocked, the pipe is damaged, or the hole is blocked; so we have to unblock it. Enlightenment is the unblocking of our obscurity to our own nature, to the God connections within ourselves, and to the whole Power of the universe. [Applause]

Question and Answer Session after the Lecture

Q: What are Your views on transmigration?

M: As I have mentioned earlier, transmigration is another word for reincarnation. It is a very Eastern terminology. You don't hear it that often in the Bible, because the Bible is also not always complete, as all of you know. It has 'transmigrated' for 2,000 years or some time, so some things may be missing there. The true Bible is locked up somewhere and we are never allowed to see it. But some of the newly-dug from the ancient sites – the Bible in some part has come out, and some of it would mention reincarnation.

For example, I just remember one part, like someone asked Jesus whether He was the reincarnation or continuation of the last prophet like Elijah or such and such. They mentioned about two, three previous prophets before Him who had already ascended. Jesus did not answer yes or no. If the question, the concept about reincarnation was wrong – that a prophet even

reincarnated to help the people, then He would have said, “No, no, never. No reincarnation.” But He didn’t answer. Probably He answered yes, but He was a very soft-spoken person.

You see, afterwards there was no correction on that question. As I understood, that about over 2,000 years ago, at the time of Buddha and Jesus, etc, when you are silent on some topic, that means you agree. If people ask you, sometimes three times, and you are silent, or if you have an invitation from a disciple, and you are silent, that means you accept it. So, in that case, we can have a glimpse of some segments of the Bible about reincarnation. Otherwise, it’s difficult to prove that.

As you have read in many books about Jesus, that He has been in India and Tibet, and studied with Buddhist teachers and so on, so for Him the theory of reincarnation must have been very familiar. We would be surprised if He didn’t teach that to His disciples. Maybe the Bible, some portions of it, are lost. Sometimes translation is not accurate, and everything like that; because at the time of Jesus – was very chaotic, the situation.

He had to sometimes hide for His life, and the disciples practiced in fear. So, not all the things Jesus taught would have been recorded. Also, He taught only three-and-a-half years before He was terminated. How could He have taught everything in such fearful and limited circumstances, as well as a handful of disciples? It was very difficult.

Transmigration is nothing very difficult to understand. For example, we live day to day. Yesterday you wanted to do something and you could not or you didn’t finish it. So today, you wake up, you try to finish it or try to find a way to do it again. Anything we have not finished in our lives, and at the time of leaving this mundane world we still desire, we want to

do it, and we feel very sorry that we have not finished it, then surely this desire is the powerful force that will give us another chance to do it again. So, we will be, again and again, given the physical instrument to do, to exercise our God Power in this world, to manifest our wisdom into this world until one day we finish our desires, and we are done with all our jobs. Then, we'll go back Home.

That is the situation of the people who desire enlightenment. They feel they have nothing more that they want to do in this world. Maybe their mission is finished. It has just naturally pushed them into the position or into the state of mind of wanting to go Home. They don't know where Home is and what that is, but they want to return to the Source. That is when people want enlightenment.

Therefore, people say, "When the student is ready, the Master will appear." You can't force enlightenment upon people. Therefore, Jesus couldn't force. Buddha couldn't force it. Not all the people in India were enlightened at the time the Master was alive. Not all the Jewish people were enlightened at the time Jesus was there. So transmigration stops when we feel that we want to go Home – nothing in this world interests us anymore.

As long as we still feel interested in something, and we couldn't finish all this in one lifetime, that means we still want to stay in this world. It's just a compelling force that we cannot help. Therefore, enlightened and unenlightened persons are all alike. But the enlightened person lives a better life – smoother, more wisdom. He can do many things with less effort.

Many people ask me, "How can You be a Master – You go around the world, lecture, and take care of disciples in different countries, and still paint, compose music, sing songs,

make songs, and all that?”

I say, “Why, it’s easy. It doesn’t take much time to paint; a few hours to compose music – I composed twelve songs in four days. No big deal! Write poems and anything. When you’re truly inspired and have time, you just do it very fast. To design clothes, this didn’t take me ten minutes, no problem.”

But before I was a little bit enlightened, everything was difficult. I didn’t even have an idea to paint. When I painted in my high school class or somewhere, I can’t remember, I liked to paint a horse and it looked like a turkey. [Master and everyone laugh] So, my teacher said don’t bother wasting the paint, I’ll just give you the mark, [Laughter] something like that.

Q: Is our subconscious mind a link to infinite intelligence?

M: The subconscious mind is a kind of bridge. It’s not the real Self yet. It’s a bridge to the infinite intelligence. That is correct.

Q: How do we face problems and suffering in front of us?

M: Whatever we can eliminate, try to eliminate. If we cannot, then pray to God to help us overcome or for that person to overcome the suffering. Get enlightenment, above all. It’s easier to digest all this suffering and easier to think of the way to help, when we are enlightened.

Q: Do You believe that God guides us all the way since we were born?

M: Yes, but do we heed Him? Do we ever hear Him? If we did, many of us wouldn’t have run into difficulties, and our world wouldn’t have been the way it has been or the way it is now. So, we have to open first our power of understanding. We have to reconnect ourselves with God in order to hear Him, to know what He wants us to do, to know the correct way.

That's why we offer the connection with God again. That's called enlightenment, finding the Kingdom of God, or whatever you want to name it. We can't just list the whole list of terminologies – enlightenment, get back to your Buddha Nature, become Buddha, go back to the Kingdom of God, know your Self, know God, God-realization, Self-realization, etc, so we say enlightenment and immediate.

Q: Jesus said He is the only way. If He was open-minded, He would have said, “Well, I am the way, Buddha is, so too, Krishna.” [Someone in the Audience: I just think that Jesus or that “I” they were talking about was omnipresence and omnipotence. (**M:** Yes, yes.) Therefore, it boils down to His love and wisdom. So, Jesus said that “I,” meaning “love and wisdom, omnipresence, the God Power” is the way.]

M: It's just like, for example, Krishna, said: *Love Me alone*, and “Me” is capitalized. *Follow Me alone. Surrender all unto Me, then your life will become better, etc. Buddha said the same thing: Follow the Buddha, and don't follow anyone else.* He means the real Self, the omnipresent, the Almighty Power which at that time probably manifested mostly in that “electric pole” (means in Buddha Himself).

Just like the electric power is brightest in this light at this moment, and all the other lights are a little bit dim. It means, you have to have faith in that electricity, but not necessarily in the light. Because the light was very bright, electricity was most at that time. You go near the light, so you can read, you can see all the things, and recognize yourself in the mirror if you want to make-up, for example. It doesn't mean you have to believe in this light, but in the electricity that houses that light.

So, every living Master that houses the Power of God,

God can use any, anytime because God is not so limited. Hes is not so poor to have only one son. Please! Hes has so many ways and means to bring Hiers children into Hirmself. Don't you think? [*Someone replies: Yes.*] [Applause]

I wish to send you all the love I can just to help you to open up. But if we do not yet have good affinity, then you can wait. Meanwhile, study the Bible, believe in God, believe in Jesus. It's good for you. Study the Bible doesn't mean you know the words only, but put that into action. For example, the Ten Commandments, we should try to abide by them. That is the good way of a Christian.

Before I got enlightenment, I slept with the Bible every night. I looked at it every time I was in trouble. Without the Bible, I couldn't sleep. Sometimes, I alternated. In the morning, I would read the Buddhist Scriptures that comforted me and sometimes lifted me up into some kind of very blissful state. It helped also. If you truly revere the Bible, you deeply believe in it, and study it very sincerely, it helps you immensely.

We are just talking another alternative way should you be interested. If not, please just believe in the Bible and try to keep the commandments. Put all the loving things that God teaches you into action. That's all.



Practicing Makes the World More Civilized

Spoken by The Supreme Master Ching Hai

November 3, 1989

Columbia University, NY, USA

Brothers and sisters, let us join in a few minutes of prayer to your own God, your own good Self or your own inner Nature. Pray that our seminar will be a helpful time for you. Thank you.

Well, brothers and sisters, you are the children of the Great Intelligence, the Great Wisdom. I suppose you do know something about yourselves. Do you feel it sometimes – the

greatness within your own hearts, the Father or the Mother, which is the Creator or what we call the Buddha Nature, from which we came and to which we will return, if we so desire?

There is free will, absolutely free, for each individual to choose between this world and the higher kingdom. Most of the people prefer to stay here and some people prefer to go Home, go back to the Kingdom of God or to the Buddha's Land. It's just that – let us not be deluded about what we want. If we truly prefer to stay on this Earth, to be useful to humanity and the earthly citizens, then we must also consider some conditions, without which, our life, our sojourn in this world will not be very pleasant. If we wish to go back to the Kingdom of God or to become a Buddha (fully enlightened being), to go back to the Buddha's Land, then we should also consider some factors which will enable us to go there.

Now let us first speak of the conditions which enable us to stay in this world and lead a comfortable, pleasant life, in case some people prefer to stay. Our planet is a very beautiful 'space-ship.' We can say 'spaceship,' which carries a lot of sentient beings in mid-air and circles around. Our planet gives us a lot of comfort and joy, gives us a lot of treasures, and sustains our lives through many ways and means. But then, we also have a little duty towards our Mother Earth, to help her to remain in such a powerful position so that she may be able to help us. In order to do so, all the religions have taught us what to do. But if I may take the opportunity, with your permission, to remind you a little bit; also for the sake of those who will listen to the tapes of this seminar in the future.

Please do not have the opinion that I'll be your lecturer, teacher, Master or whatever. Forget all about this. Just take me as your brother, sister, daughter, just a well-wisher, a sincere person, who would like to offer whatever she has in her best ability. It is

just like if you are an engineer, then you try to help the society with your knowledge of techniques. If you are a doctor, then you try to help the society elevate by eliminating the suffering of humanity, treating their sicknesses, etc.

I was born with the tendency to have spiritual knowledge; and as much as I've attained some of this spiritual knowledge, I am obliged to feed it back. Just like what we have learned in college about machinery or medical treatment, we have to offer back again to the society later on. So I'm only doing my duty and I'm grateful to you that you have given me the permission and the welcoming atmosphere to do my job.

We Only Use Five Percent of Our Intelligence

In order to put our society back in a pleasurable condition, we should also observe certain guidelines, mutual respect and understanding. The way most of the people live their lives is harmful to themselves and harmful to other beings – visible and invisible. If we do not believe in the invisible existence of other beings, at least we believe in the existence of our own race, humanity, and all the animals who are the citizens of the Earth.

Lately, there is a kind of fashion, that people are becoming vegan. That is a good tendency, because as we know, everything carries energy. Every action is registered. Nothing is lost, as far as we can prove by science. So if we have caused some violent condition, then the violent atmosphere will hang around us or our planet and that causes some disasters. That's why we always wonder, "How come there are so many wars?" "How come so many earthquakes, so many disasters are befalling our planet?"

Now there is nothing from nothing. The Bible states

very clearly: *As you sow, so shall you reap*. Now we do not see what we have sown, we only see what we reap sometimes. It is because our intelligence is so limited. According to science we only use five percent of our intelligence. Now fancy we only use five percent, then how can we know so many things? There must be many things that we have not discovered, that we do not understand. This we have to accept. There is no escape from this.

Two thousand, six, seven hundred years ago, the Buddha said to His disciples, “Be careful about the water you drink. You have to filter your water before you drink and repeat some sacred words in order to avoid killing beings in the glass of water.” He said there are 84,000 beings in a glass of clear water. Now 84,000 is not exactly 84,000. It is a way of saying plenty in Indian custom. So the Buddha said to the disciples that they had to filter their water.

In India at that time, to filter water was not something very popular like we do nowadays. Now the Buddha had seen this already – ahead of His time, that there are bacteria in the water. Of course the people in His time found it so difficult to believe Him, as they could not prove there are any sentient beings, or what we call bacteria, in a glass of clear water. But nowadays, due to scientific advancements, we can prove it so easily.

Great Practitioners Create A More Civilized World

It is good that our society today has become so advanced, so intelligent. The scientific research and hard, diligent efforts have brought a lot of comfort into our lives. Now we could wonder to ourselves: why didn't we have these a few

thousand years ago, all these electronic apparatus? We were not that intelligent. We were not advanced in science. So suppose there is a God, then why didn't He make people intelligent before? What happened to those God's children a few thousand years ago? Did God treat them like adopted children – not the real children?

So you see, the advancement of our world has been brought about by the diligent efforts of those so-called practitioners, the bearers of Light in this world – the yogis, the realized ones, the Mahatmas, the Masters. Those greatest ones are more beneficial, are working in a greater dimension. But even the so-called less high level yogis, practitioners, bearers of Light, are also making their contribution to the whole atmospheric change in order to bring about our worldly condition today. If these practitioners of Light, bearers of Light, did not exist and had not been existing throughout the centuries, then our world would not have come to this condition as it is now.

So we are grateful to science and the discovery of scientists for all our comforts and all the advanced apparatus. They have brought comfort into our lives. But we truly forget what is the 'behind' benefactor, the invisible one, which brought about this condition. If these so-called practitioners or bearers of Light were absent from our world environment, then the world would become like hell. There would be no symbol of virtue, no examples of higher living, no light. It would be like a countryside without any electricity – all dark, like in the olden days.

Therefore, what makes our world different from hell is that we still have Light-bearers; and what makes our world different from heaven is that the Light-bearers, the virtuous people are fewer in number. If there were none at all, it would become hell. Hell is the absence of Light, of virtues. If we have more

Light-bearers, then our world would become heaven. That's what makes all the difference. Everyone would like to live in comfort and in a heavenly world, but not all people make an effort to build a heaven for themselves and those surrounding them. So we should refer back to our religious Scriptures like in Christianity, in Buddhism, in order to know how to build up a heavenly environment for our world. This I would not like to emphasize too much. Maybe it will bore you because you'll say, "I know all this already." You would tell me, "I know the Bible from the first page to the last. I am a Christian. No need to tell me." The Buddhists would also tell me, "I know the five guidelines of the Buddha. I am a lay person, I took refuge in the Buddha, maybe forty years ago. I have a Dharma name, a Buddhist name – special."

A Buddhist's name is like a Christian name, when you are baptized, I think you have a saintly name – Maria something or Joseph something. According to Christian tradition, apart from your own name, you have a Christian name. Now in Buddhist tradition it is a similar thing. When you take refuge in the Buddha, the Sangha and the Dharma, you are also given a name. Some beautiful name like Perfect Light, Buddha's Light, Wisdom Light, Perfect Wisdom, Perfect Virtues, Liberation, Great Soul or whatever.

It is good to have these names, whether Christian or Buddhist. But, it's better if we live up to our names. If we are given Saint Francis, then we should try to read the biography of this Saint – see what he did to become a Saint, how he lived his life so that now he is revered throughout the centuries and throughout the world. If we happen to have the name Ananda – Ananda means bliss, ecstasy, happiness, boundless joy in Sanskrit, according to Hindu tradition; then we should see to it that

we also attain this bliss through virtues, through diligent practice in inner contemplation of our inner bliss.

Our real Self is that bliss, is that virtue and connection with God. If we forget our real Self, then we are very lonely and we suffer much arduousness in this world. Once we are connected with this real Self, things begin to take a turn for the better; and we will be more clear about which direction we take and what things we do to offer to ourselves, the society at large and also to the whole universe.

Everything we do affects everyone in this world and the next. Every religion mentions to us that all things, all beings are one in essence. Just like our body has many parts. If our hands hurt, it affects our whole body also. Just because the universal body is so great, and we the many beings in this great body cannot understand, cannot see the whole universal body, so we may not believe that our actions concern any other beings. Should we develop the kind of celestial eye, wisdom eye, we would see this for ourselves that we are indeed connected with all beings. Then we would be very careful about what we do.

Jesus Christ, Buddha had developed this kind of eye of wisdom. Therefore They knew what are the laws of the universe; what to do in order to beautify our world; also to make our lives more pleasant, more comfortable and more suitable to our tastes. Therefore They laid down the rules from the heavenly abode, about our behavior and the direction we should take in our daily living. These rules are very valuable, what we call guidelines or the commandments of God. Should we follow these, our lives would be much more smoother. But that is as far as the worldly connection is concerned, the worldly contribution is concerned.

The Quickest Way to the Kingdom of God

If we kept the guidelines, we'd be nice to our neighbors, we'd love our enemies, etc. Then the world would be in peace, be a nice place to live in, and would endure much more longevity. So if our world is peaceful, it would also affect our lives and we would also feel very peaceful. If we live in a house and the house is damaged or in not good condition, then our health and our comfort would be affected. Similarly, if we live in the world full of chaos and trouble, we'd have no peace. So to help the world is to help ourselves.

Now, that is only if we want to stay in this world. But if we want to go back to the Kingdom of God, to the Buddha's Land or to become Buddha(enlightened Master), there are more subtle conditions and rules which we should know. Apart from keeping these precepts, following a virtuous life, being tolerant, and helping others, we should also be connected with the Kingdom of God.

What is the Kingdom of God? It is very easy to see, provided you are willing to give your effort and time, and sincerely wish to be there. You can find the Kingdom of God through your own purity, sincerity and one-pointed devotion. But the best way, the quickest way, is to find someone who has already the access into the Kingdom of God and then you just follow. They just hold your hand and take you up. Therefore Jesus Christ had to be born in this world in order to lead some of His contemporaries, sincerest ones, God's lovers, back to the heavenly mansion. Therefore Buddha had to descend to this world in order to take some of His devotees back to the Buddha's Land.

In every nation, in every period of worldly existence, there will be always such personalities like Jesus or Buddha. This is very good news. We worship Jesus and Buddha, and that is

very good. But rarely do we know we could become as great as Jesus, as great as Buddha. That is actually the sole purpose of their coming into our world. That's why Jesus emphasized in the Bible, *Whatever miracle I do today, you can do even greater tomorrow*. He promised us. We can become as great as He was, even greater. Buddha also said, *You can all become Buddha. I have already become Buddha, you will become Buddha*. No one has claimed the monopoly, the sole possession of Buddhahood. No one can do that. If anyone ever does, he doesn't know anything about Buddhahood and Christianity.

A true Christ is a Power which can be handed down from one person to another. Just like you earn a lot of money, you can give away as much as you want. As true as we have material possessions, we can also have spiritual power – the invisible possession which we can hand down also. It's not "handed out" because we all have this inside ourselves. It only needs opening by an expert.

It is just like when we go into this room; we are not acquainted with the electricity board, with all the switches in this room. So we have to learn it by trying to discover ourselves, or we have to go the quickest way – to the manager. The one who is in charge of this room, he knows everything. He has been here every day. He knows where the switchboard is, which light is connected with which switch. It's the best way. So he can open it in seconds, put on the lights, and help you to connect with all the things that you need for today's seminar.

Awakening All Our Power of Wisdom

Similarly, Christ or Buddha, They have known the Kingdom of heaven. They have come and gone many times, if not many millions of times already. So They can help us to also go there and make us comfortable with all the things we need. Once we come into this room and find the manager of this room, we can find all the things we need.

Similarly, Jesus has told us that, we should, Seek first the Kingdom of God and all the things shall be added unto you. The Kingdom of God is the inborn intelligence which most of us do not use. Just like I've mentioned many times already – five percent of our brain power. Now if we have access to the whole brain power – one hundred percent – we can do great wonders. Using five percent we can make airplanes, we can make rockets to go to the moon, to go to the galaxies, do many wonders, cure many sicknesses, discover many great things, invent so many computers and machinery, and make fast cars and jumbo jets. Now, ninety-five percent is still there unused. If we wake this power of intelligence up, then we will know so many more things, we can do so many more things, we can invent so many more things, we can create numerous things. That is what it means by the Kingdom of God, the wisdom of the Buddha or the Buddha Nature. But apart from that we still have much more. The subtle Power behind this brain power is what we call soul Power. That is our real “face,” our real person.

We have no doubt about the existence of a real person within our body – that we are not this physical body. The physical body is only a house to live in while we are in this world – a “hotel room.” Otherwise, why when we die the body is still there and we cannot move anymore? So, it must be something else behind the body, behind the brain, that moves the whole “machinery” – thinks, walks, eats, and sleeps. That is our real

Self.

The real Self is hidden behind the veil of what we call illusion or Maya, in Sanskrit. Illusion is something of a play which makes us forget our real Self. It is just like when we watch television, films or theater performances so intensely that we forget ourselves. Then we cry, laugh, and feel sorrow and fear with the personages on the stage. We forgot that we are, maybe, the senators of the State, or the wife of a very important person. We glue ourselves to the screen – laugh and cry with those people, and get angry and excited. After the theater or the movie is over, we wake up to the reality, to who we are, and we go home. We do not stay in the theater anymore and we do not glue ourselves to the television screen anymore.

The theater, the movies and the television are only temporary things and they can even attract people so much. You know the television addicts' problem. Sometimes you switch on and you cannot switch off. It does not matter what it is, you just have to look. It's very fascinating, always changing, always making excitement, and always new. We sometimes forget our duties, our jobs, our work and we watch the television.

Our life is a greater stage and it's a longer performance. No wonder we forgot our real Self. Our life stage is more interesting even, more intense, more colorful, more dramatic and more enchanting than the theater performance. Therefore, we keep glued to this screen of life and forget who we are. That's all there is to the illusion play. Once the illusion stops, the play stops. That's when we are awakened.

When we are awakened, we are enlightened. If we are completely awakened and shake off all these impressions from the theater performance so that it doesn't make us feel sorrow, cry, laugh anymore, then we say we have become like Christ or

become a Buddha. We know it's all a dream. At that time we are completely awakened. Then we are mighty. We can control everything we need to control, but then we let everyone free as far as they don't want to be controlled. We let everything go but we can do everything we want – not harmful things to people, just all good things. Once we are completely awakened or enlightened, we have all the wisdom that is inborn within ourselves.

With a little intelligence of our five percent brain power, we can create so many great things like the Empire State Building, so many advanced and wonderful apparatuses. With this inborn, new found wisdom, we can create heaven. We can create comfortable environments, life and all the things we wish.

Everyone Has the Power of Creation

Some of you would have heard of the miracle performers in India, China or maybe America even. These are nothing of wonders. It's just that they use that creative Power. They know more than the average person about how to use their own intelligence. Just as we can make use of our five percent brain power to create airplanes, boats, rockets, scientific apparatuses, etc, we can use more of this creative power in order to create much more advanced, more wonderful and more unimaginable, excellent things. That's all there is to heaven, all the comforts and all the miracles. It's all creative Power, and we have all this within ourselves.

To use this creative Power just to make some flowers, some oranges, candies, is nothing at all. It's just a very little thing in the creative play of our brain power. The more we know, the greater things we can create. Scientists have created many wonderful machines and apparatuses to serve human life;

but if the scientists had more access into the Kingdom of wisdom, they would create heaven out of nothing. Just as much as we use materials of this Earth to create spacecrafts and all kinds of vehicles and apparatuses, we can use invisible materials to create all kinds of things which we need for this life and the next.

Therefore Jesus said, *Seek you first the Kingdom of God and all the things shall be added unto you.* That's why Buddha forsook all – the earthly kingdom, possessions and pleasures; because then He possessed much more property. He knew He was richer than any king on this Earth. Otherwise, how could one just live a life of a beggar for forty-nine years when the kingdom of His nation was at hand? He could at any time go back to His throne, become a great king, rule over His nation, and enjoy all the comforts. But He didn't return, because He was richer than when He left. He had anything He wanted. He could go to any heaven, any land, any planet, any galaxy; and had all kinds of treasures, all kinds of things that He wanted; but He didn't even want these.

After we know all the secrets of the universe, after we possess all the treasures of the heavens, we desire nothing anymore. We become happy within ourselves; whatever comes, comes. We become like a child. We do not desire and the desires of this world will not burn our hearts any longer, will not have anymore control over us. That is the advantage of becoming enlightened.

Only By Enlightenment Can One Truly Love Others

Many people also have the wrong idea, that if we want to become enlightened or we want to practice, we must become a monk or a nun or go to the Himalayas. I did have that idea. I

thought I must do it. But that was my stupidity. I wasn't enlightened then. You do not need to do that. We can live within our family life, carry on our worldly duties, and become enlightened at the same time. It is just like we can do so many jobs with our hands and our brain power. We can also do our worldly jobs and become enlightened.

With such a limited intelligence as we have now – five percent of the brain power, we still can accomplish so many tasks. Just like if you are a physician, you still can grow your vegetables in the garden when you go back home, you help your wife clean the carpets even, or you can do all kinds of hobbies. Now fancy you have more wisdom, then you can just do more – cannot do less. Don't need to forsake the world in order to do the will of heaven. You can only do more and offer more; you do not have to decrease your responsibility.

That is the logic of enlightenment. But since I have become a nun like this, I'm used to it, so I stay like this. It doesn't hurt me at all. We do not need to do this.

We can do many things with our wisdom. It encompasses many things. We can love God and love our family members at the same time. The love of God will not interfere with our love for family life and family members; because if God is Love, if Buddha is Compassion, then our family members have to be included, not excluded. We can include more people even. Instead of only loving our family – husband and wife – we can love also our neighbors, our enemies. That's how we become after enlightenment.

Jesus said, *Love your enemy*. He didn't only preach from the lips. He really experienced that. After complete enlightenment you bear no hatred to anyone and you see things in a better light. You see why people do this thing to you, why

people do that thing to that person. You will not have any guilty feelings for what you do and you will not have any hatred towards anyone who harms you, because you see the cause and consequences of all things in the universe. That's how we can leave hatred. That's how we can love our neighbor, our enemy. It's not easy to tell people to love their enemy and then they will love them. They understand the message, but to carry out the message is another thing. It's easy to quote from the Buddha and say, *All beings are pure from nature. You have no sin. There is no bad, no good.* But it is hard to convince someone not to feel guilty, because they do not see the cause and consequence. They cannot do things without the ego, and then they get blamed for it. Once we are enlightened, we see things from a higher point, from a higher intelligence, and we see nothing happens by accident, or nothing is by our own doing. It is hard to explain this to you. It's easier to get enlightenment than to explain enlightenment.

God Has Many Names

If we hear the name of Buddha or the name of the teachings in any Scripture, we will have some merit, some virtuous merit, in order to be born in heaven again. Otherwise we go to hell. So people tell us, now I don't believe so much in hell, but there is hell nevertheless. Just that I would not go there, so I don't believe in it.

There is the law of hell and the law of heaven. The law of hell is a very low class law set up to catch people in their transmigration of this illusion. The law of heaven is that of gracious blessing and love, unconditional forgiveness, which will draw people back to the Kingdom of God or to the Buddha's

Land to enjoy their deserved happiness and everlasting joy. The law of hell, or of this world, is governed by the king of Maya, which is what we call the “director of illusion” the director behind the stage of the illusionary game. The law of heaven and Buddha’s Land is governed by those gracious, loving, compassionate, merciful beings who are the co-workers with Almighty God or the highest Buddha.

When we call God by different names it is all right. You may call your wife, “my darling, my apple pie, my sugar candy” or “honey pie,” whatever you want. Similarly, we have to allow people of different mentalities and different preferences to call God by different names. It is so logical. I’m so surprised that most people don’t understand this and fight over the names. It’s OK if you call your wife “cookie” and if the neighbor calls his wife “apple pie.” It’s the same thing. If we call God by the name of Allah, Jehovah, the highest Buddha Nature, the Anuttara-Samyak-Sambuddha, the Almighty, the Beloved, the Father, the Mother, the Creator, God or anything else, what does it matter?

Therefore many people think that I preach many religions at once. No, no. I only preach one – the religion of Truth, the religion of wisdom, the religion of love. What we call God Almighty or the Highest Buddha, is our own wisdom, our own survival power, intelligence, which we could use at anytime, if we wish to do so.

You Become Very Normal after You Become A Enlightened Master

In case we do not know where to open the gate of wisdom, we may search for some expert. That’s all there is to it – so simple and so matter of fact. We don’t need to make anything become so mystical, so difficult, so hard to believe and unreach-

able. If I can reach this wisdom, you can. I have not proclaimed that I have reached the whole wisdom in order that you praise me or give me a lot of presents or something. I just say so in such a way as you would say you are a MD, because you have graduated from a medical school and in order that people know so that they trust you and that you may help them. I say this in order to set an example for you, to give you hope, to give you inspiration, that you too can do it.

Sometimes people criticize me for saying that my disciples always praise me, saying that I'm a Buddha(enlightened Master), I'm a what and what. For a long, long time I never said I'm what and what. But people always heard from my disciples. Then they came and attacked me for what I did not say, "What? You are a Buddha(enlightened Master)? How can You be? How dare You be?" So many questions like that arose many times.

So I'm fed up. I'm tired of being humble. I say, "I'm a Buddha (enlightened Master). So what? What's the matter with it?" so openly.

But after you've become a Buddha (enlightened Master), you become very normal, very lovable, very cute. Nothing great, nothing very special happens, just that you discover your own treasure and your own Power, and you use it. What is the big deal about discovering your bank account that you have forgotten about? There's no virtue, no great thing about spending your own money. Everyone knows that.

Similarly, there's no great thing about discovering your own Power and your own wisdom, and using them for the benefit of yourself and for anyone who needs it. Apart from this discovery of your own wisdom and Power, you are ordinary. You just add more Power, that's all. Whatever other people do, you do. They walk, you walk. If they sleep, you sleep; they eat, you

eat; they work, you work. It's all right. You're like before. You are now just extra-charged by extra Power.

It is similar to the case of a medical student. After he has graduated from medical school, he becomes a MD. Now, he didn't change anything, did he? The look, the outlook are the same, the friends are the same, his activities are the same, and his behavior won't change. What has changed is that he has extra knowledge, extra talent, extra abilities to help others, including himself and his family, with his medical expertise. People make Buddha become a very mythological figure, a very great being, a very mystical figure, that no one can understand, no one knows, no one can touch, no one can see; make Christ become the world owner, and no one else can attain His level. This is wrong. This is incorrect information.

Just because you have discovered your lost treasure, it doesn't mean you will change anything in your habits and behavior. You will not become a wooden statue or a stone Buddha. You will have similar feelings, you have the same power of reasoning, you still have the same capabilities to work in your job, if not better. You can serve the society with more Power, more vigor, more clear-sightedness and more concentration. Apart from your physical ability to contribute your talents to society and the world at large, you have the invisible wisdom which can be manifested and used as the power to supply blessings, encouragement and joy to the people around you.

So, for these reasons we can see that no one should deny enlightenment, no one should deny the right to their own wisdom and power. Wisdom is something very intangible, invisible; but it can be felt once we want to use it. We cannot see it but we can feel it when we turn on the light. We can use it when we turn on the fan, television or all the apparatuses. That's how

we know electricity exists.

How do we know God, wisdom or the Buddha Nature exists? We know by the manifestation of this Power. We discover this Power and then we put this Power into use. We use this wisdom for useful purposes, useful things. Just like electricity is invisible, but we can turn it into light, into the power for a record-player and use it in a refrigerator, fan and all kinds of useful things. Now if we have this inborn wisdom, we can use it and make it into anything we want, including to build our own heaven. Then no need for God even.

Therefore, sometimes, people who are very enlightened or completely enlightened, for example, like the case of the Zen Masters; after they get enlightened, they spoke in such aloof terms like, “There is no God. There’s no one.” Or they say, “I’m just drinking tea,” or something like that. They never express much emotion about God or the divine Being. It is difficult to understand them and we may sometimes mistakenly address them as atheists; but it is not so.

Similarly in the case of the Buddha, after He was completely enlightened, He even denied that there’s any God. He used another name, Anuttara-Samyak-Sambuddha. It means the highest Buddha. The highest Buddha or the highest God are similar things. The highest Buddha or the highest God live within us. That is the wonder of all wonders. That means that we are God, we are Buddha. If the Buddha doesn’t live in here, who else then? The owner is a Buddha, so we are the Buddha, we are God. It’s easy to speak, to tell, to repeat; it’s not easy to realize that.

Therefore we humbly or arrogantly live every day without realizing our true person. So we suffer, we feel burdened, we feel lonely, we feel desperate, we feel helpless. It is because

we do not know our great status – that is the real Self, the God or the Holy Spirit that dwells within ourselves: *Know you not that you are the temple of God and the Holy Spirit dwells within you. Also, Lo and behold, the Kingdom of God is within you.*

Buddha said, *Buddha is in your heart.* It means Buddha is within yourselves. If the Buddha is within yourselves, then we are the Buddha. What else? There's no one else in here, only Buddha lives in here. Then we are the Buddha. If no one else lives inside, only the Spirit of God, the Kingdom of God, then we are the Kingdom of God, we are God. It's very logical, even without enlightenment. We cannot argue about this.

The next step is to find this Kingdom of God, to find this Power of the Almighty which is hidden within ourselves. Now that I have found it, I might inform you. If you want to find it, then I will offer you my service, free of any condition.

Question and Answer Session after the Lecture

Q: When you attain enlightenment what happens to the personality?

M: Do you mean if you are a very angry person, will you become more calm? It happens. Yes, it affects our personality to become more perfect.

Q: Buddha emphasized meditation, now Catholics struggle to learn meditation in a Buddhist way. In Catholic meditation we use some Bible, use the words to learn, read, use word meditation. In the Buddha's way, meditation is emptying the mind. How we can use this way of meditation to reach God?

M: Once we are enlightened, we know things differently, from the ordinary understanding. Before I also did not under-

stand what was meant by “emptying your mind?” What’s the Kingdom of God? What’s Buddha Nature and all these terms? It was so big for me. After enlightenment, everything is like a child’s game. In the Catholic tradition, some have meditation. You know that Christianity has many retreat Centers, many hideaways, what we call secret orders. No one can enter even. What do they do? They contemplate, they pray, they meditate.

What’s meditation? I’ll tell you. After prayer or maybe worshipping God for long hours, our arms ache from tearing the beads apart and our knees are sometimes tired. So then we might just drop down and sit there or kneel there in silence, to have a rest. At that time, God’s instruction will come. That’s meditation. We have to be quiet in order to listen. We always talk and God has no chance to tell us. So the prayer is the talking, the demanding; and meditation is the listening. Most people just keep praying all the time or always make noise or always talk, and God has no chance to tell them what to do. No wonder their prayers are unanswered. God has no opportunity. So the meditation is a must from a logical standpoint.

Whether you are Buddhist, Christian, Muslim or whatever, I don’t care. If you cannot make time to listen to God, then God can never be communicated with. Even if you talk to a friend – you telephone, you talk and then you must listen. Even if you ask me, you must first ask, and then now you must be quiet so I have a chance to tell you. How can we treat God even worse than a friend? We keep talking all the time, and give Him no chance. Meditation is the time of quiet listening. That’s all there is, and God will come.

Q: You say a genuine Master should not perform miracles, yet Jesus performed miracles and healed people?

M: Remember what Jesus said to His mother: *Why do you tell people that I can perform miracles?* He was very reluctant to do this. Because His mother had already told people to prepare water and leave it there, this forced Him to do it. Many other times He cured the lepers, He cured the sick people; but He waited until no one was there and went and told the person to get up and get healed. When He saw people come after Him, He immediately disappeared. Do you remember? He hid Himself. He didn't want to let people see. He also told the patient not to tell other people. But that person came out and told everything.

So even if Masters have miracle powers, they seldom openly use them to attract the attention of the masses. They only want to attract the sincere seekers for the Kingdom of God. Because if you are after miracles only, then miracles are all you will have, not the Kingdom of God. If you are after the Kingdom of God, you seek the Kingdom of God, then all things shall be added unto you. You'll have miracles and all things. Therefore most Masters avoid attracting people by miracles, for fear that they will pay their attention only to that part of the God Power and forget the whole.

Q: My life is in danger. Do You feel it?

M: I understand; but whether yours or mine, everyone is the same. Whether you know it or not, our lives are always in danger at any moment. So if you want to protect yourself, then get enlightenment. Use your wisdom to protect your own life. No one else can do it!

Q: To be a lifelong vegan, without meat-eating is prevent killing. But can we eat eggs?

M: Eggs contain half of the life. They unite together and become a chicken. This is the first reason why we should not eat eggs. Now some eggs are unfertilized, but still they contain half of the life in them.

The second reason is that chickens they eat all kinds of worms with bacteria and disease. So when we eat them, the eggs are not that pure – not good for our delicate system. The more we practice, the more we become very sensitive. It's dirty.

The third reason is that all the black magicians, witches, they use eggs to attract so-called dead souls, controlled souls. If we eat them, we also attract these souls to ourselves. We add more negative nature to our own beings. It's not very helpful for spiritual progress, so we don't eat eggs.

Q: As the Buddha asked His disciples to filter the water, do we have to filter our environment and our actions so we may attain enlightenment easier?

M: Yes, we do! Therefore the emphasis is on keeping the precepts, the commandments.

Q: What do You think of astrology?

M: Doesn't change much. Doesn't help much. We have to change from a higher plane of consciousness, not just by knowing what happens tomorrow. We have to change our life, our way of living in order to better our life and smooth our path – not by consulting an astrologer; because he might tell you to avoid one disaster, but the next will follow. You cannot always have an astrologer in your pocket. Whereby you have your wisdom all the time with you and this is the best “astrologer,” the best guide to tell you everything. In the course of time, even he doesn't tell you. It takes care of you

even if you are not yet at a very spiritually perceptive stage. The Master inside will take care that you do not run into so much trouble, and smooth your path for you. That's the best thing to do; not to consult an astrologer.

Besides, once we are very highly developed in wisdom, we are above astrology. No one can read your palms any longer. No one knows under which star you are influenced anymore. Finished – you are above the stars, the sun and the moon. Nothing affects you.

Q: Why is there so much suffering in this world? Is there innocence involved in suffering?

M: No one is innocent. Except we are born again, we are not innocent. Born again means repenting our past misdeeds and promising God to lead a better life, a virtuous life. Then God's grace will descend on us, will help us, clean us, purify us, and make us become a child. Then we can say, "I am born again, I am innocent." After the initiation we can say we are innocent.

If we follow the virtuous path, then we will always be innocent; but not before that. We are burdened with the so-called original sin, or the past karma. We cannot say we are innocent. We, everyone of us, are responsible for the condition of our world today. Whether knowingly or unknowingly, we have done some damage to the world. We must repent. We must change our way of life. We must live in wisdom, in virtue.

Q: If there is only one God, Buddha, why are we God ourselves?

M: Because we are all one. It is an illusion that we are many. After enlightenment, you see we are all one. It's only

one spirit, one unity, one great being in all of us. For example, the sunshine, is it the whole? Sun rays are from the sun. It's a part of the whole. But because the sun has to shine in different directions to benefit in different aspects, therefore we have many sun rays. We cannot say that a sun ray is a separate sun ray. It's an illusion to say a sun ray is a separate sun ray. It is not at all. It's an illusion, ignorant, to say that the waves are different from the ocean. Is it not true?

Q: What's wrong with occasionally having a beer or a glass of wine with friends?

M: It looks like nothing is wrong, but people start from there. People start from a glass of harmless wine and a beer with a friend, and become alcoholics. They couldn't suddenly become an alcoholic, no? It develops from a glass of beer, a glass of wine, and becomes more habitual – take more and more and become possessed with it. So don't start. Don't play with fire.

Also any drop of wine, anything that's alcoholic, dulls your wisdom, kills your memory, takes you further from the Truth; makes you forget who you are, and disconnects you from the glorious path and your highest wisdom. Therefore we better avoid it.

Many people were born mentally damaged. It's due to them having killed their own wisdom with too many intoxicants in the past, like alcohol, drugs or such things. So do not play with fire! We do not know how much we can control ourselves. No one knows until it is too late. All mistakes come from the over-estimation of our control of will-power. It's easy to say, but hard to practice. So better not to try.

Now you see the world is already very mysterious and

foggy. Why do you want to add more confusion to your mind? Our vision is already blurred, already not clear. Why should we add more to our, unclear mind with alcohol or drugs?

Q: Why can't people control themselves sometimes?

M: I told you already. It's easy to control people, but not easy to control ourselves. It's because we do not learn controlling. Also it's because of the karmic set-up which we do not understand. Some people we see for the first time, we fall in love with. We call this love at first sight. Someone we've just met for one second, we want to start a fight with him. It's not that we do not want to control our emotions or anger, we just cannot because of the karmic background.

Maybe that person was in love with you before or made some nice, good impression in your mind. So when you meet that person for the first time, you feel overwhelming love and sometimes mistake it for love at first sight. It's affection from the past. The one whom you want to get into a fight with, it was maybe because in a past life he was angry with you all the time and troubled you a lot.

Q: Can an ordinary person, a worldly person, also get enlightenment? Can they attain the supra-worldly state? Please explain, Master!

M: Of course! No one is an ordinary worldly person! You are only cheating yourself. The Most High is in your heart, so how could you be an ordinary worldly person? No one is an ordinary worldly person, but you deliberately make yourself one! We do not wish to know that we are the Almighty. Every day, we just earn money, sleep, eat, raise children, and never seek anything else. It is all right to work, eat, sleep, and have children; but we should also be enlightened, know why we are

doing this, and know that we are the Most High. If you are not enlightened, and engage only in worldly work, of course we will stay forever in the world, and forever be an ordinary worldly person.



God Takes Care of Everything

Spoken by The Supreme Master Ching Hai

August 18, 1995

Munich Center, Germany

I am always happy when I am in Munich. I don't know why, but it's maybe my home town. Except my birthplace in Au Lac, I have never stayed anywhere as long as in Munich, non-stop. Maybe because it's my second home.

Congratulations on your beautiful Center! God has blessed you so much, and God has loved us so much, including myself – a very humble servant. God has blessed me to have

the honor to serve you, Hiers children. God has blessed us to be always together in harmony and peace. Then whatever we want, we need, Hes always gives us, without asking. So, we must always thank God in our hearts that Hes is so good to us, and we should also pray sincerely for those people who have less fortune than ourselves.

Remembering God Is Our Duty

Every time we meditate, we thank God first, we pray for the less fortunate, and then we remember God with all the sweetness and devotion. That is our duty – very simple, very pure and very effective. Then everything else will come along, without even we asking.

You have so experienced? [Audience: Yes.] Me too. I never ask that Hes gives me the talent to do the paintings. I never ask that Hes gives me talent to design the clothes or to design the jewelry so that I can take care of myself financially and help the other people as well. I never ask anything but everything just comes, and sometimes too quickly. I have to organize myself in order to receive all the blessing without wasting any.

The Heavenly Treasure Is Within Us

Do you have any questions? It's also good that you don't have questions. The more we meditate, the fewer questions we have. Even some questions are not important anymore. After we meditate, we know that nothing is so important and we just feel happy and blissful. When we're happy and blissful, nothing matters, really; and we don't think with the mind so much.

When a person is happy, even at a very mundane level – two persons falling in love, between a man and a woman – you still feel very happy and blissful. You don't care where you stay, what you eat, what kind of clothes you wear, or what kind of comfort or discomfort you have. It really doesn't matter anymore.

Similarly, we become even more blissful and more happy if we are intoxicated inside. Then we don't have any more questions really, we don't care. Even if we don't know too many technologies in the world, what is the newest invention, who is the newest movie star, and what is the newest building in the world, we're still not affected by anything. We're just happy, with Love from God alone.

That is the purpose of our lives – to find this Love, and then we're satisfied. All of you know this already, so I don't think I should talk too much. Without this Love from God, we're just miserable. We continue to be miserable all the time, keep wanting, taking, and greedy. We take all kinds of harmful drugs, sometimes alcohol and all kinds of things in order to make ourselves happy. But then we'll be worse, we'll have more trouble because we don't have the true happiness.

That's why we must meditate on God; and if we cannot, the Master Power always gives us someone – some messenger, in order to guide us, help us to remember how to meditate on God correctly. Meditate on God, otherwise you'll meditate on money, you'll meditate on girlfriends or boyfriends. It's also meditation, but different effect – bad effect. [Laughter]

Change the Object of Meditation

A lot of people meditate on different things. The busi-

nessman, he meditates on his enterprise. The politicians, they meditate on their reputations and careers. The womanizer, he meditates on beautiful girls, and things like that. So, it's different concentration. Concentration we all have already. The only thing we have to do is to change the object of concentration.

Instead of meditating on all these ephemeral things, like money, fame and ephemeral pleasures of this world, we just switch to meditation on God. Then everything else will come along, even beautiful women will come too, [Laughter] money and everything.

I did not come to God for money or for fame. But because I'm so concentrated on God, He gives me everything; and that is the proof of my concentration, that is the proof of my devotion to God, and that is the proof for you and anyone else. That you know, seek you first the Kingdom of God, and everything else will come to you. The money I make – it's like it comes from heaven. I don't even do much work.

The people outside, sometimes they work a lot and they don't earn that much money. I can't spend all this on myself. I give it to other people, or sometimes buy some Centers for people to meditate together. It depends on what is requested at that moment. So really, if we always devote our lives and concentrate our love to God, everything we need will come. Everything, absolutely everything, without effort. I make no effort. You know how long it takes me to paint a picture, or how long it takes me to design clothes? Everything comes along just because I don't care for these things. I just care for God and then everything belongs to God. If I care for God, everything belongs to me too – very simple and logical.

You remember the story of a king in India? When he gave everything in his possession to the people, they could come and take whatever they wanted. Everyone came and took this.

They wondered about the lamps, and took some jewelry. Some people tried their clothes on and some people took the cutlery or silver or golden vessels, anything like that. Everyone was so happy to take something of their own taste, and they thought their possessions were very beautiful and precious treasures from the king. But they only had one or two things of his whole possessions, but not all. One girl, she came straight to the king, and she said, “I want you,” and everything belonged to her – the whole kingdom and the king himself.

The same thing happens to us when we only want God and nothing else; everything else will belong to us, definitely, hundred percent. I am living proof. I am always happy because God always looks after me. Hes never leaves me in any want. Anything that I really think I need I will have.

The Best Gift from God

Actually I don't need anything. After all, I realize I need nothing. Finally, we have no desires anymore. If we meditate more and more, finally we know that we don't need anything. But even if we don't need anything, God will see to it that, every necessary thing we will have in life. I think as you meditate along, day by day, you have also noticed this miracle. Every day is a miracle for us, and we're happier and more loving every day. That is the best gift from God.

If Hes gives us also financial blessings, it's all right. If Hes gives us something like loving relationships as a blessing, it's all right. If Hes gives us more houses, more cars, we accept. Everything God gives is all right. We don't go on to say, “Oh God, I don't want material things. This is not what I want.” It's OK. If Hes gives us anything, that's all right. And we share with

everyone else, and this is OK.

That's how the world will become a paradise. Everyone shares with each other. Everyone becomes happier. Then no one will want to steal from the neighbor, to hurt the neighbor, or to do anything else; because everyone will be happy. That is the future vision of our planet. That's what we should always try to strive to achieve.

One day it will be so. Let's pray for that. If it is not so, at least the world of our own environment is peaceful, is happy, and is harmonious. Yes, our world with our husbands, wives, our neighbors, our children – this is our world, our planet. It's always blissful, happy and harmonious, at least. That is a world that is important to us too, because our world is the most important foundation. Without our world, the big world, the big universe doesn't exist. Without one brick of this world, the big world would not exist. The world exists by many bricks put together, so every brick is important.

Our small world – our small unit of family, of friends, of neighbors, is very important. That's why if everyone of us takes care of our small world, then the big world becomes peaceful alone. No need for anyone to go to Geneva and have a big meeting, drink a lot of champagne and coffee, and eat a lot of beef in order to talk about world peace. If every unit of the family takes care of its inner peace, if it gets in contact with God and gets this everlasting, unconditional love, then the world will have peace. There's no need to talk. That is an ideal picture, ideal vision for our planet, and for every other planet in this universe.

God Takes Care of Everything

That's what is God's will. That's what God wants us to understand. It doesn't matter what, doesn't matter how long it takes us to understand, God will allow the time, the instruments, the information and the way. God will make the way. God will provide the way for us, as long as it's necessary for us to understand these fundamental things about our lives and its connection with the universe.

We have an eternity to learn, but we can have it right now. That's what we have through the method of the Light and the Sound. We have it immediately. Otherwise, we could wait and wait through mistakes, through miseries, through sorrows and through transient happiness until the day we learn.

That's why God sends someone, some messenger, to remind us that we can have it quickly and immediately; as from ancient times it has always been so. It's better if you already don't wait, you've already got it. But tell your friends, if they want to wait for eternity, it's all right with God too. [Laughter] God has a lot of patience, far too much!

With this inner meditation and contact, we will soon discover that everything is arranged, everything is OK under the sun. God takes care of every minor detail of every being's life. That's why we're happy. That's why we are satisfied. That's why all the sorrows and miseries in this world cannot affect us; because we know the Truth, the one and only Truth, the solid Truth, that God takes care of everything.

So, I think we have to thank God every time that God gives us the opportunity to learn the fastest way, to understand the Truth, which erases all of our miseries; because the Truth really will set us free. The only thing that sets us free is the Truth. If we don't know that, we always worry. We always feel

terrible: “Why is there misery? Why is there someone troubled? Why is there a disaster?” Then, because we don’t know, we worry all the time and we try to take care of every little thing. But we can never take care enough, because everything goes with the universal plan and we are just a small particle of the cosmos. We always worry like we are God. We try to arrange the world’s peace. We try to do everything in our lives in order to achieve what we think we must. Then we forget, only God’s will will be done, not ours; because we don’t know anything.

Only when we meditate on God – directly contact with God through the Light and the Sound, then we know. We know everything without even learning from anyone, without reading books, without reading newspapers. We understand deeply, profoundly and everlastingly. You know everything if you meditate regularly and diligently. There’s nothing I need to teach you, nothing anyone needs to teach you at all, because you are your own Master. Everyone has God inside and everyone knows that.

The more we come back into our own wisdom and Master Power, the more we know. It’s a very natural way of teaching. It’s not teaching by verbal language. It’s teaching from inside. It’s so simple. We feel sorry that the worldly people don’t know. It’s so simple like the air we breathe, like the water that we drink. The Truth and the way to the Truth are so simple; but the worldly people, they are so used to complications. They are used to expensive things and hard to get things. So, when anything is offered so simply, quickly and unconditionally, they don’t understand.

You see how the people work in the world. They work eight hours, ten hours, fifteen hours, eighteen hours, just for what? Just to have a roof over their heads, just to have two or

three meals a day, a few clothes to wear, and maybe a vehicle to move around in order to work. They work so hard for these very basic, minimum necessities of life. People are used to hardship. That's why people cannot believe in anything that is free, anything that is simple, anything that is so direct and unconditional.

That's why it's our duty, if we want to take this duty, to remind the people and to try our best with all the loving kindness that we receive from God to make people realize that the best things are always simple and always unconditional. We prove it by our living standard, by our moral quality, by our loving kindness which is visible to everyone. We must show God's love through our way of living, through our own behavior, through our devotion and love to God, and through our devotion, love to all humankind. That's how our sharing works – not by verbal languages, but by examples.



Wake Up from Your Dream

Spoken by The Supreme Master Ching Hai

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Harvard University, Boston, U.S.A.

I do not think the people of the world are ignorant. I do think that they are romantic, too romantic. They imagine many things without trying to work them out, to realize them, or to make them come true.

Life Is Like A Dream

We always stay in a sort of dream. Everything in this

world seems like a dream to me after many years of searching. Just like a man who wakes up from a long dream. We also wake up after we die. Some wake up in beautiful surroundings. Some wake up to find themselves in a strange, peculiar world. Some wake up to find themselves still in this world, in the same surroundings, but a different kind of body. Well, the same body, just different kind of feeling, different kind of movement, different kind of bodily functions. Some wake up to find themselves in a suffering world; and some wake up to find themselves in very dark, unbearable surroundings.

It is just like a man in this world, who wakes up from his dream to find himself in a different situation of his daily life. It depends on what kind of life he was leading. For example, a man of great responsibility, he might dream a very beautiful dream or not; but when he wakes up, he is faced with all kinds of responsibilities and all kinds of questions to solve. A businessman, when he wakes up, he finds himself confronted with a lot of investment problems, bank accounts, new currency rates, the world economic crisis and things like that. A patient in the hospital, when he wakes up, he finds himself in his pain again, with all his tubes surrounding his nose, needles in his arms and another needle here, or maybe bound in bed. Maybe he has recovered and he is enjoying better health, a better view now, or he is going to be discharged from hospital that day.

So each one of us will wake up one day from our dream which is approximately about a hundred years. It's a long dream. Some have a shorter dream – good luck. Lucky people! We all know that we will wake up one day, but then we are not ready, we are not prepared for the waking up stage. That is why we are perplexed and fearful. If we know how to prepare for the next day of our lives, then the transition is not so painful. It is just like a man who lives a very peaceful life, who does his duty,

and who has love, he would wake up every day facing a nice atmosphere, more or less nice. It depends on how he has arranged his life.

We do not die after we leave this world. There is nothing to fear if we have led a very, very ordinary and normal life. But there is some fearsome illusion awaiting us if we have neglected the commandments of God. It is for the play of the world that regulations are made. It's for life to go on in a multicolored manner that commandments are installed. It is not for punishment actually. But if we do not abide by these laws, then some kind of correctional service is necessary. It is not eternal. Please do not have this negative picture in your mind that everyone who is disobedient to the laws will be punished eternally.

Hell Is Just A State of Mind

Hell is limited. No one can be a permanent resident there because God did not intend to make the world into a permanent hell or make permanent such an ugly thing. Therefore, whatever we do we will have to compensate for it, but for a short while only. But even then, it is very painful for us to suffer for just a short while; because when we suffer, time lasts forever. Takes a long, long time to overcome this period of suffering.

Just like when we are in this world, when we sleep and we're happy, the time passes so fast. We cannot get up in the morning because we think it's still time to sleep. When we're happy with a beloved one or with friends, time seems to be too short. Now when we are in trouble, when we have to wait for someone, when we have anxiety, when we have pain – bodily or mentally – time seems never ending. The same situation happens in so-called hell. Hell is just another state of mind when

we are too unhappy, too much suffering – mentally or bodily. It's just like when we are sick or unhappy in this world. It is multiplied much more, and that's what we call hell – the state of mental disturbance, of pressure, of invisible suffering.

We have many ways to avoid suffering in this world. If we are bored and feel unhappy, then we go out, have a drink, maybe dance, go to see movies, go to see the theater. Other people would go to find meditation, go into their “corner” and find their own happiness inside – their “within-world,” the Kingdom of God within. I do not despise people who take drugs, take alcohol, or use various so-called lowly or cheap substitutes to gain happiness, to forget the sorrow of life. I just think they use the wrong way. That's all. And it's a pity! If they knew the other ways, if they had tasted the different way of happiness, they would have turned faster to the other end; and they would be the fastest for enlightenment. They would be the ones who would run the fastest to any goal, to any means that would offer them happiness. These people are victims of very bad information, or have been misinformed.

Therefore, it is our duty – those who are so-called still awakened and have some intelligence – to help instead of just accuse; because we do not know their longing for Truth. We do not know inside their hearts that there is a great yearning for happiness. What is happiness and love if it's not God? They yearn for God, they are misinformed, they turn to the other end, and they use the wrong things.

These people are also very near the renunciation stage, near monkhood; because they also renounce life, they want to find their own imaginary happiness. They reject this kind of material, transitory, ephemeral life. Other people would just be happy with a big steak, a bottle of whiskey or whatever small

things – go to work every day; take care of our life; and take care of our wives, husbands, children, etc. But these people, they are so unhappy with this kind of ordinary life. They cannot take it. They don't want this offer. It's not good enough for them. That means they are very noble. It's not that bad. It's just that they don't have the means to find a way to get out. They are probably more fed up with life than any monk and nun. They probably are the most renunciative people, just they don't know how to have the real thing, how to achieve the real happiness.

We find many ways to gain our so-called enlightenment, nirvana or happiness. The better way, of course, is through effort, through enlightenment, through a proper channel to God; and not through material substitutes like drugs, alcohol or other kinds of unnatural ways.

Find Your Own Treasure Inside

We would like to present to you and any other people who are thirsty for happiness, this way of meditation which is very safe, which doesn't demand much effort, doesn't demand a change of life, doesn't demand any cost, and doesn't demand anything that you could not offer. In fact, it doesn't demand anything at all; except that you must look inside and find your own treasure, find the real lasting happiness. Even the richest man in the world, or even the king of the whole world would not be happy without enlightenment. No one has ever been truly happy without enlightenment.

The one who is enlightened may seem to be like any of the others; may seem to have the same quality, the same character; might seem to be angry sometimes. But his anger is no longer real, no longer with hatred, no longer deep-rooted. It fades

just like the clouds. Comes and goes so fast without any deep emotion. It is very, very relaxing when you can be angry like that. His anger is just like the sea waves – doesn't affect the sea at all. The waves come from the sea but they aren't the sea. It is but it isn't. It's just caused by wind or by the rotation of the Earth. It's unreal, even though it's there.

Now ordinary people without enlightenment, when they are angry their anger shakes the whole foundation of their being and uproots most of their intelligence, at that moment only. I wouldn't say forever, of course. And sometimes drives them into fanaticism or uncontrollable fits of emotion which hurts their mental, psychic, emotional and physical bodies. But the enlightened person, even when he's angry, the anger is just on the surface. It doesn't hurt that much. Also the force of anger would not hurt the opposition, because it is not supported with hatred and with real emotion. Sometimes the enlightened person could be angry outside but laughing inside. Just like you are acting on the stage, you know what your role is even though you act very realistically for the purpose of the audience – to make them happy or to make them sad. Just to amuse them.

Therefore, there is a difference between enlightenment and not enlightened even though both persons – with enlightenment or non-enlightenment – look exactly the same in some ways. If we are also enlightened, we can sense that that person is not the same. We can sense only, but we cannot tell because they both have the same – nose in the middle, eyes on both sides and ears over here. They might eat, talk, sleep, and do various duties like us; but inside they are completely free.

Liberation Is the Ultimate Freedom

Now we always talk about freedom. There are different

kinds of freedom – freedom from outward movement and freedom inward. Freedom inside is the most profound, and nothing can shake it. Freedom outside can change all the time, with the different regimes, with the different environment or with different physical abilities. But the freedom inside never can change. Once we have it, we will always have it. We just have more and more each day only, and we discover endless possibilities to express our freedom. Whereas the freedom outside is very limited and it makes even more responsibilities, often more responsibilities than not.

There is a film about Jesus. I don't remember what is the name, but it's a story about a man who looks for a Master for many years. He saved all his treasure, bought three different precious stones, and saved it all this time until he met a Master. Then he offered. That was all his treasure. Now finally he met Jesus, and he was supposed to offer it to Jesus; but it was too late. Then something else happened in between – he never met a Master. He always chased Jesus from one place to another and always something happened. He could never be face to face with the great Master. He had a slave, or so-called work-mate for himself. That man worked for him for a very long time. One day the man demanded freedom from the master. He said, "I have followed you everywhere and you don't even pay me" or something like that. "I want to be free. I don't want to work for you anymore. You are no longer my master, OK?"

So that person who was supposed to be looking for a Master said, "OK, you go. You want to, you go."

The man left, went outside, and enjoyed his freedom.

Then he thought, "I don't know after all if I really want my freedom. It's terrible to have no master." He had to take care of everything himself now, and he was not used to it.

Everyone says being in prison is no good. You are not free. You cannot move about. You have to sleep on time, wake up on time, and do everything under dictatorship. But some people like to be in prison. “What job to look for? What work to do? Who takes care of the kids’ education? Who buys the wife jewelry?” and things like that. They just wake up when they are told to wake up, and they go to sleep when they are told to sleep. They do what they are told to do and they feel fantastically free. Maybe they are enlightened, these people.

When the people are freed from prison, if they go outside, they have to look for a job which is not always easy, especially if you have a record from prison. It’s difficult to find a good job. You can find any job but not so good. And you have to take on all kinds of responsibilities with taxes, bills, filling in all the forms, and complications.

Many people say that nuns and monks are those who are renunciates, but I think you are the ones who are renunciates. You renounce the simplicity, the happiness of leading a simple life, the happiness of a care-free life, the happiness of dedication to God. You renounce all these in order to take care of these complications: tax forms, electricity bills and what next, children.

Maybe you derive some “happiness” from taking care of children. It’s not that complicated, but I mean those things which are concerned with children are complicated. You have to take care of them. When they are sick, you cannot sleep. When they are not good in school, you don’t feel well. When they grow up, who is the girlfriend? Who is the boyfriend? Who are they with? Are they with drugs or with whatever? Endless trouble, endless anxiety. Just like you have two or three bombs in your house exploding every minute.

I think you are the great renunciates. I really admire your courage, your patience, perseverance and true dedication to complications. [Master and everyone laugh] I don't know, between us, who is better than whom. Sometimes I think that, if you put me back to that life to take care of all these, I probably couldn't do it. It's too complicated for me. With waking up every five o'clock in the morning when the bed is the warmest and you are in the most deep, deep sleep. You have to wake up eyes half closed, drink coffee through the nose – you cannot see properly – and eat some dry bread; trying to preserve the sleeping atmosphere but having to wake up at the same time. Sometimes you feel the way into the bathroom. And every day like this. How do you do it? [Laughter]

If I wake up, I have to only crawl to my meditation hall. It's not very far. Well, I have my work too, but I don't think my work is that complicated. It is in the other way, in the other sense, but it's not as complicated as your lives. And you can go through that happily, or apparently happily. I don't know how you do it.

Therefore, this life is each one for himself. But anyhow, in case you are not satisfied with this and you want to have a simple life or more strength internally, eternally, and more understanding of some very delicate details of life in the universe, then we must find an enlightening way to go.

If we are satisfied with life as it is, and wake up from the dream after a hundred years or sixty years, then it's OK. But anyhow, I think it would be nicer if we woke up from our dream finding a pleasant surrounding, a pleasant situation awaiting us. It would be better than to wake up from our dream and find the same situation again or worse. Everyone goes to sleep at night, hoping consciously or unconsciously for a better tomor-

row with problems solved, business better, children nicer and marriage works out better. But we wake up often after a long night's sleep, finding the same problem, finding the same situation or worse circumstances.

It is the same with our lives. Should we wake up after a life-long dream and find out we are still in the same world but in worse circumstances, then it is very, very tiring, very painful. I don't think we could endure it. That's why you may have heard of many stories of people who die and then come back and make a lot of trouble for their relatives, because they are not happy where they are; and worse still, they don't have a body to enjoy the enjoyable side of life.

We, the human beings, suffer sometimes, but we can enjoy sometimes. Then when we enjoy, we forget the suffering, at least temporarily. But those who leave the body without preparation, without a guide and without any virtues, merit, to accompany them – that means if they live a very ordinary life without doing any good things, without turning their face towards God, once or at least sometimes in their lifetime – then after they leave their bodies it is difficult for them to find a chance to be in happy surroundings.

No Such Thing As Death

So now since we still have the body and we do not suffer that much, we could have some happiness, some choices, some free-will, we should just prepare for the other world; because I do not believe that most of the people think that after death there is nothing. People are more intelligent now in this era to understand better. Also we have much, much more information nowadays to prove this belief that our life is eternal. Doesn't

matter what happens after death, before death or before birth, our life is a continuous stream of consciousness and we never die. We might forsake one body – one kind of vestment after another – but we never die. Or else if we die, how can we be born? If there isn't life before our birth, then where did we come from? If there isn't life after death, then where did we come from before our birth? We couldn't just spring out of nothing.

We learn from science that nothing comes from nothing. So why should we come from nothing and go back to nothing? At this age of scientific great development, we should believe even more in life eternal. I have enough proof within myself, within my practice to understand this. I would like to inform you or confirm your belief that this is true, and that according to my opinion and also the opinion of other great Masters of the past that we should prepare for our great awakening, which takes place after we leave the physical body. We awaken to find that we don't die, but then what do we do with it? How do we orient our life after we have this so-called life? That is the trouble that we must take into consideration before it's too late.

Question and Answer Session after the Lecture

Q: How can we still live and feed this body while taking care of our spiritual body?

M: It's not as difficult as you think. For example, this fellow initiate, she is still eating and she is still working. She is a teacher. She even does two jobs, teaching at night and learning in the day-time. Then still takes care of her spiritual attainment when she has time. We have to prepare our schedule. Most of our time is lost in idle gossip, in too much long

telephone chattering, too many nonsensical advertisements in the newspapers, or watching TV when we don't want to watch it. Many times you switch on the TV, and you don't even want to watch it; but because it's on, you leave it, and just watch.

When we have a definite purpose and definite schedule, we share the time. Like time to go to school, time to go to work, and time for meditation. In the time of meditation, you don't gossip, you don't talk, you don't answer telephones, etc. You put it off for the next moment. Many people won't die without talking to us. [Laughter] We just think we are so important. First, we take care of our intelligence – means open up more of our great reservoir of wisdom. Then we can take care of people even better. We learn faster. We work more efficiently. We contribute more to the world. Not that we just lean on the spiritual side and forget the world. I'm still working. You don't know? I sing. I lecture. I do paintings. I sell them to get the money for lectures and that. I work very hard. It's very easy to do it. Very easy. If I can do it, you can.

Q: So sometimes we need to be selfish, to be self-fulfilling, to take time out for ourselves, to be selfish for ourselves?

M: It's not selfish for example if you take time to eat because after a whole day working for the society you are already tired and hungry. You need to fill in some energy. It's not selfish. It's for this body alone – so ephemeral and short-lived – we have to work so hard, invent so many things, and cook so many meals to feed it. How much more must we take time to feed our spiritual body or aspect? It's not selfish, it is the right thing to do.

We're used to doing things in the hard way, in the wrong way. Now when we get the correct way, we think it's

selfish. It's not true.

If everyone in the world never ate and you felt hungry and ate, would they think you were selfish? We should eat, inside and outside. It is because we don't "eat" this kind of spiritual food that we are hungry, we suffer, and we are ignorant. We don't know what to do next, and we struggle so. We are always lost in this life.

Jesus Was A Man, Christ Is A Power

Q: Master, how about God's word — the Bible? It says in one of the Scriptures that salvation is a gift from God that we don't earn it through good works. Jesus Christ died for our sins and gives us eternal life by accepting Him as Lord and savior. Please explain.

M: Yes, salvation is a gift from God. We cannot earn it through charity, through a virtuous life. But these things help, help our peaceful feeling. If we do some good things, we are virtuous, we feel more balanced, more virtuous; and when we try to find God, there are not many obstacles — no guilty feelings to stop us, to make us feel uneasy. So they help. But we don't earn it through a virtuous life and through charitable deeds. That is correct. Jesus died to save our sins, that is also correct.

When Jesus was alive, He was a great Master. He emphasized the Kingdom of God is only through Him — means through a living Master. He didn't say that He would always be eternally the Master. He said: *As long as I am in the world I am the light of the world.* And after, He said, *Don't grieve for me because I will send Comforters to you.* That means

there will be another Master who will come.

The spirit is eternal. How can Jesus die? He will live, again and again, through us, through all the enlightened beings. We must make ourselves become like Jesus. Then we can manifest His salvation, we can prove His salvation. Otherwise, if we live our daily lives just very ignorantly, low level, low thinking, how can we prove that Jesus has saved us?

Many people call themselves Christians but fight with each other. So much bloodshed through Christianity or through the so-called fanatics. They are not true Christians. Jesus could not save them. They don't prove Jesus' grace through their actions. If we want to understand that Jesus really saved us, we must be in the saintly level. Otherwise, we are just discussing, talking, we don't know anything about Jesus. How can we really understand Him? How can we really appreciate Him?

Jesus is a man but Christ is a Power. Now, that Power can be transmitted anytime, anyplace, through anyone who is qualified. It's like electricity going through any wire, if that wire is OK, in order, good condition and if there is a plug. Now I just offer you a way to "plug in" with Jesus Christ, with Christ Power, and then you'll understand what Christ is, and you'll really appreciate Him. Otherwise, I think we just talk about Jesus Christ; but we do not understand and we do not get any salvation from Him.

Jesus died for humankind. It was His time; because whenever a living Master is on Earth, the Master takes on some of the karma of the people, especially those who believe in the Master and especially those who are disciples of the Master; and that karma has to be worked out. Therefore, the Master suffers for the disciples and for humankind at large in his lifetime, and it manifests through his body. Therefore,

he might be sick, he might be tortured, he might be nailed on the cross, he might be slandered, he might be persecuted. Any Master has to go through this kind of thing. You see it yourself.

Even Buddha, Mohammed, Christ and many other Masters in the East and West, no one has ever lived their life peacefully without persecution. That is what is meant by a Master sacrificing for humankind – but only as long as he has the body to suffer the karma, because karma in this world is physical. If you want to save the people from the physical karma, you need a physical body.

Therefore, a Master has to manifest a physical body to take on all this trouble and suffering and work it all out. Because the Master is a great reservoir of grace and blessings, therefore his body can take on anything at all. But doesn't mean he doesn't suffer.

Therefore, Jesus suffered for humankind – it's correct. But as long as He was in this world only. After Him, someone else has to suffer. Some other Master has to come and take care of the next generation. Otherwise, how do we explain the suffering continuing in this world? If Jesus had saved all humankind, why do they still live in ignorance? Why do they still kill each other, even the Christians?

If you say to me other people are ignorant, don't know the name of Christ, do not live the Christian way, therefore they suffer, therefore they fight each other, therefore they kill each other, therefore they are bad – I accept. Maybe so. But the Christians, what do you say? They know about Christ. They know the doctrine. They go to the church. There are even some in the high ranks of the church. Why do they do these things, if Jesus has saved them? He can only when He is here.

Now He is gone to the other world, and is doing other work. Other Masters come here to work.

Q: Master, what is the Quan Yin Method?

M: Quan Yin Method. “Quan” means observing, and “Yin” means the Sound. The Sound means the “Word” in the Bible. You know, In the beginning was the Word, (the Vibration) and the Word was with God, and the Word was God... Everything was made by it. Nothing that was made was not made by this. In the old times they called vibration, “word.” Oh, you must know words vibrate. So when you get in touch with this Vibration which was with God and which is God, then we are in touch with God, we truly understand what is God like, and we are one with God again. Then we do things from God’s dictation and not from our own egos, and we will not do wrong anymore. Even if we want to do wrong, it would be difficult. Just like now, if you want to do right, it is difficult.

Do Only God’s Will

Q: Some say that the truly enlightened ones are of no mind, that they do not act in this world; they are only observers, they make no choices; they only flow like the river. How does anyone live in this world without acting, without choosing? It’s also said by some, that to act upsets the balance of nature and nature will compensate by creating opposites. Is this true?

M: You have to be enlightened first, then you know what it is. Otherwise, how can I tell you when you are not there? I’ll try. To act without acting doesn’t mean you are lifeless, soulless, mindless or anything like that. You just do things

very naturally. When you are enlightened, you don't do things. You don't have choices anymore. You are one with God. You do only God's will, and you know exactly it is like that. Even though outwardly it looks like you are doing the same thing as others, but it is not so. Everything is dictated by God. You just feel no responsibility. But you do always the right thing, never wrong.

Now we cannot say that everyone who acts irresponsibly is acting out the will of God. It is not true. They don't know what the will of God is. After enlightenment we know what is the universal plan and we act accordingly. Before enlightenment, we just accept everything; try to force our will into the plan of nature.

Now for example on the stage, a good actor and actress know their roles, have memorized their script. They say, do, and act according to the whole set-up of the drama and to the dictates of the director of the drama. But some who are lousy, who do not like to know it; or who like to earn money only or just to be on the stage, don't do their work, don't try to know their role properly, do not try to know the drama motive and instruction, and do not like to follow the plan of the director. Then he does wrong on the stage, and upsets the whole thing. That is the difference between a good actor and a lousy one – he doesn't even memorize his script. When he comes on the stage, he just says what he should not say; and what he should say, he doesn't say. Or instead of just slapping the opponent just a little bit like this, he really slaps very hard and makes him faint on the stage. So the director has to stop the whole thing and do it again. It's troublesome. He has to interfere.

Q: Master, would You explain how to meditate - the time,

how often and what technique, to be successful?

M: There are many techniques for pacifying our minds, for being more intelligent, or being more efficient in our work. You may choose any technique that you like. But we offer what in my belief is the one that has direct contact with God, if you want to know yourself. God means our own nature, our own noble quality, our own highest wisdom. That is why it is said that *the Kingdom of God is within you or the Buddha is within each of us*. Otherwise, He would say the Buddha is in nirvana or God is in heaven, or things like that.

Now when we want to find God, or find our true noble quality, noble position, then we have to follow the Quan Yin Method. The Quan Yin Method means we are in contact with the Vibration, the original Power of the universe, God.

Q: If animals can hunt for food, why can't people? In nature, hunting is a normal pattern of life. Is not humanity an intrinsic part of nature?

M: Then call yourself an animal if you want! If animals hunt for food, and you hunt for food, then we are the same. That is to degrade ourselves. If you want to you can. Who stops you? But if we want to be more noble, to call ourselves a human, we should try to understand what a human should do and how a human should live his life to make an example for our younger brothers and sisters.

If we live the same life as our younger brothers and sisters, which are animals, then we are not worthy to be in God's creation because God says in the first chapter of the Old Testament that humans should lead animals. We should be in the superior position to all the animals. Now if we want to lower ourselves and be like animals, then it's OK. It's freedom

of choice. But whether it is a good choice or not, you should ask yourself.

I do believe that humans should be superior to other beings, should lead a noble life to make an example; because these animals will evolve and become human next. If they see our bad examples, how can they become better? We should be their teachers.

Noble Qualities Come from the Kingdom of God

Q: We keep five precepts and practice ten virtues, but we don't meditate. After death, can we get liberation or not?

M: We cannot be liberated by keeping the precepts or doing virtuous deeds alone. We can only be liberated when we know that we are liberated. Then we know our nature is liberation. Then we truly know that we are eternal. That is when we are liberated. We cannot be liberated when we are still blindly doing virtuous deeds. That means we still know there are things to be done, there are things to do to achieve liberation. We are still ignorant. We do not know our real nature is liberation. You can keep as many as five hundred precepts or do ten thousand virtuous deeds, not only ten or five, but you still cannot get liberation. It is like cooking sand and hoping it will become rice.

Q: The last goal of meditation is liberation. Please, Master, let me know if a liberated soul is really liberated from greed, anger and lust, et c?

M: Yes, I already said the enlightened person when he is angry, it's not real anger, he is not deeply shaken; or the person who the anger is directed towards is not affected with

hatred, with the negative atmosphere. The enlightened persons are never angry for selfish purposes. He's never angry because you don't give him enough money, because you run away from him, or his wife runs away to another man, or vice versa, and he tries to chase her back and finds other ways to harm that person, the rival. The enlightened person may appear to be angry, but for different purposes.

Sometimes you have to use so-called aggressive energy to break through it in order to work and to advance in your mission. He's not angry because no one feeds him, no one gives him money, or no one loves him. You cannot get away from anger. You must use it. There is a difference between the real anger and the one who is enlightened who uses anger as a weapon. It's just like a knife in the hand of the surgeon. It's different than the knife of a murderer. It's still the same – it hurts, it bleeds, but it heals. The surgeon knows how much to cut, where and how long. But the murderer, he just blindly kills people out of hatred or for selfish interests.

Anger, greed, lust and all the so-called negative qualities all came from nirvana, all came from the Kingdom of God. They are all noble qualities. Why are we greedy for the things of this world? Because we came from the glorious Kingdom of God. We are used to glory, we are used to richness, we are used to the things that we don't need to work for. That's why we are mostly lazy – don't like to work. We just want money, we just want diamonds. [Laughter] We must know in this world, it's different. We use this greed to push ourselves through this world in order to achieve the precious stone which is inside us, the "Wish Fulfilling Gem."

Greed is not bad. Anger is not negative. Lust is OK. Just we have to use them in the right way. Use it as a tool to

heal, not to kill. Then everything is OK. Nothing is negative. It's our misconceptions that makes things negative. [Applause]

Q: Is it contrary to nature to work by healing others and to alleviate suffering? Should one simply accept the suffering of others, such as the refugees, and not take part?

M: Healing by using spiritual force is unnatural. We mess about with people's auras, with people's chakras, with people's spiritual, magnetic fields. We mess them up, and they are difficult to correct later. Also mess up the psychic nature of people. But if we try to help those who are in need and who call on us for help, then it's not unnatural. It's like a doctor who uses physical means like needles, knives, tubes and medicine to heal a person. It's not unnatural and the doctor will not incur any karma through that. But if we mess about with people's spiritual magnetic fields, then the karma is heavy.

If you relieve the famine or if you help the refugees, that is OK, because in the Bible it also says: *Be kind to strangers. Do not oppress the strangers, for we are also the strangers in the land of Egypt.* Means we are strangers on this Earth too. And the refugee situation may be ours soon also. We are at war now. You could be refugees also. So we should help others who are in need, that God might help us.

Enlightenment Is A Gift from God

Q: The Buddha reached enlightenment, being Buddha, after many, many lives of good living. How can the ordinary people, use the "shortcut" to achieve enlightenment or heaven in this life?

M: No, it isn't. How do you know you have not been good

in many lifetimes? Can you prove it to me that you have been very bad? Can you prove it to me that Buddha has been good in many lifetimes? He only told you and you are only using hearsay. You don't know if it's true, and you don't know if you have been good or bad. So why should we be so negative? We must believe our worth, because God said that everyone is made after the image of God and we are exactly like God. So why should we feel that we are inferior?

The Buddha, whether He was very good and noble in many lifetimes, that I don't know. But I know He didn't do anything during His lifetime, except after enlightenment. He was born in a palace and He was looked after so exceedingly well. Then He was married and He had five hundred wives apart from the main one. He had many beautiful girls and dancers who looked after Him and who danced for Him every day, every night. And He had four palaces for four seasons. He spent all the taxpayers' money in His country for thirty years. Now you tell me what kind of good things He did that He was entitled to enlightenment. It was already said that enlightenment is a gift from God. It's not achieved through virtues or charitable deeds.

We can all get enlightenment. We can all become a Saint, or at least become liberated. Otherwise, why would God send Jesus, Buddha or Mohammed to us if we are so hopeless?

If only the virtuous people can achieve enlightenment then I don't really know who is virtuous because there is a saying that, *every Saint has a past, every sinner has a future*. We are not that sinful as we think. Sin is also an illusion. After you understand this – no sin, no virtue. But you have to work hard to understand this and then you are free. The Quan Yin Method offers you this free way to understand your Self im-

mediately – that you are originally noble. After that, maybe you'll be able to see into your past lives and you can tell me whether you have been doing good or bad.

Q: You were just saying the enlightened one can only act from the divine Will. How can the enlightened one be held responsible for his or her behavior or can he/she act in whatever way he is guided? How can we know who is enlightened? Can we trust them?

M: You can't. You don't. You don't know who is enlightened. You can't trust anyone, except yourself. If you cannot trust people, then pray and look into yourself. See if your motive is sincere, if you are pure. If you truly want enlightenment then you will meet a right Master. All depends on you, not on the whatever Master, if you are pure. Like attracts like.

If anyone who happens to stumble onto a lousy "Master" or bad "Master," that's their own fault. They should check their own behavior, their own motives, their own purity, their own sincerity. Then pray again. God will guide them to another Master. There's always the law of supply and demand. *Ask and it shall be given. Knock and it shall be opened.*

Q: Why do we not remember the previous lives and deaths?

M: Because it's too much for us to cope with, too much burden. We have enough to deal with today, with taxes, with wars, with children and with our own immediate problems and karma. Should you know that you have been such and such or very bad, very good or very noble in the last life, you would be more confused, and you could not focus on the task at hand in this life. Therefore God, or the natural law, draws a curtain. You'll know it when it's necessary. You'll know it

in time. In meditation, sometimes you know it too, if it should be necessary for your progress. You won't know also, if it is not necessary.

Jesus also said: *Do not worry about tomorrow, it's enough that we take care today.* If we don't want to know about tomorrow, which affects us, which is important to us; how much less should we know about the past which is already gone.

Q: What is the form of Buddha's wisdom(God's wisdom)? Is it revealed in logic, intuition or something beyond these?

M: Beyond all these things. Whatever we can think of is not yet Buddha's wisdom (God's wisdom). Buddha's wisdom (God's wisdom) we can only know it when we reach it. We cannot express it, but we know so definitely like black and white when the situation arrives. I mean you don't go around all day and carry your Buddha's wisdom (God's wisdom) with you. You just live in it, live with it, and you are just it.

Q: Can we reduce our karma by praying?

M: Yes, we can if we are sincere enough, because a very sincere and deep prayer is a kind of meditation. We are in a meditative mood. Therefore, it reaches the deepest recesses of our grace store, our merit, our blessing store; and it affects, it cleanses. Only if we are truly sincere and deeply, longing for forgiveness, then it helps.



Rely on Yourself

Spoken by The Supreme Master Ching Hai
September 6, 1994
Honolulu, Hawaii, USA

We don't learn for the other people to know. We learn so that we know and that we can bless the world silently by our inner glory and inner love. Just like every other science you know and study, you have to develop yourself. That's why the Buddha said, *Rely on yourself and no one else*. Of course He said, *To see the Buddha is very rare, the greatest blessing, that in a hundred thousand eons you wouldn't have one*. Not once in a lifetime but once in many lifetimes you would see a Buddha (enlightened

Master). Probably the Buddha(enlightened Master) is in front of you, but you don't see. That's the difference. Many people stare, but they don't see anything. They probably look but they don't see. They hear but they don't listen, they don't understand.

Jesus also said, *No one comes to the Father except through me.* Nevertheless, He didn't say that now you have seen me, you go home to sleep, and surely you'll go to heaven. He tells you self-cultivation, love your Father, love my commandments, pray in a "closet," love your neighbor. Wow, it's a lot of work. It's not that He said: "OK, now that you have seen me, Jesus, you'll surely go to heaven." No! He didn't say that. A lot of work He told us to do.

Even to His relatives, you remember? He said, *Who is my relative? Who is my mother? Who is my sister? Only the ones who do the will of the Father are my relatives, my mother, my sister.* He said, *Oh I have no relatives except you.* You know He meant those who do the will of the Father, who love their neighbors, who keep the commandments, who love the Father with all the heart, the soul and mind, etc. Remember?

Even Jesus, before He became the world spiritual leader, He had to go into the "closet," and meditate and pray. He had to undergo the humility of baptism, even though if He knew He was the son of God He wouldn't have to do that. He still had to go through everything like us, to show us that when we are a human being, we must work. He told His disciples to go out and spread the gospel. He said, *Whatever I tell in secret, you go and preach on the house tops. But don't give pearls to the swine.* He also said that not everyone could accept His teachings.

Come to the World to Learn Love and Service

Mostly at any period of time on our Earth, the people who truly love God are very rare. There are also different levels of God as well, and different levels of our beings. As long as we are in this world and we do not learn to understand the issue of spirituality, then even then we go to heaven, because the love of the Father is immense. Yes, Hes will not discriminate. Really, you love Hirm, fine – you don't love Hirm, Hes loves you. But still, we go up there and we have not developed. We're still the way we were before, a selfish, stupid angel. Oh! Not all the angels are good, that's why they have to come here and don this physical raiment, in order to study, to learn how to love others, how to do service instead of just sitting there and enjoying the bliss of heaven all the time.

Now we are given the opportunity to study in this school of life. If we do not take this opportunity and learn well, then we will be very regretful in heaven. No one else will tell you anything. You, yourself, look back at your life. At that time, it will be very clear to you, like a mirror. Then you will feel very, very sorry that you were so weak, that you were so lazy, that you were so attached to the material things that the Father gave you only as tools so that you could progress.

Instead, you cling to these tools and forget the mission, forget what you are here for. That's why many souls are wandering around in transmigration. They are Earth-bound because they are so much attached to this world. Even though the gate of heaven is always open, we don't want to go back.

God is Powerful, Almighty. There is nothing that Hes cannot do. It's just that we don't have enough power of sin-

cerity. That's why many of our prayers are not answered and we think God is not there. Ah, that is the trouble. Poor God is blamed for everything. All these wars, disasters, hunger and all these things, we just blame it on God, or the hierarchy of heaven that doesn't help us. Truly it's our choice, the choice of the people who go against the will of heaven and the laws of the universe. These people will make wars and listen to the negative force in nature which we call Satan or devil. They are always there. That's how the negative world, this world, stays in balance. In the heavenly world, there's no need for this negative force to exist.

Self Judgement

In heaven, there is no good, no bad; and people sometimes do not think of sins the way we do. They don't condemn you. So at the time of death, sometimes, it's you who condemn yourself. You will be very regretful that you did not do the best – that you should have done the other way. You know you should have, but you did not do. That's what will torment you after your death. That's what people call hell.

There is no God who stays there and passes judgment. It's just at the time of death, you'll be shown the low level, that is if we did not practice any true repentance, and if we did not truly lead a virtuous life the way it has to be. Then we will be shown a kind of, like movies, but so fast. The whole lifetime goes by in just a split second. You will see everything, but you understand. Even at such a quick speed, you understand everything that you have done – what was wrong, what was right. You know everything and then at that time you will cry. You will know that you have done wrong. You will not be given the

opportunity again, or for a very, very long time because there are so many awaiting to come to be human beings. So you are a long way on the waiting list, because you've already been given the opportunity.

That is the so-called eternal hell or eternal condemnation. But of course, nothing is really eternal. It's just that for an unhappy situation or feelings, it seems a long, long time. When we are happy, the time goes so fast. Because our sins are not eternally committed, our grief will not be eternally carried out. It's just that we feel it's so long. We feel so regretful that we have been given the opportunity to do good, to improve our knowledge about the creation, about our Father, how everything functions, how we should learn to love one another, and we did not take that opportunity. That's the problem. That will make us feel very, very sorry.

I wish that it won't happen to you. I am sure it will not because you have been diligent in your search for the Truth, for your own original abode and for God. Of course in this situation, sometimes, our mind is weak, the body is also weak. Sometimes, we want to meditate a long time; but the body is so weak, the flesh is so weak, and the will also weakens with the flesh. Therefore we have to study again and again. Make a firm start again, "Today I failed, I didn't meditate very well; tomorrow, next day, I'll make more effort."

Always try to strive for better, better will, so that we can progress in spirit. And we'll become a stronger and wiser person in heaven.

It's not that everyone is the same in heaven. Even though God is just and fair, He loves all His children the same way; but nevertheless, because we do not strive ourselves, therefore we just stay there. Just like children in the school,

some are intelligent; some are diligent; some just go out and play, fool with girls, do other things, drugs and things like that. According to the circumstances, when they are too weak to resist, and too rebellious to listen to the parents, then they harm themselves and cause a lot of trouble for themselves. Of course, the parents will be affected and be miserable; but the most suffering persons are themselves.

Overcome Unfavorable Situations

Similarly, when we come down to this world we are given all the tools, equipment and circumstances with which we can thrive and try to overcome the situations; overcome the hatred that is bred by the circumstances. Sometimes, we are put into unfavorable conditions, to see how we can love our enemies. But we often fail to love our enemies. We often give in to our flesh desires and also the temptations of the surroundings to hate our enemies, just the way we were taught, just the way we're used to, not the way of heaven.

Sometimes we will fail, sometimes we'll succeed. The more successful we are, of course, the higher the position in the hierarchy of the universe. We will be given more opportunities in the heavenly system to do better work, more interesting work and more universal work, so that we can develop the immense talent that we never knew we had, even in the wildest imagination. We will be given leading roles in heaven, like teaching a lot of heavenly beings, and things like that. Or when we go to this Earth, we will become like Master teachers of spirituality or some special position, leading humankind into the Kingdom of God.

Take Hold of the Opportunity in the World

Otherwise, we don't have this opportunity if we're slack in this world, the only time we are in school. Do not think that you always are given the opportunity and come back again. Not always. It is the generations, the DNA that stays behind. The information from that DNA, these desires and all this energy of the desires, that stays behind, that reincarnates. Not you the soul, the person.

There are so many souls waiting to go into this school. I don't have the space for you to always stay behind. You can do that, but you wait a long time. Meanwhile you suffer and suffer from your own sorrow. The love of heaven is there but you will feel very sorry for the things you have missed. Yes, you'll wish you could do it again, you would do it better, and you will do it better. But then when you are given the opportunity again, you forget. That's the problem.

That's why sometimes we have to come back to relearn, if we truly are good and merit that, or have a good opportunity to go down. For example, to come down here, you have to exchange it for something. For example there is a mission for someone to come down and help the world. Then you say, "OK, I'll join. Please can I join? I'll do anything, anything... anything. I promise, promise, promise. I won't be like the last time. Really no, no, no." [Laughter]

All right. So of course heaven is always a trusting "company." They give you the next job. But when you go down there, instead of helping that person and that group to better the world, you do something else. Maybe even against them because you become forgetful of what you had promised before you took birth in this world – all of us.

That's why you see the Buddha – thirty years before He became enlightened. Jesus also. Not that They were born immediately and said, "I am the Buddha. I have to go and help the world." They forgot. So, there are so many pushing opportunities from heaven, like disasters would appear before you; someone else edging you from behind or pushing you; some situation happens that you suddenly will feel awakened; or some friends will come along, some beggars on the street even, reminding you of the ephemeral nature of this world. These beggars are also angels.

Sometimes the suffering is there to awaken us. Some people come to do some great mission. Some people come to do a small mission in order to earn the merit of being a human. They can be in school and earn the merit so that they can advance in heaven and have another opportunity perhaps to advance again.

Remember the Promise You Made in Heaven

I have often told you that the Au Lacesse refugees, they are there of their own will. They want it to be like that, so that they can awaken the conscience of the world about how terrible the refugee situation can be; how war can affect people and many nations, not only one, for example like that; and to give the people who helped them, who gave them shelter, food, support and sympathy, the merit of love.

When we love someone, we love ourselves. We really boost our glory. It's not that we help anyone, we help ourselves. Please remember this whenever you do something good. It is the will of heaven. It's good for you. You should do more good, be more loving, try to strive inside, use your wisdom. Don't be a sheep in the crowd. You have already stepped out of the crowd.

You already have done much better. Try to remember more of the promise that you made to the Father and the heavenly hierarchy before you came. That's why you came here!

You will remember through meditation, through contemplation on the wisdom from the Light and the Sound, who you are and what you're supposed to do to advance yourself. Because you are in contact with the supreme wisdom again, you remember what is your mission and what you're supposed to do. That's why you always change for the better, because you remember the heavenly being that you are. You become better and better. You become more angel, more heavenly like. That's all your work.

Of course the Master and the heavenly beings always stand by and help us. But if you don't do it yourselves, it doesn't matter how much help, it's no good. We have to do it ourselves first. Then the heavenly beings will help us. The Master Power always helps us.



Power and Finance

Spoken by The Supreme Master Ching Hai

June 3, 1995

Hsihu Center, Formosa

Striving to Earn Money Is A Duty, Not A Sin

The thing is that we had better strive, strive to have a better life all the time, not because we are materialists but because life should have joy and abundance in all things and in all aspects. We do not have to give power and finance to the negative class of people. If, for example, the good people don't

strive to make income for themselves or to have some power within a society, then all the power and finance go to the negative power, all the bad people. They will in turn control the good people and the good people can do nothing, cannot even spread goodness. So to me, to earn money, to make a business, to strive in your life to earn a good standard of living for your family, yourself and your country, is a duty, not a sin.

I do not encourage my people to stay in poverty, and to give all the power and finance to the negative system that has no morals; to people who have no morals, who have no responsibility, no feeling, and who have no sense of sharing with other people. For example, we who are practicing moral standards, if we have money, we always share with other people. We help people in disasters, we help the victims, we help the refugees, we help the unfortunate, we help the needy, we help the sick and the orphans, and things like that. So, it's very good to have money, very good. It's not capitalism. It's the power of finance that we must have and also the power, sometimes, of social activities.

If you are a politician, you should stay in politics, be a good politician, and fight for your country and for the standard of living of other people. If you are a businessman, you must be a successful one. Always strive to be successful. Earn as much money as God gives you and then you can share. Money is very easy to use. If you don't have it then you can say, "Oh well, I don't care about money. I'm a practitioner. Money for me is untouchable." You cannot do that. Cannot have such an attitude like – you don't have, then you're lazy to achieve, and then you say, "Oh, no, I don't care. I renounce everything." It's not true.

In the old times, the so-called practitioners, they always renounced many things. It's OK. You could do that for a while,

but I don't think you should do it all the time. No? Well, I think you could, why not? Everyone could become monks, eat the air, [Laughter] and drink the dew in the morning and afternoon. That's it.

What do we need? Actually, the practitioners don't need so much. What we eat is just vegetables and what we wear doesn't have to be always beautiful, truly. We don't really care for outside appearances, we really don't.

Sometimes, I put some make-up on, wear some clothes; and after three or four days, I'm so happy just to go next to the river and wear nothing, just be alone and be natural. Sometimes, the make-up and the clothes make you feel tired. The outer requirement of beauty and decency sometimes makes you tired if you are not used to it. Especially for the practitioners, we just like to feel natural. Sometimes we even feel that having no hair, no clothes and things like that would be very, very relaxing. But if we want to do it for the sake of beautifying the world or to work in the society, it's also OK.

So for us, the so-called practitioners, we really don't need material comfort. We really don't. That's why it's easy for us sometimes to think, "Oh no, why should I earn money? I don't really need anything anymore." It's a very easy way out. But when we come to think about it, if we still live in this world, many people depend on us: our families, our children, our parents, relatives and friends. Sometimes they need our help. If we are not in a position to help them, who will?

Only very rarely do people in this world want to help the unfortunate and needy. Truly the people in this world very rarely would give anything, even in ordinary circumstances. So that is the way of working of the negative power, to make the people become greedy and grasping. Whatever they have is

“mine, mine, mine.” They never let go. Even when they have more than enough, more than they can ever count, more than they can ever recognize how much they have, they still want more. No one else can have it.

Therefore, if the so-called good persons, positive people, like the practitioners of moral standards, the practitioners of the Way, the Tao, the Truth, don't have money, who will help those needy people? That's it. That's the difference. That's why we need to earn money and make good business. Not because we need it but because in this world we can make use of this useful equipment – money, power or political standpoint. Then we can help the people.

Make the Best Use of Power to Work for God

For example, if I were a President of the United States – if, – [Laughter] then I would have taken in all the refugees a long time ago. The Au Lacesse people, the Cubans, the Haitians, the Chechnyans and the Bosnians, whatever. Then I would tell my people how to take care of them. I would tell you. [Applause] You would. Even if each one of us just took one or two persons, that'd be fine and we'd take care in no time. It's just because we are not allowed to do that, even. We don't mind, any of us, any country, all of us, the practitioners, my fellow practitioners.

I believe all of you, if I'd say one word, “Please take care of this person or this family,” everyone of you in Korea, in China, in Au Lac, in Formosa, in America, in France, in England, anywhere, would immediately do that. [Applause] Then we'd have no problem, really. Instead of feeding them in the

camps, we would give them the money to start their businesses or training and they'd be on their feet in no time. Later they'd help other refugees. Then the world would have no more problems. Yes, really no problem.

That's one issue – the refugees. Another issue is abortion. We don't have to kill babies. I have written to the United Nations and other countries and said that we don't have to do that. We can create a special social care system, let these children be born and then give them to those who have no children. At the moment, there are so many difficulties in adoption, so much red-tape and bureaucracy. Many childless couples long to have children – not one but two, three, four adoptions; and any race, they like it. So why are we killing this rare species?

I think as long as we go on like this, we are killing ourselves. Later it's we, the human species, who become a rare species that must be protected. Now birds, many jungle creatures like lions, tigers already have become rare species. Later, human beings will become even rarer, because now no one can have two children, for example, in many countries. It's forbidden to have more than one child or more than two children, etc. Any other children have to be wasted – killed them. This doesn't have to be, right! We can just exchange, "You don't have children, I have too many, you take some." Very easy. Why not? That's two issues. Now, at the moment the world's two worst issues are refugees and abortion.

I think it's very easy. Suppose I am the president of some powerful country. I just want to tell you one example like that so that you know that social and financial power are not to be renounced, as long as you live in this world. Not because we want them. Just because we don't want them, we have to have them. [Applause] If we give these powers to the people

who want them, they always abuse them. Just because they want them so much, they will always abuse them whenever they get them. Just because we don't want them, so we can use them in a very fair, peaceful and useful manner for the whole world. The problem is that many of the so-called practitioners, they like to renounce. It's the easy way out. Like for me, it would also be easy not to have to teach people or not to have to receive you here, having problems, etc. I know. What shall I do? I don't always take the easy way out.

For example, I'm your teacher. I don't have to work. No, I don't. I don't really because I don't eat that much. Also, wherever I want to go, I could say, "Look, if you want to invite me, give me a ticket, give me a hotel, give me this and that." You'd do it immediately, right? *[Audience: Yes!]*

Master Sets An Example, Practicing What She Teaches

Well, I don't take that easy and cheap way out, I do it myself. I earn my own money and I do it myself. Whatever really, really, truly I need, then I ask you – but just small things. For example, like a disaster somewhere, "Please go and check for me because I'm in another country now, I cannot go there. Go and have a look and if there is anything we can do, all right? Or if you can help them, help them. Or if you don't have enough finances or manpower, we will help you." It's always like that. It's actually asking you to help yourselves, to help your people, also to demonstrate your loving power and the wisdom that you have acquired through your daily meditation. That is all I ever ask of you.

I never ask you to do anything for myself, even though

I could do that anytime. So, whatever I do, it's just like a teaching for you. I don't always tell you, "You do this, do that." You just look at my actions and those are enough lessons already. There's no need to teach you anything really. It's just because you come here now and again so you expect me to tell you things; talk to you about stories, and explain to you this and that. But actually, you don't need to ask me to say anything. I don't even need to tell you anything. Everything I do is just what I teach you. Everything I teach you, I do.

It's very easy to say, "Oh, I'm a Master, why do I have to do work? I don't touch money. I'm pure. I'm above all things. I never touch money, let it contaminate me or pollute me." I can do that. All excuses are welcome. Most of the so-called Gurus mesmerize the whole congregation of their so-called disciples, tell them whatever they want, and they do anything. I don't do that. Whatever I teach you is really good and pure, and good for you, good for the society. Whatever I do is what I teach. What I teach I do, right? [Audience: Yes.] [Applause]

I just want to tell you that even I, myself, can have it easy. I don't. Just because I believe that I must have the power and the finance to help the world, not to take the power and finance of the world for myself. I have to give them the power and the finance they need, not that I take the power and the finance from them, for my own personal benefit and glory. So in that case, I work for my ideals and beliefs. That's why I also ask you to do the same, if you can and if you want to. Only if you want to, because I believe there is logic. Of course you don't have to do anything. If you believe the same ideal and you think it's logical, then you do it.

I just want to explain to you why, why we cannot shun

money, why we cannot despise political positions. Because they are good tools, they are good instruments to work for God, to work for the betterment of the world at large. [Applause]

Many people think because I'm a Master, why do I still make money and all this. Of course, I know they say that, but because they're ignorant, because they're stupid. Otherwise, they can see why I do it. I don't have to. If I were to take just one hundred dollars from each of you, I'd become a billionaire in one day. No problem. I don't have to work. [Applause]

Because I am not a materialist, because I don't care for position and money, that's why I work. Not the opposite. If it were the opposite; if I cared for position and money, I'd always control you. I'd make each of you give me some money every month. Everyone would be willing to do it, is that not so? [*Audience: Yes.*] [Applause] You'd give more than that, not just one hundred dollars. Even if I took one dollar from each person, that's all, from all my followers, in one day I'd collect millions of dollars. One day only. [Applause] And every day if everyone gave me one dollar only, what would I have?

If anyone asks you why I make money, you already know why. Just because it's the right thing to do. It's the correct way to live our life honestly, earning our money with the sweat and labor of our own talents and our own endeavors. We put our labor, our talent, our work, our time into the production. Then we can earn the money, and then we can give it away.

If I really want money, oh, this is a stupid way to do. This is a stupid way for a Master who has millions of followers – to go and paint a picture for many days and blind Her eyes with oil colors, or to cut materials to make clothes then go all over the world to promote in such a stupid way. It's a stupid way. Most of the Masters in the world never work. They don't

have to, only me. I'm the most stupid one.

Truly, if they think I am materialistic and want money and position, they're stupid. The people who think like that really misunderstand very, very, badly.

Just in Formosa would be enough. If I wanted everyone to give me one day one dollar, Formosa would be enough. I don't need all you foreigners. I don't. I could buy hundreds of Rolls-Royces. I could build a paradise for myself anywhere I wanted in no time. I could buy – no need to build, building takes too long. Who does that? Masters don't build houses. "Cannot touch these material things," right? I wouldn't even need to touch money, just tell the disciples, "Buy me a house or buy me a palace over there." Immediately, it would be done. No need to stay in Formosa – in Sweden, in Switzerland, in France, any castle I fancy, I'd have it right away. Don't have to talk about foreign disciples, Formosa's enough, for example, yeah!

It is stupid that I go and try to make money this way. Then people think I make money from you. This is a stupid way. If I tried to make money from you, then I'd just put it here. I wouldn't have to go around the world like that, doing all kinds of things. Now you know. If you still have any doubts in your minds, cut them out. It's no good for you, it will make cancer inside – a lump. It's very, very bad for your health, for your spiritual health.

The world is upside down. All the Masters who don't work, who don't do anything, their disciples just offer them anything and praise them, "Oh, holy, holy, holy man. Never touches money, no material, nothing." It's not true. It could be, but this is just one of the ways. It's not the only way. It's not all the Masters who like to do that. It's not that all the people who don't touch money, who just sit there and let people feed them,

are holy. It's not that way.

Actually, I think I'm doing the things a little bit stupid in people's eyes, because all the Masters don't do that. The disciples feed them enough, really. Why do they have to work and do anything? But I want to give you a good example of all perfect development. You don't only develop a moral standard and wisdom, but you also make use of that moral standard and wisdom in daily life. Express it.

Use Your Talents to Beautify the World

If you have talent and wisdom, then you can do all things. You have to beautify the world and make money for yourself. Take care of your own living so you don't burden other people. If you have really good moral standards, then of course you have compassion and love for all the needy and desperate beings. And of course, you would lend a helping hand to anyone, regardless of race, color, creed, beliefs, and religious system, even your own enemies.

So, that's how we know. That's how other people know that we truly have wisdom and moral standards. Otherwise, how do they know? And how do they teach themselves? You tell everyone to do good things, to have wisdom, and then you yourself don't show anything.

Just like an English teacher. If you never speak English, you never write English, and you keep telling all the students, "You must yourself speak English. From today, whenever you see me that is when you learn from me. You just speak English by yourself because everyone knows how to speak English." But the teacher never shows any examples, never speaks even "A, B, C," never writes down any English words, never speaks

any words. So how do the students know that he is an English teacher at all? Maybe he's even deaf and dumb – can't speak anything. Maybe he cannot even read or write. So, a teacher is not only as good as his word but must also be as good as his actions. [Applause]

At least you understand me. Many of the people in the world they don't know. They think the opposite. If I sit here pretty and you all come with flowers, food, everything around me, and bow to me really flat on the floor, things like that, then I am a holy person. Because I don't do anything, I don't touch money, that's when I am holy. Really useless holy, yes. [Laughter]

The people who strive to do good for the world, with their own hands, efforts and work hard for it, then many people scold or criticize them, thinking they are materialistic and they want power and things like that. Power, I have enough already. Materials I could have anytime. Don't say one day, just one hour, one minute is enough. Just the time people take to put the money in, that's all. Each person, one dollar, I'd have enough to live my many lifetimes of reincarnations. Not only one life. I'd put the money in a Swiss bank and then when I reincarnated again as the next Tulku (a high Tibetan lama), living Buddha, Rinpoche (another Tibetan term for a high lama), whatever, [Laughter] I'd know where my money is.

Other reincarnated lamas supposedly know their last lives, so they know everything that belongs to them from the umbrella to the beads. They are supposed to. It's very nice that I just put money in a Swiss bank; and if I could remember that account number, it would help me a lot. [Laughter]

Don't Let the Negative Power Control You

We must work. God has sent us here with equal opportunity, power and talent. So, if we don't grasp the finances and the power from the world then all the negativity will grasp it. We would be under their control. The negative power would win, and then we couldn't do anything. We can't complain and say that God doesn't help us. God does. God sends us here, sends you here, and even gives you opportunities to study like everyone else, the same as the negative power. This is just like a competition. Both have opportunity, talent and ability to take the same thing.

So, if you renounce it, of course, then the negative power will take it. They said, "Sorry, they don't want it." Then in this world, if we have no power, no money, what will we become? Beggars, of course. That everyone can be; but mind you, nowadays, even beggars cannot survive.

Many governments don't like beggars, even if you want to beg. If you renounce everything that doesn't mean you are safe, you've gotten it. Many put beggars in a home and you are not free to do anything that you want. You can't have this, you can't have that, and you have to do many things not according to your will. And in the home you must eat meat, you cannot eat vegan, etc. So, what do you do?

It's not that you renounce everything then the negative power will leave you alone or will give you peace. It's not true. Fight. You have no choice really. Take away your wrong conception about money and fame. What you should detach is the attachment for power and fame, not to be detached from money and fame. The desire for it, that's what you should renounce, not the money and the fame, just the desire. [Applause]

So many people who practice spiritually have this

wrong conception. Now you should not have this kind of wrong conception any longer since I have already taught you and showed you why logically. Not that I force you to believe me talking nonsense, but it's really logical.

Renounce the Desire Not the World Itself

Don't laugh at our brothers and sisters who are in parliament or who are in congress. They are doing their jobs. They're doing fine. Many of our brothers and sisters are in high political positions, as well as very famous and successful businessmen. I never tell them to get out of those. If they get out, I even say, "Why, are you crazy?" Yeah! Some of our brothers and sisters, just after initiation, renounced. Don't become congressmen anymore, don't run anymore, and don't do anything. I say, "What do you want to do now? I don't need such a useless person around me. I have too many already." [Laughter]

We renounce the desire for the world, not renounce the world itself. Because the world is a part of us, a part of our relatives, friends, brothers and sisters, so we can't renounce the world. That is the wrong way. We renounce the desire for anything in this world, that's all we must renounce. Then you do anything you want. Earn as much money as you can, be in as high a position as possible, and use your power and finance to help the needy people. That's the right thing to do.



Fighting the Spiritual War

Spoken by The Supreme Master Ching Hai
November 6, 1993
Los Angeles, CA, USA

In 1993, after a fire in California, USA,
Master invited disciples to participate in
a spiritual gathering at Laguna Beach, Los Angeles,
to pray for the victims. Master's talk at that gathering
inspired us to reflect on the spiritual
implications behind disasters.

Whatever happens in our lives, it is a kind of maybe
imbalance between the negative and positive. It is the negative

force at work and that we have to reckon with. We have a choice between the negative and positive. It's very simple. Every time we think negative, switch back to positive. Every time we want to speak negative, switch back to positive. Every time we want to hate someone, think twice and switch it to love because it doesn't help you to hate someone. [Applause]

We can enjoy all richness, all luxury and all the beauties that God has bestowed on us, but we must remember the owner. We must remember God; and God is ourselves, our highest nature, nothing more. [Applause]

Always Think Positively

Therefore, we have the choice to think positively. Everything that is beneficial to other people and ourselves at the right moment, that is positive. Everything that hurts you and hurts other people, that is negative. So every time we have to consider what is negative and what is positive, and that is how we fight. When we always think positively, speak positively, love people, always act in a positive way – which means properly, in the right time and beneficial for ourselves and to other people – that is when we are siding with the positive force and the positive force has one more store-house of power to overcome the negative energy in this world. [Applause]

Now if we have more positive energy in this world, then we have more beauty, more fortune. I mean not in a monetary way but in environmental atmosphere and in all the things that we do – they will be smoother and more successful for us. If we have more negative force, then we add to more disasters, more trouble, more wars and more bickering amongst neighbors.

We have the choice, so don't think that the disaster here or anywhere is maybe the karma of the people here alone; we also are responsible. Every time we think negatively, we are responsible for disaster in the world, or our neighbor's. So try to think positively all the time, try to be loving and kind, and try to control our negative thinking. I know you know it, but sometimes you forget to make use of it. That's all. Try to make more use of it. Think positive. Speak positive. Do things in a loving way. Think in a loving way. Every time there is a negative tendency, switch it off and pull yourself back again. That's the only way. I have no other secret. I am trying to do the same.

Sometimes disasters are also good for us, good for humanity. Yes, like they learn to work together, protect each other, love each other, and share the hard times together. People's hearts become more tender, hatred dissolves between misunderstood neighbors, and all that. People in disasters will begin to reflect the ephemeral nature of life. Then they will begin to understand that material security is not everything reliable that we need. Look at the millions of homes – just six minutes finished, five minutes.

When I read the newspapers lately, there were many things that were very interesting. For example, even the doctors, they admit now that people with religious faith sometimes heal better, or at least they have more strength in endurance and acceptance of their health conditions. They are more optimistic, more cheerful, because they trust in God. Even if they don't see God like we do and they don't see God helping them, but they still have faith in God; and this faith helps them with their diseases. The doctors know about that now.

Also, in times of disaster, when people have faith in God, they feel better. Like this fire, some of the victims because

they have faith in God, they just accept what it is and they feel better within themselves – more acceptance and not too much misery. But most of the people in times of disaster, they get into some kind of shock, and it will be a long time before they can recover.

Practice Loving Kindness and Compassion

America is getting better. I saw in the newspapers, like on TV programs, now they're cutting down on violence. And on the music radio programs, they want to cut down all kinds of violent music, all kinds of music that glorifies gangs, drugs or sexual tendencies, something like that. I was very happy. For they did right. No, I am sure there are many other things that the Americans have tried to do right for a long time, but it takes some power behind that to push them. So we try to supply a little power, together with other spiritual groups, to make the world a better living place.

That doesn't mean that we don't have disasters any more. That doesn't mean we don't have disease in the whole because the majority of humankind is still clinging to the negative habits, even though many of them know it's not good for them. Therefore they probably need some kind of shock like that to shock them out of their dreams. But I don't like that, because it's too painful for the people. Therefore we try to minimize their pain with our care – with our material and spiritual support. Otherwise, what are we here in this world for? If we always blame God for everything and say it's their karma, it's their bad retribution, then what are we here for?

Just like your children, if they did something wrong and they hurt themselves, of course, you know that is a consequence

of the bad doing of the children. But still you help them when they get hurt, when they are wounded, when they are sick, even though it's due to their own foolishness, their own actions. Still we help them and we love them all the same. Similarly, this is also good for us, to practice loving kindness and compassion. Everything we do is for the whole, not for ourselves.

The world is getting better, it seems, everywhere. But it looks chaotic at the moment. Why? On one hand, it seems like the world is getting better. Every nation has more freedom. All the restricted countries are open now, have become more free. The people of different nations have gotten together now. The worst enemies before are becoming friends now. That's very good for our world. Very, very good. But why, why does it look chaotic at the same time? Who knows? [Someone answers: People can't handle the freedom.] You got that from me last night. [Laughter]

Who else? [Someone answers: The karma works faster!] Yeah, it could be that also. It could be that the karma works faster for them so that they are cleansed. In the same sense, it is like when you want to build a new house or you want to clean the whole house, it looks messy. It looks messy at that moment, but then it becomes better in the future. Or sometimes you go to the doctor when you are very sick, and he gives you medicine. Then it has a counter-effect and you become worse than before, it seems like, for a very short period of time; and afterward, you get better. So that's it.

God Is Eternally Reliable

We can never be sure how to protect ourselves from this world. So now the most protection we can get is from where?

From ourselves, from God. That's the most permanent, because at least we know that we have something else besides all these material possessions. Then sooner or later we will return to that where we have everything, we have the whole kingdom. [Applause] So at least even if we encounter any misfortune, we are secure. We don't go berserk, we don't go into shock, have mental problems, or things like that. At least even that, the society has less burden with people like you. You are capable mentally to stand up, to grow again.

I'm glad to inform you that none of our disciples who live in that area had any problems. I mean no houses were burnt. Because many of our people are living in that area, Santa Anna and all that. So it's good for you, you have to help those who are in need. Otherwise it would be to you that we have to bring food, toys and blankets, to your house.

Now if we have a very simple life, it's easier to help people and to help ourselves. Also we have security from our spiritual practice. So very seldom we fear. I fear sometimes, when I go into that tube for a medical exam. It looks like a tunnel, like a coffin, like the tunnel before you go back to this world, that separates this world and the other world – the life and death tunnel. A long tube like that and it's very low. When you look, it's right in front of your nose. You feel closed in, but then I made it. After the third time I said, "That's it. I'm going to lie here and it's done."

It's OK to have fear, because it's a habit. Sometimes you collect the fearful feeling from the atmosphere also, it is not necessarily yourself. Sometimes because we are practicing and we become more sensitive, we collect it from other people to share with them the difficulty, the fear or the feeling of that place or at that moment. That's what we are there for.

Share the Responsibility of Cleaning the Planet

Nevertheless our fear is not the real fear. We can conquer it. That's the difference. We know how to do it. We know how to conquer it. We are made like that, so that we help in cleaning the planet. Every Quan Yin practitioner shares the responsibility of cleaning the planet in some degree or another.

Therefore when you're sitting here meditating together in a group, it's not that you do it for yourselves, for your five generations' liberation, for America or for your family alone; it's for the whole planet. The more people that do that, the better. Unfortunately not everyone realizes that. Their level is only up to thinking of the immediate benefit. Therefore sometimes it's difficult for them to join us in this noble task force.

It's not that we don't care. It's hard to care sometimes. That's the karma. So we have to be patient and wait until one day the karma is over and then we can help. We can't force the issue. We can't step over the Lord of Karma's head and then do what we want, because it's not good for the people.

Just like in the family. Our big world here is like a family, and there are some parents who watch over the children — us, like the children. So now whoever is nice, quiet and good will be rewarded, so that they develop more and make a shining example for the others to follow. The children who are repeatedly naughty, then the parents have to do something like spanking or no ice cream for one week, for example, like that. Then the children will learn to behave better.

Now, the Lord of Karma is like our parents, who represents the highest Almighty to take care of the children here. So he has to do his job. Because people don't remember the karma

of their past lives, they sometimes blame God, saying, “I am doing good this life. I am not doing anything and you still burn my house.” They forgot just thirty years ago, before they were born what they did, something like that; or where they have been. It is very easy to forget what we did last year; never mind last life, many lives.

Do Everything Unconditionally

So when you practice for enlightenment in a spiritual way, you have to know we do it with no conditions. Even if we follow the Quan Yin Method, practice the highest way, we still have to accept some minor or sometimes even major problems or disasters that come to us. Luckily they are fewer than ordinary people who don't practice.

If you come to me with a kind of contract, then you are in for a disappointment. Some people misunderstand our motive. I never promise you riches. I never promise you a life of ease, a “bed of roses.” I never promise you you'll get anything you want, even when it's bad.

So we practice to eliminate the ego. The one that wants everything even when it's nonsense, when it's not possible; the one that always wants to push everyone else to work for him, wants things for nothing, wants things when he doesn't work for them, wants to serve himself first and does not consider in that circumstance whether it's correct or incorrect, that's the ego.

Also God doesn't owe us anything. It's only for us, for our benefit that we should meditate, that we should become good; because that's good for us.



A Saintly Mind Expects Nothing in Return

Spoken by The Supreme Master Ching Hai
June 6, 1995
Hsihu Center, Formosa

The retreat is over, so I think I'll let you go to sleep, you know, normal time. You don't have to meditate so long. You may go back to your tent and meditate longer, until you want to sleep. In the daytime, you may rest or meditate as you please; and follow the schedule here, like four to seven and six to nine. Normally, you follow what is here. Sometimes summer

and winter there is a slight difference in the schedule.

So you're free, but try to meditate as much as you can; and don't gossip too much. If you have to talk then talk about God, something beneficial, something that vibrates positively in the air and contributes to the harmony of the world as well as to your spiritual progress and those of your neighbors. Whatever we speak, will give a vibration. Accordingly what we say, good or bad, will affect upon us again.

There are still many around. You'll stay a long time? Your family is OK? I told you if you have no obligations, family, children, job or any other duty, especially the family, the children and the job – if you have work to do, you must tell your boss before you leave, before you stay or whatever. You don't just go like this. Place yourself in other people's positions and then act accordingly. Don't be selfish and make a bad name for yourself and for our group.

Do Good Things Expecting Nothing in Return

We have to do good things in this world, not because we will have a good result, good karma. That is only for children, for the beginning, for the beginners of practice. Then they still need awards, merit, punishment, all these praises and blame. But as we go to a higher dimension, a higher level of consciousness, we forget all this. We do whatever to benefit other people and whatever is righteous according to our conscience, not expecting anything at all in return.

If we look at the history of the world, not everyone who does righteous things, not every act of kindness will be rewarded with the same level of goodness. For example, look around

Jesus. All His life He tried to do good and be a good example of Godly qualities, but He had no fantastic reward in return. At least, I mean, when He was alive. Buddha, He has done a great deal for the world and for His disciples. But He had a lot of slander, blame and curses, sometimes, even close to assassination. Gandhi, for example, he strived to do good for his people and his country, and to bring peace among religious believers in India. What did he get in the end? A bullet.

Many other people like Kennedy of America, Abraham Lincoln, etc, all these good people. They sincerely tried to bring justice to the world and peace to human beings, but they all got a very tragic retribution for the good that they had done to the world. Politically speaking even, not only in religion.

Like in Formosa here. Formosa is one of the founders of the United Nations fifty years ago. Now what do they get? They are kicked out of the United Nations. So not everything that we do good will get the good things in return. So don't expect me to promise you that if you keep the guidelines, if you eat vegan, I will give you all the power of protection so that your life will be smooth and have no problems: everyone loves you, no enemies, no sicknesses, no diseases, no undesirable accidents or anything like that. You keep the guidelines, you do good things because it is the only way to be a worthy human being.

Surpass Praise and Blame

Moreover, if we want to step beyond human life to become a saintly being, beneficial to the whole universe, that is the meaning of being a righteous person. That's the purpose, the only purpose. As long as we practice goodness and kindness,

there will be always a negative power that tries to attack us, that tries to make us stray from our purpose and go in a different direction, sidetrack us. So it takes a lot of determination and principles to control ourselves, to check our way, to check our lives, so that we always go in the right direction without regret, without complaining when we don't have any good result out of this.

Even I myself don't always have the correct result, and righteous result awarded to me. For one award, or one praise I get a hundred slanders in return. Just because you don't know about them doesn't mean they don't exist. Just because I don't care about them doesn't mean they don't exist. We do not take praise and blame very literally, very seriously. Therefore, we are not very affected by them.

Doesn't mean I always get praises and smooth operation and cooperation from everyone. Even among disciples, there is no such thing as an easy way for a Master at all. In fact, it's a way of great sacrifice and inner sufferings. Most of the people do not know. But still, despite all this obstruction and ungratefulness of humankind, we continue to do good. We still continue to improve ourselves, to do what is right, because it is right, [Applause] because it is the challenge of this world that we always keep the way of God, we always keep the commandments of conscience. That's how we rise above all differences, all the praise and the blame to be a noble being.

Being A Noble Being Is the Only Way

Even though to be a noble being is a very difficult position and also very difficult to achieve, that's the only way. Do we want to always sink into the lower existence, the lower thinking, the violent way of living or a very, very ignorant quality?

Should we do that? [Audience: Of course not.] You're right. So that is the only choice, to walk forward doesn't matter how difficult, to fly upwards doesn't matter how far, how high. We just have to try again and again, until there is nothing but goodness that resides within us, until we recognize nothing but the Kingdom of God within ourselves.

What is the Kingdom of God? It is not the palace that is shining with gold, silver, diamonds, rubies and all kinds of precious stones. It is the purity, the loving kindness, the compassion, the peace of mind. That is the Kingdom of God. If we carry this Kingdom of God within us, then wherever we go we always feel that we are in heaven. So there is no need to yearn for the life beyond and to shun the opportunities to serve our brothers and sisters here on Earth while we are still living.

If we have already attained heaven within, whether we live or we die, it is ours. No one can take it away. But if we do not attain this, then even if we go to heaven, the outer environment of heaven may not even penetrate inside our darkened souls; and we still carry with us hatred, jealousy, bad, negative thinking, within our hearts. Then heaven is just another place in the universe for us, the same as everywhere because we have not changed ourselves.

Having Peace Within Us Everywhere Is Heaven

If we change, the situation changes. If we have heaven within us, peace within us, then everywhere is heaven, everywhere is peace. That's the purpose of trying to do good, trying to be good, because that's the only choice. Unless we want to stay in hell forever. Well, then I don't know. That's very easy

to do. To go to hell we don't have to try. There's no need for effort. It's the most easy way. Most crowded place. So I think it is better to go to heaven. Less crowded. More quiet. More space. Everyone goes to hell, so why don't we go to heaven?

Just like in the cities, they are too crowded already. Why should we go there? So if we want peace, quiet and tranquillity, we go to the countryside. There's more space, the land is cheap, and we are in a very green surrounding. It's good for our health and spirit, etc.

I think we are very wise if we choose to go to heaven. Takes a lot of effort, maybe. [Applause] It takes a lot of effort now, but if you want to try again later or next life, it's even harder. It adds up – more garbage, more bad qualities and more habits. It's difficult to clean. Now maybe we are already in the thousandth incarnation. If we come back again, one thousand and one, and we come back again, one thousand and two; each life we accumulate more garbage and more bad habits. Then it's more difficult to kick off the habits. So, however hard it is, try this time, try one time.

Pull Out Deep Rooted Habits and Hardness

You may think that you are already very clean and pure; but I tell you, be careful. Don't think because we are vegan, because we keep the guidelines, we are clean and pure. Not yet, not so easy. Watch yourself next time. Watch every moment, just one day. Spend one day watching yourself. See how you react in different situations. Watch carefully, then you'll know what I mean.

Like some people, they will come to me and they want to become monks and nuns, for example. I tell them no, you

don't need. I don't want to tell them that they are not up to it. I just tell them no need, because even when they are with me, talking to me – for example, a boy is talking to me, then he hears a voice of another female coming to my room or coming to my place, immediately he brushes his hair. He doesn't know it even. I know it. Or a girl, talking to me and then hearing a voice, only hearing the voices of approaching boys, one boy or two boys, doesn't matter whom, immediately she also adjusts her dress, strokes her hair. [Laughter] Not the way we causally do it sometimes when the wind blows. In my office there's no wind, for example.

Many things we ourselves do not notice – very, very trivial matters, very deep rooted and subtle habits that we don't know we have. Many other things like love, compassion and sensitivity to the suffering of other people, we don't have too. For example, sometimes I watch movies with the so-called monks and nuns here. Many things in the film, sometimes about the war, sometimes about spiritual matters or sometimes about the things that are very touching in this world, like war, death, suffering and things like that; these things make me cry, or sometimes I am very shocked and very deeply touched. But to some monks and nuns, they just laugh away. Maybe they are at a higher level than me. No emotion. I have more astral feelings or what? [Laughter]

Because I know it is a film, I don't see the film. I see the suffering behind, what they want to convey in the film. It's not that I cry because the film person dies, I know that it is a film. I don't cry because that actor dies or loses an arm or a leg. I am touched because of the suffering of this world which they are trying to portray on the film, which is very, very true.

But I saw some of my monks and nuns, they sit around

and they just laugh because of some other incident in the film. I cannot laugh. Of course I am the one that laughs a lot. You know that. It's not that I don't know how to laugh, but in such a situation, I cannot laugh at all. Then I can sense some of them are so insensitive. So insensitive. So these are the very subtle habits and subtle hardness that we have accumulated during many lifetimes and we don't even realize it.

Be Honest With Yourself

Make sure that you check out whatever undesirable — deep rooted habits that you don't want to carry around with you. If you're comfortable with them it's OK with me. It's your garbage and not mine. What I mean is that if we are truly honest within ourselves and want to improve and want to train our sensitivity to the suffering and to the happiness of others as well as to our own purity and well-being, then we must always be vigilant. Always, always pay attention. Otherwise it is easy to just pass the day, pass two days, pass three days, pass the whole life, in self indulgence, in bad habits and not get into a higher level of consciousness, not be able to understand a deeper meaning of spiritual life. Then we blame others, blame God, blame the method, blame the Master, blame everything. That doesn't help us. It is not true, I tell you. It is not true.

You can blame me, you can blame the method if you want, but that doesn't help you at all. It doesn't help you to get better. The best is for you to be honest with yourself and always be watchful of our deep rooted habits, and very undesirable affects that they have upon us. Always be careful.

I just told you a few examples. But there are a lot. I cannot even remember here. Of course I don't want to bring all

the garbage to you. I trust that you are very intelligent and wise enough by now, to take from these examples some indications, enough so that you can check out yourself, other habits or other deep rooted karma that I did not mention. But you will recognize next time around, when you see them, when you sense them, and when you watch them grow or creep into your life when you're not noticing. There are so many things. I cannot even remember and I cannot even tell you all. Many small things.

From today you can go to sleep around nine, continue to meditate in your tent, then get up around three and meditate until seven, etc. Then in the daytime you rest, help around, or clean. Try to concentrate all the time when you are working, and not to gossip and talk nonsense. Of course, no one will scold you or do anything, but since you are here you should profit from the free time and the environment and the atmosphere of the Center to better your spiritual practice.

In walking, sleeping, talking, sitting, laying down; always try to be concentrated on the wisdom center. In that way you speedily progress, then you will feel that. The more you progress, the more encouraged you will feel, and then the more you practice. It's a pity that we already have the method and we don't use it.

It is very conducive here for you to practice your meditation, no one disturbs you so much. So try to profit from it. Try to profit from the time you are here. That is all I have to tell you. Good-night. [Applause] Thank you.



Enlightenment Awakens the Positive Power

Spoken by The Supreme Master Ching Hai
January 10, 1995
Singapore

Passing Through the Gate of Illusion

Many people expect that the enlightened persons or to be enlightened, those beings must be something extraordinary, must be perhaps seven feet tall or have feet like this or hands like that. Because we read the Sutras, the Buddhist Bible, it describes that the Buddha had such and such marks, like His feet linked together like the duck [Laughter] or His legs looked like

the deer's legs and His eyes looked like a cow's eyes, things like that. [Laughter] They tried to make the Buddha beautiful. But if you put all these together, it makes a funny Buddha.

They don't realize that perhaps in the old times, these kinds of animals were the best symbols of beauty and a noble character. That's why the ones who loved the Buddha tried to convey to others that He was so beautiful; like the way He walked like the king of geese and His chest like the lion and such and such things. But when you put all these animal parts together, you don't know what kind of Buddha that is.

Now this is the outside only; and the inside of us, each one is the same. I think all of you know that. But how same, and how can we know that? This is a difficult question. Even though it's very easy but it is difficult, because we have forgotten it. That's all. We have forgotten completely what we really are. We are busy with chasing our dreams every day and trying to fulfill our immediate desires and we forget what we really are and where we come from. Just to tell – you know how forgetful we can be, I'll tell you a true story of myself.

I went to Australia – I think two or three years ago, also due to invitation – first time. And we were supposed to have three lectures in different cities. The first lecture went on all right, no problem. The second lecture also all right. I was on time. The third lecture I was late! The only reason was not traffic. It was not that I slept. It was not that I had no car or anything. The only reason was that I forgot. I forgot that I had the lecture that evening.

I kept doing my things, like the room was a little bit untidy so I kept tidying it up and then I tried to move things here and there like it was my house. Perhaps it balanced my busy schedule, gave me something to do. Perhaps so – or perhaps I'm

a perfectionist. Whenever I see something is not in order, I try to put in order. But that was to the extent that I forgot that I had the lecture that evening.

I forgot until half an hour after the beginning time. Then some nervous disciples ran in, broke in, kind of crashed in and said, “Master, where are You?”

I said, “Why, I’m here,” really cool.

They said, “Master You’re suppose to be in the lecture hall.”

I said, “What! What lecture hall?” I really completely forgot. I guess no one is as terrible as me, but perhaps we do forget sometimes. You do, or not?

Sometimes you are engrossed in some other business and you forget the main purpose or your goal that day. Does that happen to you sometimes? It does.

Of course, I had to rush and apologize to the people. I felt really terrible and I promised God that if Hes made me lecture again, Hes must put alarm clocks for me. So from then on, I always put alarm clocks everywhere; and whenever the lecture, I set them on everywhere so that I will remember in case I forget.

How can you forget a lecture? Oh! I even don’t understand that. But that’s what I did.

So now if we are here too long, one life, two lives, hundred lives, then of course we forget even more what is the purpose of our coming here. Some of the people, sometimes, they die temporarily, for like a few minutes or twenty minutes even – clinically dead, declared dead by the doctor, stopped breathing, no pulse, etc. But then after they came back, they told many stories of the other life beyond; and they also remembered why they came here, what they came to the Earth for.

But many of them, most of them forget immediately what they have seen in heaven or what they are supposed to do in this life. They know that they have seen the purpose of their lives; but when they came back here, they came back to this life again, they forgot. They just know that they know, but they don't know what.

The Chinese have a saying that before we are born into this world again, the king of nether world would give us some soup, kind of hot drink, maybe chocolate or something. [Laughter] That is supposed to make us forget completely our past lives and start anew. Many of us promise that if we come here, if we are given the chance again to be human beings, we would do this, do that, and other. We would go and practice meditation and so on, get enlightenment, and dedicate all our life and energy to serve humankind, etc.

We really meant it well. But because of this soup, this "forget me soup," everyone forgets. So the only thing for us to remember again is that we must open the gate of secret knowledge. Without that gate open, we can never, ever peep beyond this world; and the only thing we know is this material existence and all its suffering, joy and temporary other things; and we would forever identify ourselves with this physical appearance and suffer with it.

The Suffering of This World Comes from Ignorance

But why? Why must we remember the purpose of our coming here? Not because we have promised to do so; but because if we don't remember, we must come back again and again and again until we do remember, until we have fulfilled

our mission on this planet. Then we can go to a higher existence or remember our original great position in heaven or in nirvana. The suffering of this world is not due to only the war. The war is not the catastrophe. It's not the lack of food and all these, but the suffering of this world comes from ignorance. Because we don't know our mission, our purpose, we mistake the "playground" for "home," overstay our due, and sometimes suffer the cold, danger outside the house.

Even then the Buddhas(enlightened Masters), God Almighty always try to look for us, for the lost children, for the ones who love to play and forget to go Home. Therefore the Buddha(enlightened Master) sometimes comes down and endures the suffering of the human existence, endures the humiliation of the petty physical life in order to find the lost children, to bring them back to safety before it's too late. Because any house, doesn't matter how solid it is built, one day it must be demolished by itself, by some other elements or some causes, or have to rebuild a new one because it's too old. This world is a big house, very beautiful, very solid house; but it's not a permanent house.

That's why the Buddhas, the Saints, like Jesus, Mohammed, etc, They came down to us, extended Their blessings to us. We walk one step, They walk a hundred thousand steps to receive us; forgive our mistakes; cleanse our past unwholesome actions; teach us the new kind of life, new beginning, or better speaking; and lead us back to the original way of life, the way we must live, the way we should carry out our life.

The Destructive Power of Negative Information

Up to now, all the cells in our body, all the nerves in

our system have listened only to almost negative orders from our “information center.” That’s why we have wars. That’s why we have assassinations. That’s why we have competition at the cost of other people’s jobs, businesses, wives or husbands; because we do not have positive information in our brain center to order our body to do good things. The people who are good in this world are also sometimes – or often overwhelmed by the negative, by the negative influences in the society, also become shaky in their faith, become weaker in their goodness, and sometimes eventually also give in to the negative power.

So when we have only negative information in our brains, then of course we can only give out negative information or negative orders; and the cells in the body, the nerves in the system also can follow only the negative orders and then do negative things. That’s why we have no peace in the world. That’s why even up to now brothers are still killing each other. Even parents are killing their children for pleasure, for privacy, for individual freedom, “pro-choice” etc. Not because they are bad, not because all these war-makers, all these parents are bad. The husband who killed the wife, the wife who killed the husband, or the brothers killing each other are not because they are bad. Just because their brains have been fed only with negative information, only with negative ideas and that’s what they carry out.

Whatever the brain orders, the cells comply, the cells have to do it, the body must function. That’s why we sink deeper and deeper into depression and that’s why our world is almost anytime in danger of disappearing, from our own making.

So the only thing to help us now is very logical; is that to feed us with positive information to change our information stream. Every day we must receive good information, posi-

tive information, constructive information, enlightened, wise information. Then from the brain they will direct the cells, the nervous system; and everything done will be only good, only peaceful, only wise, only constructive positive things. That's how we save the world.

Otherwise, it doesn't matter how many peace talks, how much money we spend on the arms, on the army, still we don't have a secure feeling. Look, one day this country just finishes the war, shakes hands with each other. OK. We start anew. The next morning, we hear that the other country has broken out in war. Then the United Nations runs over there; and that's not yet finished, the other country makes war with the other country over there and then over here, over everywhere.

Enlightenment Brings Wonders to the World

It's already nearly the twenty-first century; and we are supposed to be civilized, peaceful, loving, helping each other. And for all the technical inventions, for all the wealth that we have discovered from the mother Earth and from the universe, we could live a kingly life, all of us. Instead, we still have poverty, war, suffering, just because we don't have enough positive information to feed our brains and our whole systems with.

That's all there is about enlightenment. Enlightenment is a way of positive living. It's a way of tapping into positive power, which is already existing within us. In the universe there are two kinds of power, we call "Yin and Yang." Everyone knows. Now we are living almost in Yin, no positive, no Yang; because we did not open that resource.

This world is a negative world. So it is obvious that we have plenty of Yin everywhere; and the negative or the Yin is

easily accessed. It is more accessible to everyone, except when we are wise enough to turn also into the positive department and draw there from, something for us for every day supply. Then we are balanced. Then we can do wonders in the world. And of course there will be no more war, no more suffering. That's why we said earlier that the suffering in this world is not due to any individual or nation. It's due to the ignorance of us, the Earth people.

Enlightenment is nothing new and nothing that we have to beg for, nothing mysterious. It's just a positive power that we have within ourselves, laying, sleeping, unused up to now. So if someone reminds you where to look or how to use it, that is called enlightenment. That's why it can be immediate; because if you have something in your pocket or here, you can take it out right away. There's no need to go to supermarkets to buy it. As long as you want to accept it, it will be right there and I will show it to you, that it is immediate, you can use it right away, and you can see your life improved right away in the first days.

Some people feel like they are born again, right at the time of initiation. They are so joyful they could just go on the street and kiss everyone. Of course I advise them not to do that, especially in Singapore. It's just a way of expressing their joy. And from then on, their lives become as light as a feather. They work without burden. They take care of the family with love and not with so much struggling.

Most family members often struggle with each other, also due to ignorance. So many people after enlightenment they find their families have become heaven. If everyone is like that, every family like that, then we don't need to go to heaven. Our planet will be preserved; and then due to our positive power, we can also elevate the Vibration of the Earth and make it become heaven-like.

The Difference between Heaven and Earth

The only difference between heaven and this Earth is the Vibration, the frequency. The frequency of heaven is fast but smooth. The frequency of the physical world such as our Earth is gross, rough, uneven. That's why sometimes we have disasters, earthquakes and all kind of eventful weather. Of course, we can say it from the weather forecast: "Oh, the wind in the northeast, it's windy," something like that, and causes all this and that. But it is altogether also due to the Vibration of the whole planet and atmosphere around it.

In heaven, they don't have it, they don't have typhoons, they don't have earthquakes, they don't even have earth, they don't even have wind. Everything is different. The heavenly beings, their Vibration is also different; because they are different. They have their Vibration different, therefore heaven is different. So if our Vibration is different, our lives become different, even if we stay here.

Of course we cannot change the whole planet into heaven, if the people of the Earth are practicing – only in a small number. But if the whole planet or maybe even half of us practice in such a way, then the Vibration of the Earth will also change, then the other half also will be benefited without having to do anything. Just like in one family, the father and mother go to work, and the whole family can also benefit from his or their parents' salary. No need for the children also go to work. They can, later, when they want to, when they grow up, as a duty to society, not because of necessities. And of course, the more money they earn, the better for the family.

Similarly, the more people who practice into the heavenly kind of life, the more elevated our Earth will become. At that time, then our “house” here is safe. Otherwise it’s not safe. As long as the frequency is so gross, rough, then it’s bound to happen that one day it will break apart or explode. We learn that the finer the thing, the more invisible the thing, the more enduring. Similarly, our Earth is too gross, too heavy; so it’s bound to happen sometime that it will destroy itself, if we do not destroy it before that with our Atom bombs, with our environmental abuse, with our ignorance of the protection of the atmosphere around the Earth.

We sometimes poison ourselves with too many chemicals, poison our Earth, poison the water; so it’s bound to happen that it cannot last. There’s no need to be a clairvoyant person or predicting well like Nostradamus or something to say – that the world is not everlasting. We can predict it ourselves if we look around our neighborhoods and see how we treated our planet and how wars have damaged each and every corner of the world, now and again.

The Story of the Red and the Green Goblins

There is a story about two devils who lived in a mountain. Actually they were not devils, they were kind of demi-ghosts, demigods or ghosts, perhaps half angel and half goblin-like. They lived together – two. One was green and the other was red. Just like the green light and red light outside. Green is for peaceful, smooth going. Red is for war, stop, obstruction. But both of them lived together happily ever after—before, ever before, together in the mountain and with no problem, no anxiety, no desire, nothing.

They lived for many, many hundreds of years already; and often when they had nothing to do, they'd sit on top of the mountain and look down into the world below them – the world of humankind. They saw all the businesses, the people walking up and down, and all that. They saw the world was always changing. So the green said to the red, “You see, we lived here many hundreds of years already and our life never changes, every day the same thing. But the world below, the world of human beings, every day changes. How come?”

The red said, “Oh, yes, you're right, very interesting. Their life is more interesting.”

But the green said, “How come? How come their life is so changeable all the time?”

Then the red thought for a while and said, “Oh, it must be because they always fight with each other. They build a building, beautiful and big and next day they fight and demolish it. Then they build another one, have a war, and destroy again. That's why the world always has something to do. That's why the world is always changing. So now if our world here, the two of us, is too peaceful, too boring, I think we have to start fighting with each other.” That's what the red thought.

The green said, “No! No fighting. We are good friends. We've been friends for many hundreds of years. How can we fight each other?”

But the red said, “If we don't fight, then we can't have any change. Our lives will always go on like this. It's boring, and we don't make any progress; so let's fight!”

So the green said, “No, no, no, no! I cannot do it. No, we are friends.”

But the red insisted and said, “From today you are my enemy. That's it.” Declared war right then and there, so he left.

He didn't live with the green anymore. He moved to the other side of the mountain and sat there alone, preparing for war. The green also stayed there in that corner of the mountain, feeling so lonely and miserable. He missed the other goblin, so he was feeling very miserable.

The goblins, the kind of demi-angels, they have magical powers. Apart from being able to fly, making things appear by themselves, seeing very far, hearing very far, they also have long noses which can stretch to no limit.

The green goblin sat there one day feeling very bored. Suddenly, he noticed in the world of humans below that something was flashing, shining all the time. So he was curious and he used his nose. [Laughter] He made his nose long. He said, "Grow longer, grow longer, grow longer," and the nose kept growing long, long, long and pierced into the world below where the shining and flashing was happening.

The shining and flashing came from the clothes of the princess of that city. It happened that the servants were hanging her clothes outside to air them. Her clothes had gold flakes and also some jewelry studded with diamonds, rubies, etc, so they glittered in the sun. That was why there was shining and flashing. So now the servants said to each other, "Oh, her clothes are so beautiful, but so many. Now we don't have enough bamboo poles to hang. What to do?"

At that moment the nose of the goblin just arrived on time. [Laughter] Then the servants thought, "Oh, we have a long bamboo, enough to hang the rest of the clothes on." So they put the rest of the clothes of the princess on this green pole and then happily went inside to eat some chapatis.

Now, the green goblin suddenly felt so heavy on his nose. He was scared. He immediately pulled his nose back to

the normal size and there came all a bundle of glittering clothes at his feet. He thought, “Ah, oh, it must be a lucky day.” So he tried them on and beautifully they looked. He was proud marching around himself, alone.

It happened that the red came over. He wanted to start a fight, to progress.

But then the green said, “Look here! I have some new clothes – beautiful – and I saved some for you, half of them for you.”

The red looked with contempt and said, “Look, I don’t wear these kinds of ridiculous things; only crazy people do, like you.” He wanted to start a fight, so he talked every nonsense.

But the green was always green. He was very cool, so he didn’t pick on it. He said, “OK, OK, fine. If you don’t wear them, it does no harm. Leave them there. It’s all right.” The red didn’t know what else to do, so he went home.

Actually he was very, very jealous of the green and so he tried to get some clothes for himself. He also put his nose very long down into the palace and waited for some clothes to be hung on it. But it happened that the samurais, at that time, were practicing swords together and when they saw such a long thing coming, they said to each other, “What’s that?”

The other said, “Ah, it must be the new invention of the enemy trying to attack us. Let’s kill it first.”

“Oh, OK.”

Then “Pah” [Master imitates the sound of chopping] with the sword. Suddenly the red felt such sharp pain and immediately he pulled back his nose to the normal size. Here it was bleeding and he cried and cried so much.

The green heard his crying, came over and said, “What happened, what happened?”

The red was so embarrassed, angry and could not say what the truth was. So he said, “Leave me alone. And you don’t bother me.” The green said, “No, I won’t bother you. I’m trying to help you. It’s bleeding. Look here. I know the medicine. I’ll put it on. It will stop right away and your nose will become beautiful like before. Otherwise, you will have a big scar, a big hole there and then it will be very ugly. I just want to take care of you.”

The red, after all, felt touched and said, “All right, all right.” Then he cried his heart out, “Ah, it really hurts. Please quickly, quickly help me. Make it better, quickly.”

From then on, of course, they made peace together because he had enough with fighting. He thought, fighting is no good. He learned the lesson of peace. From then on they wore nice clothes and drank tea together every day, and no more war.

Only Enlightenment Can Awaken the True Self

Our world has not learned this lesson of love and it is a sad affair. So now, instead of always writing in the newspaper, criticizing the government of this and that country, scolding this and that dictator; or telling the army what to do, because it has not been any use up to now – so instead of doing all these, or apart from doing all these, still, we have to find the way out for ourselves before it’s too late. The only way out is the so-called enlightenment. Enlightenment is only getting back the positive information that we badly lack. It’s right there. It’s already there, it’s just that we didn’t use it.

When we are born into this world, everyone must take care of the immediate needs, such as cold, hunger, environmen-

tal infection, etc. Therefore the immediate reaction from birth or since childhood is all these material comforts, all these physical needs. That is why we don't have the chance to remember the positive information that we must have in order to survive, in order to be wise, and to fulfill our duty better in this world.

You see why we forget? You see why we don't have it? You see why we have it but we don't use it? Just because immediately this world overwhelms us with physical threats. So the immediate reaction from us is to protect ourselves, the body: feeding, drinking, clothing it, building houses, buying more blankets, getting a big car so that we can move around, building a big road so that we can drive the car on, etc. All these physical necessities immediately from birth have overwhelmed us and taken all our time up. That's why it has become a habit to us to preoccupy ourselves with physical needs alone, and that's why we forget further and further, more and more about our other positive side of nature. That's the only secret. Does it make sense to you? [Audience: Yes.]

So now I have, in brief and in logic, explained to you or reminded you what is true enlightenment. There's no mystery about it, just the positive side of our nature. We have both inside. Up to now we only use the negative, because the necessities of this negative world force us to always have to lean on the negative side to survive. The more we do it, the more we forget the other side. That's all. But that is the thing that we should not do.

Without the positive we can't even take care of the negative well. Without the driver, the car – doesn't matter how good you take care – it will not move and it will move all the wrong way around, killing people if it does. So now the "driver" must wake up. Wake him up and tell him to drive the "car,"

drive properly. That is all there is to enlightenment.

Question and Answer Session after the Lecture

The Quan Yin Method Benefits All Beings

Q: Master, I understand there is a method called the “Convenient Method.” Is it the same as the Quan Yin Method?

M: Not exactly, but it offers you also a taste of enlightenment. And you can continue to practice that every day without such a strict regulation as a pure vegan diet or two and a half hours a day meditation, things like that. You can meditate half an hour every day or twenty minutes, whatever you like and eat the vegan diet as conveniently as your position or your situation allows. So that’s why we call it “Convenient Method.”

You also have enlightenment; but it’s a small kind of vehicle, you can only liberate yourself alone. The Quan Yin Method will liberate many of your relatives and friends, up to seven or even nine generations; the people you don’t even know, your ancestors, etc; and your next generation, your grand, grandchildren not yet born, etc. Because of the blood link, they will also be free.

Q: Master, when I am the host and I have to take some friends out for lunch or dinner and they are not vegans, should I order all vegan dishes to eat as I am the only vegan?

M: No, you order what the guests want to eat. We don’t impose our lifestyle on other people and impede their freedom.

It's their choice. You ask them. If they want to try vegan, also fine, if they agree, if they are happy with it. Just tell them, once in a while you try it to see if you like it. If they don't, then you don't do it.

Q: Master, please advise me how to access the First Level of the Kingdom of God, or what I must do to start.

M: The First Level only? Your aim is so low. [Laughter] Why don't you go to the Fifth at least, with me? There, it's almost empty because no one goes there – plenty of room there. Singapore is tight. We go there for a change. A lot of palaces, and no traffic lights, no jam.

The First Level is nothing to aim for, brothers. There are only Astral beings who live there. Only small heaven and hell. There is only magical power, small healing ability, small clairvoyant talent. That's all there is. You may live there hundreds or thousands of years, but you come back here again. And who knows where you will be, and what you'll become. So why go to the First Level. First Level is as unsafe as this world. Yeah. Don't aim to go there. That's only the "A," the "A, B, C" of everything. We started from there, but we don't stop there.

Q: Master, the first precept is no killing. If a snake enters my house, should I kill it in order to protect my family?

M: You don't have snakes in Singapore, don't give me trouble. [Laughter and applause] You don't even have enough land for people to live. Where can this poor snake reside? But anyhow, you don't have to kill. You can give him a cloth bag and he will happily crawl into it. You set him outside somewhere else, in the bush or something, and he will be happy.

If you must, of course, you can do it. But then, you pay. You can do anything you want in this world, just you must pay. Not in monetary ways, it is in karma.

You kill him and later you'll probably be wounded somewhere, have severe headaches or your arm will suddenly go paralyzed, anything like that. You pay, maybe temporarily or maybe in a long term. It depends on how great the things that you have done are, how much you took from the physical treasure of the Lord of this creation. The more you take, the more you pay. The less you take, the less you pay. That's why I advise the vegan diet, because it's the less expensive.

Even though vegetables also have life, but it doesn't cost so much karma, doesn't burden you too much. Not that vegetables, you don't pay. I don't mean the market price, I mean to the Lord of Creation. The Lord of Creation is below the Almighty God. If you can not, if you didn't pay it to the Lord of Creation, you cannot go to the Almighty. That's the problem.

An Enlightened Master Has the Key of Enlightenment

Q: Master, can You explain the initiation of the Quan Yin Method?

M: Initiation is a kind of invisible opening wisdom “ceremony.” No flowers, no incense, no prostration, no Buddha statues, no church, nothing. Only you and your own positive original Power. Now when you sit there all alone, then I will point to your soul where to go, in order to get back the positive and negative together. Now you are separated because you are always leaning onto the negative side for survival. When

you sit alone there and ready, willing to go back, I just pull you back. But no action involved. These things are abstract, are the wonderful things of the invisible Power. There is no doing of anything. *Do without doing.*

I don't have to be there even. I don't have to even know your name, your address, your age, your profession. I don't have to know you, I mean physically. Inside I know.

Therefore the initiation is just like you sit there and get back your positive side. Out of balance, that you always lean on the negative. Now, come back and then you're balanced. That's it. Then you know that you are enlightened because you saw the Light, you received the teachings from heaven through melodies.

It's not by "Singlish," it's not by Chinese. It's wordless Words, silent Sounds. This will make you wiser, and more and more realize that you are great, and you are the Master of the house. That's the initiation. But no words can describe that, because I will not talk to you at that time. I might not even be present, because you will be along with the whole universe then. That's how you know yourself. It's difficult to try to understand now. If you don't, just go for initiation. Then you'll understand.

Q: Master, after enlightenment, can we still get sick?

M: Sure. Look here I have a flu, thanks to some of the friends who gave it to me. And I was weak because I overwork a lot of the time, because of the many disciples and demands from the world. So of course my body is like yours, or your body is like his. If you are weak in resistance – overwork, overwork your car, then it will stop. It gets sick. That's the same. The car will get sick whether it is Benz or it's a Cadillac. It sometimes gets sick, but that's the normal thing.

Why should we avoid sickness? It's no big deal. If I wasn't sick in these days, I could not have enjoyed two days in bed. So that's a bonus. It's not bad. And all the people love me so much. Wow, while I am sick, they feel a concern. That's enjoyment also. No problem to be sick. The Buddha was sick, was He not? Sure, sickness is no big deal.

Q: Master, why are there so many religions in this world?

M: There is only one really-different names. If you don't believe me, you take time, study all the religions together, compare them all, and then you'll know what I mean. Just because people don't study other religions, which is also good, fine.

Be concentrated on your religion. If you know one religion, it's enough; because it's similar in other religions – tell people to do good, don't kill, don't steal, worship God or Buddha. No religion teaches people to do bad things, or to stay here forever– eat, drink and die here. All religions tell you, *Be a good person here and find heaven while you can.* Everything else is just blah, blah, blah, bureaucracy and details. [Applause]

Q: Master, You talked about knowing the way Home. Where is this Home? Where is heaven and hell?

M: Here. [Master points to Her Wisdom Eye] Everything is here. But if you don't know, everything is everywhere. Everywhere is hell, everywhere is heaven. If you know, then it's heaven; if you don't know, it's hell. That's it, simple. [Applause]

Q: Master, will I be able to find my dead relatives and commu-

nicate with them if I practice the Quan Yin meditation?

M: Dead relatives? Oh, sure. But I am afraid maybe you won't like to go there. Some of your people are difficult to get in touch with. If you want to go to such places, you need a Master. Otherwise you will be in danger. So it's not always good to see dead relatives.

Now you practice the Quan Yin Method, and some of your dead relatives will be immediately released from whatever suffering they have. If they are already in heaven, they will go to a higher level of heaven. If they suffer light punishment, they can go immediately, quick. If it's too heavy, then we have to negotiate. The Master must negotiate or has to suffer for that person, but it won't be too long. For example, if those people have to suffer for thousands of years, the Master wouldn't have to suffer for thousands of years. Just maybe a few hours, sometimes a few seconds, sometimes a few minutes, sometimes prolonged; but not a big deal sickness, things like that.

So it's not always ideal to see your dead relatives. It's better to see live relatives. Love them, serve them, and encourage them before they are dead. [Applause] But you can see them. Many of our practitioners see their dead relatives and friends coming to thank them, that due to them, they are liberated. That is no big deal, no big deal.

Q: *Master, one of the five precepts is refrain from sexual misconduct. How does this apply to singles?*

M: Oh! What we mean is that you should be faithful to each other. But in the case of some of the other religious orders, they may, due to their tradition, have many wives. If they already had them before initiation, then that doesn't mean

they have to separate and take only one. But in the general case we tell people to refrain from having too many ties, because if you have one wife, I think you suffer enough – oh, sorry. [Laughter] Don't kill me please.

What I mean is the suffering in affairs of the heart is very heavy for the wife or the husband to bear. And that, you don't want to cause to other people, let alone your beloved friends, or the mother or father of your children.

So that's why we say refrain from having another affair if you are already married. But if you already have had before initiation, just keep it like that. Better not to let the other know each other. Minimize the suffering. The less suffering the better, because it will affect you also. You will have a bad conscience and guilty feelings.

How can you meditate in peace? When you meditate you want to think about God. All you think about is the second or the third wife. How she wanted to beat you last night because you came late, etc. Or you bought better clothes for the other one, etc. Aiya! So many troubles. It hurts. That's why. That is called sexual misconduct.

In the case of people who are not yet married – of course, in the modern time, I cannot tell people don't, don't, don't do that. Try to be faithful to each other. It's good for the heart, good for your morals, good for the mutual trust between each other and especially good for your health nowadays. You read newspapers more than I do. The letters are spelt very big. Should I say more? More and more people die from AIDS each day, so take care of yourself.

Q: Master, is it necessary to have a quiet environment to pursue spiritual practice?

M: In the beginning yes, but later no. Later sometimes we need. That's why sometimes we organize a retreat for one week, two weeks or four days, three days. Every year at a different time, so people have a chance to have a peaceful, quiet, only practicing meditation environment. Otherwise, you must go out into the society bringing the Light and blessing to our brothers and sisters. You cannot always hide yourself in the mountains and become a selfish enlightened Master. [Laughter]

Q: Master, will dreams of future events come true? Can we change the future?

M: Yes, sometimes we can, if we are strong enough. If you want to be strong enough, meditate, get your Almighty Power out; then you can change anything. Otherwise the future will change you.

The Way to Minimize One's Sexual Desire

Q: Master, can You please advise me as to how I should control my monstrous sexual appetite? I need God's grace.

M: This – I don't have experience. There are many remedies. Most people when they eat too much meat, drink the wine, and all that, it excites more of their passions. We already have enough so-called animal passions within us, so we do many things like the animals do. This we cannot control.

We inherit the animal qualities while we live in this kingdom, part of it, because of this body. So now, if we want to control that, we must minimize the intake of intoxicants, exciting foods, things like that. There are foods for sexual empowerment. People look for that. Some people like that.

The old kings, they always ate special kinds of foods, because they had so many wives. There are many foods to control the sexual drive. The first stage is a pure vegan diet – no eggs, no fish, etc, and no alcohol, no intoxicating things. Many things we, the ordinary people pay high prices for, mostly are poison. I always wonder why people spend a lot of their money to poison themselves. Anyhow that’s their private choice and free-will.

So if you ask me how to minimize your sexual energy, there are many things to do. You switch to a vegan diet. Eat kind of simple, not too much oil, exciting spices and things like that. Drink plenty of cool water. No champagne, champagne is the worst thing, reserved only for wedding days. You know! I don’t know. I heard about that. They said like that.

The most simple is to be busy doing something meaningful, helping other people; then you forget your own problem. I don’t know how you have time to think about this drive even. If you stay up all night long, reading like me, I think your sex drive will drive itself away; [Laughter and applause] because sex drives are scared of work.

Do something. There is so much suffering in this world, do some volunteer work in your spare time. Feel the suffering of your fellow beings. Merge yourself in the sacrifice and the joy, the pure joy of serving all of them. Bring happiness, bring noble happiness to other people. That will bring noble happiness to you, too.

You have read so much bad, maybe porno information. Now don’t read it any more. Switch to holy books. Read the Bible, read the Buddhist Sutras, read the Koran, read whatever information you have on holy life; Hinduism books, anything you want; yoga exercises, holy Saints’ teachings, so much to

read.

Q: Master, if the Quan Yin Method can help me avoid reincarnation, how about my karma in my past lives?

M: Oh, I burn it. I throw it in the dust-bin, set fire to it, and finished. You know where karma comes from? Comes from your actions and reactions of course, but where does it come from? It is stored in your subconscious. There is a “button;” I just push it and it’s gone. It’s like your computer or your record player. You can play, you can record, or you can erase. Just know how.

Q: Master, usually how long does it take to get enlightenment? May I know what does it depend on?

M: Oh, depends on many things. First, it depends on the proper meditation method. It depends on your teacher, whether that person is capable to lead you to enlightenment. Never mind talking about long or short. If you get a good teacher, you get immediate enlightenment. If you don’t get a good teacher, I don’t know how long – very, very long, many lifetimes.

Also enlightenment depends on your sincerity, if you want it or not. If you do want it, you get it immediately. If you don’t want it, it doesn’t matter how much you pretend, how long you sit there, until your bottom falls off, [Laughter] you don’t have anything.

Initiation Is the Inner Transmission of Dharma

Q: Master, will there be someone to guide us in the Quan Yin meditation in Singapore in the initial stages?

M: Yes. I will leave a few monks or nuns here for you –

actually Quan Yin messengers, they don't look like monks. They look like me. They are ordinary like you. I will leave some of the people who have practiced for a long time, who know the initial stages of practice, for you. Besides, you can always write to me. Nowadays, we have a fax machine. Don't worry. And the inner connection is always there, one hundred percent – never broken. So that is the best guidance.

Later on, you won't have to rely on anyone; because you will get the answers from inside, quickly and you'll know it. The Teacher will know where you are, what you are doing, and what kind of danger you are in, or what practice you need. From inside, teach from inside, not from the verbal.

Verbal is just an ordinary thing, like we talk to each other, have fun. Talk about some old stories to encourage you to practice, things like that. But verbal instruction is never a perfect teaching. The perfect teachings you can only find from inside, and that is between Master and disciples individually, for each one different inside. Even if you sit next to each other, you don't know what level he is or what the Master transmitted to him inside. All different. Depends on each level.

Q: Master, if we pray to God or Jesus, can we also worship Quan Yin Bodhisattva in the temple?

M: Why not? The more, the better, I think. That's what we think. You do what you want as long as you are happy. If that accords you enlightenment, so much the better. If not, you must go for the Quan Yin Method. The real worshipping comes when you see God, Jesus, Quan Yin, face to face and worship at Their feet right there.

You feel so much different than when you bow to the Buddha, the wooden statue. When you bow to the wooden

statue, he says nothing to you, he cannot answer your questions. But when you bow to the real Buddha inside while you meditate or while you're sleeping and go to heaven, that is the time of your real worship and you will feel entirely different. You will feel you're not of this world. You will feel you are the Buddha then. That's the real worshipping. Worship anyone you like, but make sure you see them. [Applause]

Q: Master, will meditation lead us to getting possessed by the devil?

M: It depends. If you meditate at random without a teacher, you choose a wrong way to do it, or you deliberately meditate but break the guidelines – eat wrong foods or harm other people – then the counter effect will fall upon you. That's when you allow the so-called devil to come in to destroy and trouble you. That is only the negative side of all the nature. When we don't want to lean, we don't stand stably, and we keep like this, then it will pull you back to the negative side again. At that time, it's stronger, it's harder because it lost you last time, like tightens the grip more, and it's difficult for you to struggle out.

That's why I don't want to just take a lot of so-called disciples, so that I am famous and have a big group of followers. You must keep the guidelines. You must eat a vegan diet. Purify yourself while meditating, so you don't have side effects, you don't have trouble. I am responsible for whatever happens to you. If you keep the guidelines and follow the instructions, nothing can happen to you. But if you don't, even God cannot help you.

Q: Master, I am a sinner. Can I be enlightened?

M: Oh, who is not a sinner, please raise your hands.

[Laughter and applause] The sinners, please raise your hands. Me, also included. Don't worry. No one is a sinner. We're just ignorant. We have not been taught the way of the Saint. We have been only taught to survive in this world: how to eat, how to clothe, how to look after this physical vehicle. That's all we have been taught up to now. All the education also leads to that end, so you can have a good job. We have not been taught the wise way, the holy way. So now it's the time. No problem. We did things we don't know.

How can we be sinners? If a child is not taught and he makes mistakes, how can he be blamed? Blame God. Hah! He didn't send you a teacher soon enough – Hiers fault. [Laughter and applause]

Q: Master, I want to donate my life to others. What do You suggest?

M: Yes, sure. If people want to accept you, [Laughter] we can donate our service, while we are living. Well, everyone is donating their lives anyhow. They work for the society. They work for their families. This is a kind of donation. Some people donate more. They work for more groups, serving more people voluntarily, or without much payment. That's perhaps what you mean.

Do what you feel like and what you are capable of. There is a lot of work to do in this world. Never enough people to do it.

Restore Our Heavenly Qualities

Q: Master, if we enjoy living so much on this Earth, why do we have to try so hard to go to heaven?

M: Oh, then please don't try. Who told you to try hard? Only the people who want to go, should go. If you enjoy this world so much, it's good for you – good luck. I hope you enjoy it long, [Laughter] because one never knows what tomorrow will bring. That's the problem.

If we can always enjoy in this world, if I can put a stamp to guarantee that you'll never suffer, ever in this world, and you'll continue to enjoy all your life, and next life, next life, then please don't consider heaven. But no one can guarantee you that. You see it for yourself. All the glorious hierarchy, the kings and queens, where are they now? They have enjoyed more than you did, more than you'll ever dream of. Where are they now? What are they doing now? Where are their enjoyments? You know the answers.

Q: Master, You say we are all God's children and there is only one God. So why do we have different colors and different races? Everyone is not equal, just like You and me.

M: Look at the flowers. You want them only one color – pink, finished? Is that what you call beauty? Pink, one color, one and only. We have many colors, that's why it's fun. You like it. That's why you chose to be born in that color. But now you don't understand. Get enlightenment, and then you'll understand why.

But you are also right. The question is also correct because the higher dimensions don't have differences, no difference between male and female, no different colors. There is only pure awareness, pure wisdom, not even such a visible form.

Q: Master, how can we get immediate enlightenment and

eternal liberation if we are anxious and have to work to make money?

M: (Master speaks to the MC) You know it. You tell him.

MC: Meditate two and a half hours a day.

M: He doesn't know yet. Don't scare him. Enlightenment is the most incredible thing that will ever happen to your existence. It will lighten every burden that you have to carry every day. It will get rid of all the obstacles in your way. It will carry you when you are down and sick. It will bless you whenever you are in trouble and danger. You will feel like you are always in the love of mother, so you don't worry. The worry and anxiety you have now is just because you don't have enlightenment, it's not the opposite. So if you want to get rid of this suffering, get enlightenment.

Q: Master, why do good people suffer so much in this world?

M: How do you know if they are good? Do you know them personally? Sometimes you don't. Good and bad are only in our level of understanding. The record of their lives, of their existence is so long. Sometimes they were good, sometimes they were bad. You can never check-up enough. Anything that happens has a reason. Don't worry.

Q: Master, is there any explanation why some people are born less fortunate than others?

M: Because of karma. Some people do good deeds, they give a lot of charity to other people. Then when they are reborn again, they are rich and fortunate. If the other people never gave to anyone else when they were in suffering and in need, then when they are born again, they probably won't

have much fortune.

Q: Are You a human being or a fairy? [Laughter]

M: What do you think? Who am I? You think I am a human, raise your hands. You think I am a fairy, raise your hands. No one. Yeah, both are correct. An ‘A’ for both! OK! We are both. We are both human beings and God. It’s just that most of the time for most of the people they only recognize their human side of existence. They only identify with the physical functions and forget their Godly side of nature. That’s all.

You and I are equal. We are both fairies and human beings. That’s it. Are you satisfied? [Applause] But the only difference between you and I is that I know and you perhaps don’t know, or are not sure of your fairy nature. That’s the only difference.

Q: Master, can those who have mental depression practice meditation?

M: If they understand what I have mentioned today, if they understand the teachings, they’re capable of understanding, then they can; because sometimes mental disturbance comes only from depression – too much pressure from society; a form of trying to avoid problems, trying to escape the burdens of society. It’s not exactly a sickness, so it’s temporary and they can stand up again, of course; and faster through meditation.



The Perfect Beings from Heaven

Spoken by The Supreme Master Ching Hai

September 11, 1994

Thailand

All of us are great beings from heaven. All of the human beings born in this world are great heavenly beings, and the most courageous. If we were not great, we would not be courageous, we'd never have enough guts to come down to this world. We never could come, we'd never dare come.

That's why if one of us here does something good for humankind, then all the heavenly beings rejoice, praise, and

have so much respect. The more we can do this, the more respect we earn in heaven. Even though sometimes we have trouble by doing good to humankind and we probably have persecution from our fellow beings and other obstacles in this world, but that is just temporary. Truly the universe rejoices in every good deed and loving kindness we can send to our fellow beings. And if we already have been given enough equipment, enough opportunities to do good to humankind and we don't do it, then it is really a case to feel very sorrowful about.

Before we came here we came with the high ideal, with the best intention, with the good heart and a mighty determination to help and to improve ourselves spiritually, even also by helping people in this world. But when we got here, most of us forgot; and we prefer to sleep, eat, and go around playing. We prefer to take care of our own interests and sometimes forget what was our purpose before we came here, why we came here. It is also good that we forget, it's good. Then we do not feel very sorry for ourselves because we'd like to go back there; it's better in heaven than here.

If we meditate, then unconsciously our soul will remember. Then we don't have to feel too much suffering because we live in this very confined, very unhappy surrounding. We feel more settled down, not attached to the world but settled down in the world. We know that we have to finish our mission. Whether we realize or not, inside we will, the soul will understand that we have to accomplish our mission on Earth and then we will go back Home very soon.

There is a story of a woman. She died, went to heaven, and came back to this world. In between time she was shown a lot of heavenly places, the intelligence of the universe, the purpose of creation, and she was shown great beings like Jesus or

maybe a part of God's representatives. She thought it was Jesus, because no one knows what Jesus looked like. Because that being had love and a great Light around him, she thought it was Jesus Christ.

Now after she saw all this, she just felt she was at Home, of course. She felt very happy and loved, and she never wanted to go back to this world again. The heavenly beings told her that her time was not yet up so she had to go back. She said she didn't want to; but then the heavenly beings showed her her mission, what she has to do later in the world to help. Then she agreed to come. The heavenly beings told her that after she has seen her mission, they would erase the memory, so when she comes back again to her physical life she will not remember anything about what she has to do. She truly forgot.

When she came back here and saw her ugly body lying there, she said, "Oohhh, I don't want to go into it." [Master and everyone laugh] And when she went back in, she felt so tight, so confined and so locked up inside herself. She felt so miserable she cried. It took a long, long time, many months, before she became settled down with her body again. Then, she remembered the beings told her that she has a mission on Earth; but she didn't remember anything about that mission. After thinking too long a time, she thought it was good that she didn't remember. God knows that if she remembered, then she would try to do it very quickly so that it's done and then she will go back to heaven. Yeah, and she would not do it properly. She would just try to finish it, it didn't matter in what fashion, then she could be free.

Most of us are also "covered up" – God doesn't let us know. Even though after meditation, after initiation we are only shown a little bit, so that at least we have just a little bit comfort

to carry on in this world, and not to feel too proud of our heavenly qualities.

Also most of the time when you meditate, your soul goes out of the body but you don't feel the difference between going and coming, because the Master Power tries to "lubricate" it. The Master Power makes the transition between the physical world and the spiritual world smooth, so that you don't feel the sickness of having to come back into these small "boxes" after being so free and roaming the whole universe at will.

But most of the people when they die, or when they nearly die and they come back again, they feel the terrible difference between the spiritual and the physical world. Therefore they suffer a lot. They suffer like that woman who came back to this world, and she suffered for many months from depression.

Therefore many times while meditating, we went outside of the body; but sometimes we felt like we didn't know that. We came back we felt like, oh, something. Sometimes we felt like we came back from somewhere but the transition was not so great and it didn't disturb our ordinary lives too much. Otherwise, if every day, too much of the differences, sometimes you cannot bear it. If we remember how beautiful, how relaxed, how loved we are in heaven – one more second or one millionth of a second, we'd never want to stay here.

Many heavenly beings never want to come here. They don't have courage. For example, you are staying in a beautiful place like this, so clean and nice. If you had to go into a filthy place where people put the waste water, garbage and things like that, and lock yourself in there every day, would you like it? A small place, a small confined space with a lot of filth and garbage every day like this, could you like, would you like? This is what happens to a spiritual being from heaven when they come

down and take the confinement of this body.

Some come because they want to develop this planet into a more beautiful place. Yeah, because you remember when you read the history of the planet, the planet was not like this before. It was like a big, dense jungle and no one lived. It was not comfortable and not beautiful.

Because this planet is connected with heavenly plan of existence, therefore we have to work together. Because we are also heavenly beings connected with other heavenly beings, so whatever we do here affects them also. A spirit if it's too high it's not affected, the lower a little bit affected. Therefore if we do something good, oh, they are very joyful and very happy. If we do something damaging to the world and then affects the universe, they are very worried and also very disturbed.

That's why everyone of us have some so-called "Guardian angels," who are supposed to help us to do our mission in this world. Depends on what kind of job we do, we will have more angels or less angels, stronger angels or just ordinary angels, etc.

The Indian people have a tradition to respect everyone they meet. Perhaps because in their mythological stories they were told that all the human beings here are spiritual, are great, wise beings from heaven. Sometimes when we meditate we also can see that. But sometimes we are "covered" so we don't think too much, so we don't feel too homesick. Some of them when they meditate they can visit their Home, at least have a look and come back here to work again. Other people they forget, they don't miss their Home. They just want to stay here all the time. God gives them enough money, enough instruments to work for this world; but then they use the money, they use the instruments to enjoy. They forget. These people are very difficult to get liberation.

That's why since ancient times there are always Masters and spiritual friends. They also sacrifice, they come here and wake up the people of the world; but it's difficult. Once they come here, they forget everything from heaven. Sometimes the Master feels very sorry for these brothers and sisters. Sometimes the Master wants to run day and night just to keep calling them, waking them, and bring them back to their spiritual glory—because they suffer too much.

Due to their ignorance they forget their origin, they forget their noble purpose in this world, and they forget that whatever they are given in this world are only instruments so they can fulfill their task. They forget and then they are entrapped into these beautiful instruments or situations and get bound here. They cannot go Home. Sometimes it takes a long time until they wake up.

Meanwhile all the spiritual beings in heaven are feeling sorry for them, want to help them, want to pull them up; but it's sometimes difficult. So it's good that you wake up. It's good that you realize that you are not the physical body of this world, that you have a Home in heaven.

Actually we should treat all our mothers, fathers, brothers, sisters like spiritual brothers and sisters; because that's what we are. Before we came here we made a covenant with each other saying, "Oh! You be my parents, you be my son, you be my sister, you be my teacher, you be my friend, and all that." Everyone would come together to help each other to achieve the purpose of their mission and also to achieve a higher position in the spiritual world.

It's not because of a higher position that we come here. Just that we have been courageous, we want to try, we want to take the challenge. Of course the greater the challenge, the

greater our spiritual understanding and growth. Then we become, of course, a higher spiritual being through our knowledge and labor that we have offered to the universe. Heavenly beings, of course, respect us more and then give us more, even higher responsibilities.

For example, if you were born in a rich family, if you didn't work, if your parents spoiled you too much and didn't let you go out and learn and work in different jobs to have experience of your growth, your talents, your intelligence and your physical power, then you just hang around in the house eating, sleeping, doing something, but not having the experience and the capability of a grown up and mature person. Then even your parents cannot entrust you with their great possessions.

So if the parents go away, then maybe you inherit the possessions because you are the only one. But then you don't know how to manage the business, you let the business fall apart, and then you become poor also. That's why God let us come here, to study and to strengthen our abilities. The more we work, the more we try to help other people, the more we grow.

The most important in this world, regardless whatever our mission, is love one another, love each other. If we do not do that, then we lack a lot of things. Whatever job we do, we have to do it wholeheartedly. Moreover we still have to help our fellow beings in whatever way we can, make them happy, make them feel loved. Whenever the situation needs, we have to show our love; and we have to show some actions, speech and thoughts always in loving kindness. That's the best for our spiritual growth and best for our fellow beings.

Many children if they didn't have enough love from the parents or family when they were very young, they grow up not very loving persons. Sometimes become very bad per-

sons. Then that in turn will affect other people that they contact. So the reactions, the influences are very big, not only personal. Sometimes, we see a group or families, their personalities are very similar, the whole family; or a group or a tribe, they have their own character and personality; or larger, a nation, they have their own character, whether they are very loving or they are very fierce.

Of course, there are always good and bad persons in any group. But, the outstanding major characteristic is sometimes very distinguishable from one group to another or from one country to the next. Sometimes when you meet one or two persons in a country, if that one or two persons don't treat you nicely or something bad happens between you, then you will always have a bad impression about the whole country. If that experience keeps repeating too many times, then you will think that the whole country is no good; you can never change your attitude, never change your bad impression towards that country. But if you meet one or two nice persons, then a few more nice persons in that country, it doesn't matter what happened, you still tend to think that country is nice or the people of that country are nice.

That happens also for religious things. Sometimes in the group only a few persons do something wrong or cause misunderstandings, then the whole group is affected by this and are being persecuted for the things a few people did. So actually we have to be careful how we act in every day life because it's not we alone that get the full scale of responsibility of what we do, what we say, or what we think; but we might affect other people.

Actually our thinking is very important. We should take care that our thinking is always good. It's better, because think-

ing is the material for the physical appearance of all things in this universe. If it's too strong it will materialize right away. If it's not strong enough it takes some time to materialize. If it takes too long we forget it. We think it happened alone, it had nothing to do with our thinking; but actually it was from our thinking that it happened. That's what is meant by karma – *As you sow, so shall you reap*.

Be careful that our thinking is always pure, because many people can read our minds even. Most of the time people are protected from other people, so they don't know who is thinking what; it's better for them. But sometimes some people have this ability to read our minds, and the heavenly beings can read our minds. We are an open book to the whole universe, so be careful. Whenever we think something bad, better cut it out right away. Otherwise very embarrassing.

Also because of our thoughts, we create good atmosphere or bad atmosphere for this world and the next. If our thoughts are very strong, then one individual's thinking can make things happen, can make things good or bad happen. If not too strong, then a group of people who think the same thing will make things happen.

That's why we see, as mentioned before, sometimes a group of people or a tribe of people have very similar traits or personalities, have similar things that happened to them, or similar things that happened to their country. That's collective karma, because the same minds attract the same things. That's why in our practice we are advised to keep our body, speech and actions pure; so we can keep at first our personal atmosphere pure; and we can create also a pure atmosphere for the world in which we live, for heaven, for the universe also.

The more people practicing like this, the purer the

world will become, or at least it's balanced, it's not too bad that no one can breathe and no one can stay inside. That's how we can fulfill our mission on Earth to bless this world. So do you see how important it is to keep our speech, mind and actions pure?

We have to help also with social work. Whatever we can do to help lessen the suffering, that is the most noble work which will not only be recognized in this world, but also praised by heaven. That's why when you give someone who needs it, needs the love or needs some material comfort, at that time you feel very good. Why do you feel good? Because at that time you are one with heaven. You're doing heavenly work. You're doing the correct work and you're truly representing heaven in doing all this charitable work.

Maybe these people also are spiritual beings. They have sacrificed themselves, they were born poor so that you could learn the lesson of love. That's why all the Masters from ancient times advise us that when we give something, we do good to someone, we should not be proud. We might feel good, OK; but we should be thankful that we have had the opportunity to do it.

There was a very famous book published recently in America, in which a person who died, went to heaven and she was shown many different functions of the human beings in this world. In one of the things she was shown was a man – dirty, drunken, old and lonely – who was kind of sleeping in the corner of the street. The heavenly being asked her if she knew who he was. From heaven, she looked down, she said, “Why, it's a drunken, stupid man.” Because he really looked drunk, stupid, ugly, dirty, filthy, old and worthless.

The heavenly beings revealed to her his real identity after that. Then she knew that this person was a very great heav-

only being, respected by all heaven. He was sacrificing his time on the Earth existence to help his friend. His friend was a lawyer, about a block away on the same street. The lawyer was always doing some good work for underprivileged people and for the injustices in the country. But every time he saw this drunken man, he was determined to do more. Otherwise he would forget or slacken in his efforts.

But both of them had forgotten their promise with each other, to help each other, before they came to Earth. They were good friends in heaven and that's how they helped each other. Of course the lawyer will get all the glory and credit, and the drunk gets all the cursing and all the despising from the people. Knowing and not knowing both of them are doing their jobs very well until the time comes, then they will go back to heaven. Being a drunk man just laying there, just always reminding his friend to try to fight for the unfortunate, for the desperate people, the homeless and the like.



The Way to Find the Treasure Within

Spoken by The Supreme Master Ching Hai

December 4, 1994

Chiang Mai, Thailand

Thai people are very gentle and very graceful. They don't do things in a hurry. That's why when the disciples put up the sign "Immediate Enlightenment," I didn't know if that would appeal to Thai people or not. I was thinking maybe we should change it to "Slow Enlightenment." [Master and everyone laugh] I'm surprised to see that many people have come. So, maybe it's all right.

Actually, we have been very slow in getting enlightenment, because we have been enjoying the physical creation for many lifetimes. For some people; for hundreds, thousands or millions of lifetimes, feeling tired and kind of had enough with this physical drama. We wish to have some quick way to get enlightenment, to go Home, to go back to the Buddha's Land, or to go back to the Kingdom of God; this is different terminology in different religions. Perhaps that's the reason why people would come to request for immediate enlightenment, because some of us do not want to stay in this world longer than necessary, longer than this lifetime.

I had the same feeling before I went to the Himalayas. After learning about much suffering and disasters in this world, I felt myself also sharing the suffering and pain of the people in this world, and I wished to have immediate relief by any means even if I had to sacrifice my life. Perhaps that's why God or the Buddhas had pity for me, and have granted me my wish.

The Seed of Enlightenment Is Within

So, it is the same with many thousands of our fellow practitioners around the world. When their hearts were crying for liberation, when their hearts were sincerely longing for the Truth, for the ultimate wisdom, then the Buddhas in the ten directions, or God Almighty, also granted them their wish. They have also become enlightened; and they become more and more enlightened each day through the practice of the Quan Yin Method. Should any of the other people in the future also wish to have the same blessing, then we can share this with you; because the fruit, the seed of enlightenment is already within ourselves. There's no need to go anywhere looking for it.

Therefore, we have seen in the ancient Scriptures, different Buddhas or different Masters got enlightenment through different locations and different striving efforts in different time durations. Some of them had practiced austerity, and some of them had practiced the leisurely way of a layman. Some of them took a long, long time, many years or a lifetime to reach complete enlightenment. Some of them took only months, some of them instantly.

Children Can Also Be Enlightened

There was one Bodhisattva in the close circle of Shakyamuni Buddha at that time, and He told us a story of an eight year old dragon-girl having attained God-realization. So, that means age and sex, male/female; or the genes like DNA, whether dragon or human, or the location makes no difference to sainthood, to enlightenment. As we know, the dragon species live at the bottom of the sea – supposed to be – and she was only a child of eight years old. If any of you have read the Lotus Sutra, you'd know.

Now, if an eight year old girl could attain Sainthood, that meant it must have been instant, or would have been the maximum of two years; because since ancient times up till now, the Master would not give initiation to children younger than six years old. So, the maximum the dragon-girl took to get enlightenment would have been two years – to Sainthood, not enlightenment.

We have often heard that only humans can become Saint, only humans can get enlightenment, and only boys, men can become Saints. Now there is another story on the contrary. Girls, women, even young children can also get enlightenment.

We have also many children in a similar category; they get enlightenment at a very early age. That's why people always praise the practitioners who have been studying the Truth since childhood; because when we are young our minds are purer and it's easier to elevate ourselves to a higher level of understanding, to a higher level of inner consciousness.

But how did these ancient people get enlightenment and finally one day attain Sainthood? This is the answer we must know. Was it through austerity, through relaxation or through the purity of childhood? Maybe through all of these, but it does not absolutely depend on these factors that we get enlightenment. There has been a secret since ancient times, and only recently has it been more or less made open to the public.

In the ancient times, if someone wanted to study this secret method with the Master, then they would have to cross rivers, climb mountains, and do many kinds of hard labor in order to win the love and the acceptance of the Master at that time. The reasons are many. Maybe because in the ancient times practicing such spiritual mysticism would arouse a lot of dangers for the Masters and the disciples – a lot of persecution from people, from the government and from the religious organizations which did not believe such things existed outside their organized religion. So the Master and their disciples had to keep the secret confidential and low profile in order not to attract danger to themselves.

Masters Risk Everything to Remind Us of Our Greatness

Take the case of Jesus, of Mohammed the prophet, and even Shakyamuni Buddha; all of Them were persecuted

to greater or lesser degrees during Their preaching times. I have studied many Scriptures in India from different religions, and many of the great Masters of different religions have been persecuted, sometimes flayed or burned alive because they preached the Truth. Even Shakyamuni Buddha, He was very famous, was born noble, an aristocrat. He was a prince; and His fame, compassion and wisdom spread all over India and the neighboring countries. Even then, many people, different religious sects and orders, also persecuted Him and tried to even assassinate Him; but they failed.

Another reason is perhaps the Master would like the disciples to appreciate something that he gives to them, if through hard work and penance they've earned it; because the Master knows that human psychology is somewhat like that. Whatever we work hard for, we earn, or we chase after, we probably would appreciate it to a greater extent than whatever is given to us too easily, too freely. That's why there are many tests and trials for the disciples before the Master even accepts them.

In the old times, the Master made the disciple leave home, forsake all the pleasures of the flesh, forsake all the luxurious life in order to follow him; and had him do laborious work, just to test the strength and sincerity of the disciple. In the old Scriptures, we have read many stories in a similar train. But in the modern times I don't think that works because not many people have time to be tested by the Master. Not that the testing method is no good. It is very good, very valuable, and it has a lot of advantages.

One of the advantages is that the Master will have less burden from the disciple's accumulated karma because he works for it; and he uses different tests, different hardships to grind the disciple, to make him purer in speech, actions and

thought. Like that, the Master does not have to work too hard on him at the time of initiation; does not have to bear the karma of the disciple in such a heavy burden.

So, these are some of the advantages about the tests and trials that the Masters in ancient times gave to the disciples. But this way has also offered a lot of disadvantages for humankind. That's the reason why our Earth planet is still in such a backward stage compared to many other planets, more civilized, more advanced in the universe. That's the reason why up till now we still have religious discrimination, religious wars, even within one religion; and also the reason why our world still suffers hunger and a lot of injustice.

Even up to the present time, in many countries, such teachings as ours, the Buddha's or Jesus' are not allowed in the open. And it's already towards the twenty-first century – humans have already landed on the moon and explored Mars, etc, and people are still so backward in their thinking and in their spiritual progress. To open the secret for the public is not even that easy as we wish that to be. That's why many Masters have lost their lives because of risking to tell the public the wisdom that's inherent within themselves; risking their lives, reputation and comfort in order to elevate our spiritual awareness.

Whatever spiritual messages we have today are left over by the ancient Masters, and we owe to them a great deal. Whatever we know, even whatever little is leftover today, we owe it to all the great Masters of the past. That's why, perhaps, people like to build temples, churches and mosques in order to remember the great Masters, in order to express their gratitude to these great Masters who risked everything for the sake of the well-being of the world.

But, to build temples and churches is not enough. It's

not enough that we are grateful to the Masters. We must make use of the messages that they left behind for us; because that was the purpose of their coming to this world, that is, to remind us of the Buddha Nature (God Nature), of the wisdom, of the Kingdom of God within ourselves, and that we must, by all means, use all our strength to find it. The Masters did not come here to enjoy the reverence, the respect, the worship of the worldly people, they came to make them also become Masters, to remind them of their greatness within themselves. That's the purpose of the Masters.

The Buddha had said: *I come to make you understand your Buddha Nature.* He said that the Buddha and the sentient beings are equal, there is no difference. Even if we believe the Buddhas, we still don't know what the Buddha Nature is; because no one taught us, or maybe we have not tried enough to understand it ourselves. For the lucky people who have found it themselves, that is all right. For the majority of the people who have failed many times over the past, numerous lifetimes, it becomes more and more difficult each time.

Some of the clairvoyant persons who have their third-eye opened and have the gift of heavenly sight, they have seen that the world is full of old souls. That means, the people in this world have come back again and again to the same planet, in the same situations, same existence. It is because we have failed the first time to go back Home; and we failed the second, the third, the fourth and for thousands of times, to remember where we came from. Because we have forgotten our inner Nature doesn't mean we've lost it. We can still find it anytime. Hundreds of thousands, and millions of people in this world have already found their treasures, including myself. So can you.

After Enlightenment Everything Becomes Perfectly Natural

Many people have asked me, “After enlightenment what will you become? How is your personality changed? How do you live your life? How do you think? What do you do after enlightenment or after Sainthood?” I think you also want to know, right? Yes or no? [*Audience: Yes!*] [Applause]

I told them, “After enlightenment, when I’m hungry, I eat; when I’m tired, I sleep.” But that is only the physical part of myself which is doing that. The other part, which is the spiritual part, which is the God Nature, is already awakened and is doing something else alongside the physical function.

That means if a person becomes an enlightened Master, you probably cannot tell from the outside what he has attained inside. Not with the physical eyes, physical perceptions that you can tell if a person is enlightened, or has become enlightened Master or not. But if we have our spiritual perception open, our wisdom open, and we practice meditation, or we have spiritual gifts since birth, then we can tell. Or, we can if we study with that Saint, then we will discover how great that person is. It’s just like the more we learn English, the more we know how good our English teacher is when he speaks English. Otherwise, maybe we know only a little bit; but we cannot judge the knowledge of the teacher if we don’t follow the same direction and study the same path.

The most important thing still is that we discover our greatness, then we can judge other people’s greatness. Otherwise, as we know, the Buddha also had to eat when He was hungry, even just once a day; rest when He was tired; and also caught certain sicknesses, depending on the physical conditions

and also the environmental hygiene. Even though, there was one part of the Buddha which was never sick, which was never tired, which was never hungry. That is the real Self, that is the real Buddha, which all of us possess within ourselves. Before we're born and after we die we still have that.

Our Buddha Nature Always Exists

That's the purpose of our coming here today and going any other place, that is to share with you this good news that we can find it again – our Buddha Nature, our real Self, which never dies, is never born, never is sick and always exists. Of course, this is a free gift for all times. [Applause]

You like free gifts? Yes, it's rare. Nowadays, there's nothing free. It is free also, but we must work for it. That means after the opening of the wisdom the first time, we must try to preserve it, develop, and progress higher into Buddhahood by our own effort, by meditation every day. Apart from two or three hours meditation every day on your part, everything else is free. All my time, my advice, my energy, my help, is free every time, anytime. Also it's free because I can earn money, I can take care of myself. I don't need your contributions.

It's nice to have a rich Buddha. That is, if I'm a Buddha. That is, if you believe that I'm a Buddha. Most people think I am a Buddha. I don't think anything. I just do my duty as a sister in this world to pay back your kindness; because due to the people's kindness, in the world, I could grow up, I could have my education, I could have my wisdom eye opened. So, it is natural that I offer my time, my energy for the world.

All Beings Are Brothers and Sisters

Just like the children, after their parents grow old and they're grown up, they take care of their parents as the duty of filial sons and daughters. So, accordingly, it's an honor for me to serve the people. Therefore, I offer whatever I have, including my finances, my sympathy, my love, my time; because, even according to the Buddhas and according to what we see after enlightenment, all beings are brothers and sisters. It's just because there are people who suffer in this world physically and spiritually. Therefore, we must help whenever we can, not that anyone is a teacher or anyone is a disciple.

Of course, when we are so eager and longing for spiritual wisdom and liberation, and we have found a good friend who is willing to help us, free of any obligation, then in our still ignorant stage, we are very thankful; and of course, we worship the so-called teacher, the spiritual friend. And the so-called teacher sometimes must suffer the worship, the love, the adoration of the so-called disciples; but this is not necessary.

If all of us are equal, if all of us all possess Buddha Nature and the Godly quality within, then no one should be grateful to the others for anything at all. The only important thing for us to do is to take the instructions of any teacher that we trust, and practice diligently until we reach the same stage as the teacher. That is the best gratitude from a student.

Of course, not all of us are used to the way of life of a Saint such as in the ancient times. So, we will feel reluctant to step into spiritual practice. We have many fears, but this should not be an excuse. We should fear only when we do something bad, damaging, detrimental to ourselves, our families or our nations. We should never fear when we do something good, noble, righteous and spiritual.

Veganism Is Beneficial for You and the World

Some people tell me that they fear the vegan diet, that people will laugh at them. I say, “Why? Vegan diet doesn’t harm anyone. Even if you don’t become an enlightened Master by veganism, your health will improve.”

By the way, I’m happy that in Chiang Mai many people are vegan, and there are so many vegan restaurants in Chiang Mai. This is good news. [Applause]

I remember long time ago when I was in Thailand for vacation. It was difficult for me to find a vegan restaurant in Bangkok, and even in any other place. I visited your country many times before I took over this “business.” That is, before enlightenment. I was thinking Thailand is a Buddhist country, and would be easy for me to eat vegan food here, but no chance.

Sometimes I would go into a temple, I thought I’d get vegan food there – but no. The monks didn’t even have it, how could I get it? When they go out begging, people just put anything inside because they worry for the monks’ health: “They must eat a lot of chicken and beef in order to be strong Buddhas.” So, the poor monks have no choice. But I think in Chiang Mai, it’s better. I might consider becoming a nun in Chiang Mai. Every day I’d go to the vegan restaurants and beg for food.

I think because of the high percentage of people being vegan in this land, so when I came here I felt very, very good. Also, here is a very religious place; that’s why the atmosphere is different from other places that I have been. We can feel that.

Spirituality Develops Our Sensitivity

and Wisdom

After practicing for a long time, we become very sensitive in different aspects of life. We can feel many things that we did not feel before. We can understand many things that we did not understand before. That is the benefit of spiritual practice. Otherwise, from outside we don't look different from before. From outside maybe we become a little younger, and look more beautiful than before; but that is not a criterion for a spiritual practitioner. It is the inside that is important.

Inside we become wiser. We know the past, the present, the future. Then we go beyond that even, to reach the absolute Power of wisdom that we have lost for a long time. We have come here to share with you, to offer you the way to immediately realize our treasure and continue to nourish it until we become completely aware of our great Self. The result is proven and is immediate. Many people – the first day already – can know their past or future. Many people will know more in a matter of days, weeks or months. It depends on our background and our sincerity.

That is the summarized message of our offer. I think I'll leave you time for questions, otherwise it takes too long. I could talk for a long time because God's business is very great, but I think it's better you find out for yourselves, by being awakened and practicing spiritual meditation every day. It is like a thriller movie: if people tell you the end and tell you everything in the movie, then maybe it's no longer thrilling, and you lose the pleasure of watching it. So we invite you to discover for yourselves.

After the lecture we will share with you the secret. The people who want to know the whole secret must make a vow to

be vegan from today. The people who want to know only half or one-third of the secret can take the Convenient Method and try first – see if you like it. The difference is that the one who practices the whole secret can become enlightened Master even in this lifetime and liberate their many ancestors, friends and loved ones. The other Convenient Method practitioners can only liberate themselves, individually. I leave you the choice.

Thank you for your attention. [Applause]

Question and Answer Session after the Lecture

Meditation Can Reveal the Secret of Death

Q: He would like to ask You whether he will be born again after death. Before he was listening to a monk preaching. Since the monk has not died, how does he know that we are reborn again? How can we believe him?

M: The monks are not to be doubted because they preach from the wisdom of the Buddha that they have learned from the Sutras, and perhaps they have learned from their meditative practice, if they practice meditation.

We don't have to die to know what happens after death. Of course, some people ask me, "What will happen after I die?"

I also tell them, "I haven't died yet, I don't know." But when we meditate, we can go into many different levels of understanding and existence, then we can know whether people are reborn or not reborn after death. This is very easy to check out. No problem.

If you want to prove it, you can come and study with the Quan Yin Method, and you'll find out yourself. It's good

to check-up everything we hear and do not believe by blind faith. It is very wise like that. The way you did, it's very wise. But, instead of just doubting the monks or questioning, we have to find a way to find out, to check it up.

Q: She would like to know what is initiation and how to get initiation?

M: Initiation is the time that the so-called teacher sits with you in silence – whether in front of you or thousands of miles away– and tries to communicate with your own inner wisdom; and opens the gate of ignorance for you so that you see the Light, hear the teachings of God directly, and become awakened.

There are some verbal instructions when the teacher is around. But, sometimes even that is not necessary because the transmission is from heart to heart, from mind to mind, from our God Nature to our own God Nature. There is no need for language or any actions from the Master or from the disciples.

If you want initiation, all you have to do is go out and book your name; we will take care of you after the lecture. Many people get also an unofficial initiation through the faith with the Master and through sincerity, even though they haven't seen the Master, even though they are thousands of miles apart.

Meditation Requires An Experienced Teacher

Q: He used to meditate three hours a day for nine days, and he saw some future scenery, twice. He would like to know why is it like that, because he doesn't feel that this is the

real Truth or the real phenomenon.

M: But with what kind of method does he meditate? He doesn't say? [MC: No.] If you study with any teacher, you should ask your teacher for further guidance. For the people who study with me, they write to me and ask personally. But as a general guide, if after your meditation, after your vision of Light or heavenly Music, you feel good, relaxed and more loving, that is the true vision. If you feel agitated, frightened or feel intimidated in some sense, that means your vision was illusion, was from Maya, and you should not count on it again.

We have inner visions, sometimes not due to meditation only; but sometimes any person can get some illusion by taking drugs, or under extremely painful situations or lack of oxygen. Therefore, it is wise to seek an experienced teacher because the spiritual path is long and dangerous sometimes, without a good guide.

Q: How is the life after death?

M: If I say I know, he would ask me, "You didn't die yet, how do You know?"

According to different religious Sutras, people have different lives after death according to how they lived their lives at present. If we led a virtuous life and practiced spiritual wisdom, then we'll go to very beautiful, peaceful and happy levels of existence. If our life was a bad example of love and sacrifice, then we will go to a lower existence. How low, how high, according to how virtuous, how wise or how damaging we lived our life.

There are many books in the modern times about spiritual practitioners' visions after death. Also, there are many books from the ordinary persons who have been clinically

dead for some time and come back to life. They have told their stories. So maybe you look up in the library.

Q: Is there any difference between Master's meditation and Buddhist meditation?

M: There should not be any difference but there is now, because most of the meditative practices in the Buddhist traditions now are different from the true meditation practice that the Buddha had handed over to His disciples.

Our meditation practice offers immediate enlightenment. Most of the Buddhist traditions nowadays – meditative practices – do not offer this kind of guarantee. We practice Quan Yin Method; it is guaranteed and proven with results from thousand, millions of disciples, that we are liberated in this lifetime. This is the last life that we have to suffer. This is in accordance with the teachings of the Buddha, the original version, the original way; because the disciples of the Buddha, in His lifetime, became Arhats, Bodhisattvas or liberated beings immediately after the Buddha transmitted the silent awakening to them. All our relatives and friends will also become liberated, even though they have not reached Sainthood. Liberation and Sainthood are still different.

With our practice, we can immediately taste the stage of enlightenment during the first moments of initiation and continue forward. Most of the other Buddhist traditional practices, in the present time, do not offer this. That is, you can meditate with the teacher but you get nothing. You do not know whether you're enlightened or not. In our method you know, because there is a proof for you so that you know, you feel, you realize that you are enlightened, that you are different, that you are awakened.

There is great Light and great Music accompanying a person's awakening. Without these, it's not an awakening. Also, there is a great feeling of elation, of shedding away the burden of a long time; that something has fallen off our shoulders. Like we have shed the burdens, that we feel elated, we feel light, we feel ecstasy.

This is the proof of enlightenment. This will continue every day of our life after initiation and improve more and more each day. That will make us wiser, more loving, more tolerant and a different person; because we have entered into Sainthood. We live the life of the flesh but we have the spirit of a Saint. If any other method can offer you all this, that is the true way for enlightenment. Every other method we can practice, we can use; but it's only for temporary, for elementary steps, and not leading us to the absolute throne of spiritual wisdom. [Applause]

Meditation Is the Deepest Prayer

Q: When I am in trouble, I pray to God. Sometimes I get some answers. My question is: how can I know or judge the answer to be truly the response or guidance from God?

M: When we are in deep prayer, we are very sincere, then we can get in touch with the inner God blessing Power. That's when we have a response, otherwise, we don't. Meditation is the deepest, most sincere prayer. That's why we will always get the response.

After initiation, the teacher will open the connection with our innermost God Power or inner Nature. That's why we are in contact every day, and that's why whenever we pray, we get the response. Then one day, we have no more

prayers, we will be the one who responds to the prayers of other people. This is the goal of spiritual attainment. All of us can reach this. [Applause]

Q: If we would like to get liberation as soon as possible, what should we do? The other question: if we practice in our family, that means we don't have to leave our family, would that be slower than leaving the family?

M: First, you book your name at the initiation desk outside. Secondly, if we practice at home, will it be slower than being a monk or leaving home? No, it's not slower; because even if you become monks, you're also busy. There are only certain times in the day that the monks can practice. Otherwise, they have to attend to the temple's business, attend to the devotees, attend to every other thing in the mundane level, just like we do, but in a different location.

We stay home, take care of our Buddha's family, and we practice when we have time, like early in the morning and at night before we go to bed. That's all right. Zen should be in daily life, like sitting, standing, laying down, and walking. It should be all Zen. Otherwise, what did the Buddha do? We cannot always be a sitting Buddha.

Sometimes, we can go on retreat for one week, two weeks or one month. That's all right, but cannot do that all the time. We have obligations to the society, even as monks. The Buddha sat there only forty-nine days, and afterwards and before that, He had to walk around or do many other things.

We have many monks in Formosa. But most, many of the monks have to attend funeral services for the dead people. Sometimes they don't even have time to eat, they have to rush from one place to another. So, it's not

always as you think, that being a monk, then you have a lot of time to sit there and meditate. It's not true.

Enlightenment Is Beyond Time and Space

Q: How did this world originate? Why do humans have to be born even though we know that after we are born we have to face the cycle of death and birth eternally?

M: It's a long story. I don't have enough time, even if I told you from today to the day I go to nirvana, how this world was created. But if you insist, I think we both have to be reborn again in this suffering world in order to tell you the story of how this world was created. I don't think you'd like that. So the quickest answer is enlightenment.

After you get complete enlightenment, you know everything, even many lifetimes in one flash; because with enlightenment, we cross the border of time and space limitations. When there's no time involved, then we know many things without having to spend a lot of time. So, sometimes we sit in meditation for many hours, but we feel like it's only one minute. We know many things that take many centuries to understand. That's why we must search for this inner wisdom. All the answers lay within.

Q: Why do we have so many religions in this world? Which one is the true one?

M: Any one. Pick one. If you understand one religion thoroughly, you'll understand any other religion. Otherwise, we always have debates, discussions and wars between religions which only lead to one Truth. Stay with your religion but get enlightenment today. Then, you'll know which religion is the

best, you'll know there are not many religions, there is only one. Without enlightenment, it's very difficult to convince ourselves that all religions are one. It doesn't matter how much I explain to you, it's my own knowledge, not yours. So, you must get your own.

If all the religious people could understand their own religions, then there would be no wars, absolutely, between, within, even one religion, as you know happens in the world today. Only enlightened persons can be truly, truly, deeply, a hundred percent religious. That person will understand the union of humankind despite all races, creeds and religions. That person is the true peace-keeper of this world.

Q: Is it necessary to pray before doing the meditation?

M: Yes, we can; but it's not necessary. Meditation is the deepest prayer through which you get anything you want. Anything that is good for your spiritual and physical well-being will automatically come your way, whether you pray or not pray for it. That's why the life of a Quan Yin practitioner is full of contentment and satisfaction. He wants nothing. The more he practices, the less he wants. The more he practices, the less he prays. *Seek you first the Kingdom of God, and all other things shall be added unto you.*

Q: Is there any merit in the prayer or is it just a saying?

M: No, there is merit. If we do not have complete enlightenment, we must always pray for enlightenment and liberation; and, of course, pray for what we need, what our necessities demand in this life. Whether our prayers are answered or not, when we pray we get comfort, psychologically already, and that is also very good.

Sincere prayers are always necessary because heavenly beings will hear through the brightness of our soul which is sent to heaven through the prayers; and they will come to our aid. We can pray for other people's well-being. If we are sincere, all these prayers will be answered immediately.

Veganism Purifies the Body and Mind

Q: This person has practiced meditation for ten years and eaten a vegan diet for two years. Sometimes he has dreams which come true. The dreams come true about eighty percent. What is the reason?

M: That is the result of your spiritual practice and veganism combined. Because we follow a vegan diet, our body is less burdened by animal instincts and substances, and we become purer in body and mind. So, it's easier for us to perceive the spiritual messages. Especially when we meditate, we calm our turbulent mind somewhat, and then the spiritual messages can filter through. Otherwise, God, Buddha and spiritual beings always stand by and help us in many ways and answer our prayers; but we can never receive because we are too busy and too noisy inside our mind; and our body and spirit are crowded by different substances, especially from the animals' lower vibration.

Now you see the logical explanation of the vegan diet and meditation practice. The lower and the higher cannot mix. If you are nearer to the physical existence, nearer to the animal kingdom, then we cannot be nearer to God's Kingdom or the spiritual hierarchy.

Q: Is initiation and meditation the same? If it is the same, can we erase the past and present karma?

M: First, initiation is to open your meditative power, then you can meditate. Of course, through this meditation we can erase the stored karma. The Master Power can do that for you, and just leaves a little karma for you to carry on in this life. Otherwise you die. Even though karma is illusionary, it is necessary for anyone who lives in this physical body. Otherwise, we have no reason, no excuse to exist in this physical world. But only through the meditative practice we then realize the illusionary nature of karma. Therefore, we are free of karma, even though apparently we still carry on the karmic actions to function in this world.

That's the difference between a liberated person and a not-liberated person. Both carry on the same karmic pattern; but one realizes the illusionary nature of karma, the other is still sunk deep in the trap of this karmic function. Karma is not fearsome. The only fearsome thing is our ignorance that we do not understand the nature of karma.

Only Inner Realization Sets Us Free

Q: Why do we have to continue the circle of rebirth and death until we reach nirvana? What is the cause, what is the reason of the first birth?

M: We came here because we wanted to take part in the creative drama. Without our participation, there is no creation and no fun. So, each one took a job in this world and then tried to accomplish this job. Originally there were different levels of people, different jobs; and no one minded whether he had a lower position or he had a higher position; whether he was blessed with richness or whether he was appointed to be a beggar on the street. No one minded in the beginning of

our “play.”

After some time, we became attached to our roles and we became self-pitied, or self-arrogant, and we lost the purpose of the “play.” That was when we began to feel the suffering of wanting this and that, of comparing the positions and the blessings in this world. We took the roles we played for real and the more we attached to our role, the less we remembered the purpose of our “play,” the less we remembered our greatness and our origin.

Because we became so attached to our roles, we identify ourselves with the beggar that we were playing, or with the king that we were in a position of. We tried to do our best to better our lot, or to keep our high position; and we did not fear to do any bad things to accomplish our desires. The fun “play” roles became suffering, as we tried to improve our lot, to keep our positions, desires aroused. If the desires didn’t get satisfied this life, we tried to come back again to fight for what we believed was justice. That’s how we spoiled the “play,” and that’s how we transmigrate and suffer.

Originally we came from the Kingdom of God or the Buddha’s Land, equally. The king born in this world, or the beggar born in this world, equally great angels or of the spiritual hierarchy in heaven, now began to fight with each other for position, wealth and fame. That’s how we began to suffer. That’s how we can never get out of this physical transmigration.

Only enlightenment can help us to cut through all this illusionary position and boundary to realize that originally we were all equal in the Kingdom of God. There is nothing we need to fight for. There is nothing we should be ashamed of. There is nothing we should be proud of about the physical existence and the positions in this world.

That's why after enlightenment, it's equal for us whether we stay to become a king to rule a nation, or we renounce everything and become a monk begging on the street. With enlightenment, we can stay as a king and rule the nation and have liberation at the same time. Without enlightenment, even becoming a monk is only an empty gesture, and doesn't bring us any spiritual elevation; because it's only the inner realization and recognition that sets us free. It's not the outer force, appearance or actions that can bring us the Truth. [Applause] Thank you.

Q: He would like to know, whether after initiation, would his way of life be changed?

M: Yes and no. Changed inside, not outside. Of course, the outside appearance will also change somewhat. Many initiated people have become more useful, more beautiful, more tolerant, more loving; but the most important is the inner change from ignorance to wisdom. Otherwise, we don't require any change of life-style, job or religion.

The True Master Is Omnipresent

Q: After following Master's meditation practice, if we do it ourselves, would there be some danger? If we have some problems or some doubts, from whom can we get information?

M: If you follow the instructions, that means you don't do it yourselves. So, there is no danger. Besides, the Master is everywhere. You can always get answers from inside. The Master will know when you are in danger and help you immediately without even you asking for it. Should you have any

intellectual questions, you, of course, can write to me or our Center. Come to see our Center and some elder practitioners or the Quan Yin messengers of our group can help you. But that's only the beginning. Later, you'll know everything from inside. You'll have no more questions, no doubts, no desires; just fulfilling your loving duty and enjoying the inner blessings.

The true spiritual Master must be omnipresent, must know every disciple's moods and desires in different corners of the world and in the universe. Otherwise, if you rely on the physical presence of the Master, in times of trouble and emergency, it would be too late. That's why I advise my disciples not to go out and teach people in a hurry. They must wait until they've reached at least the spiritual level of the Master, in order to help the disciples omnipresently. Otherwise, any "Master" who has not reached the omnipresent stage should never venture into the spiritual field and lead other people into danger. So, have no fear. If I teach you, I'll take care of you. I promise. [Applause]

“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.

*But still, despite all this obstruction and ungratefulness of human-kind, we continue to do good. We still continue to improve ourselves to do what is right, because it is right, because it is the challenge of this world that we always keep the way of God, we always keep the commandments of conscience. That's how we rise above all differences, all the praise and the blame to be a noble being.
(Extracted from **A Sainly Mind Expects Nothing in Return.**)*

~ The Supreme Master Ching Hai

*After you get complete enlightenment, you know everything, even many lifetimes in one flash; because with enlightenment, we cross the border of time and space limitations. When there's no time involved, then we know many things without having to spend a lot of time. So, sometimes we sit in meditation for many hours, but we feel like it's only one minute. We know many things that take many centuries to understand. That's why we must search for this inner wisdom. All the answers lay within.
(Extracted from **The Way to Find the Treasure Within.**)*

~ The Supreme Master Ching Hai

We are stepping into the Golden Age, so we have to change. We have to leave behind all these old useless conceptions of how a saint should be; or we should leave behind the dark thinking, the negative expectations of the world and ourselves. Do something!

*(Extracted from **We Are Stepping into the Golden Age.**)*

~ The Supreme Master Ching Hai

Whatever we think makes the world better, at least a more comfortable place for ourselves and neighbors, we can share. Begin with sharing, then we will feel a subtle change in ourselves — more love will pour into our consciousness.

*(Extracted from **We Are Stepping into the Golden Age.**)*

~ The Supreme Master Ching Hai

After we know all the secrets of the universe, after we possess all the treasures of the heavens, we desire nothing anymore. We become happy within ourselves; whatever comes, comes. We become like a child. We do not desire and the desires of this world will not burn our hearts any longer, will not have anymore control over us. That is the advantage of becoming enlightened.

*(Extracted from **Practicing Makes the World More Civilized.**)*

~ The Supreme Master Ching Hai

Publications

To elevate our spirits and provide inspiration for our daily lives, a rich collection of The Supreme Master Ching Hai's teachings are available in the form of books, DVD & MP4s, MP3, MP4 and CDs.

In addition to the published books and tapes, a diverse array of Master's teachings can also be accessed quickly and free of charge from the Internet. For example, several web sites feature the most frequently published The Supreme Mater Ching Hai News magazine (see the "Quan Yin Web Sites" section below). Other featured online publications include Master's poetry and inspirational aphorisms, as well as lectures in the form of video and audio files.

Books

Picking up one of Master's books in the middle of a busy day can be a lifesaver. Her words are a clear reminder of our own true Nature. Whether reading Her spiritually informative lectures in The Key of Immediate Enlightenment series or the deeply compassionate poetry contained in Silent Tears, gems of wisdom are always revealed.

In the list of books that follow, available volume numbers for each language are indicated in parentheses. For more information about obtaining these and other books, please see the "Obtaining Publications" section.

The Key of Immediate Enlightenment:

Aulacese(1-15), Chinese(1-10), English(1-5), French(1-2), Finnish(1), German(1-2), Hungarian(1), Indonesian(1-5), Japanese(1-4), Korean(1-11), Mongolian(1,6), Portuguese(1-2), Polish(1-2), Spanish(1-3), Swedish(1), Thai(1-6) and Tibetan(1).

The Key of Immediate Enlightenment - Questions and Answers:

Aulacese(1-4), Chinese(1-3), Bulgarian, Czech, English(1-2), French, German, Hungarian, Indonesian(1-3), Japanese, Korean(1-4), Portuguese, Polish and Russian(1).

Special Edition/Seven-Day retreat in 1992:

English and Aulacese.

The Key of Immediate Enlightenment - Special Edition/1993 World Lecture Tour:

English(1-6) and Chinese (1-6).

Letters Between Master and Spiritual Practitioners:

English(1), Chinese(1-3), Aulacese(1-2), Spanish(1)

My Wondrous Experiences with Master:

Aulacese (1-2), Chinese (1-2)

Master Tells Stories:

English, Chinese, Spanish, Aulacese, Korean, Japanese and Thai.

Coloring Our Lives:

Aulacese, Chinese and English.

God Takes Care of Everything — Illustrated Tales of Wisdom from The Supreme Master Ching Hai:

Aulacese, Chinese, English, French, Japanese and Korean.

The Supreme Master Ching Hai's Enlightening Humor –Your Halo Is Too Tight!

Chinese and English.

Secrets to Effortless Spiritual Practice:

Aulacese, Chinese and English.

God's Direct Contact – The Way to Reach Peace:

Aulacese, Chinese and English,.

Of God and Humans – Insights from Bible Stories:

Aulacese, Chinese and English .

The Realization of Health – Returning to the Natural and Righteous Way of Living:

Aulacese, Chinese, English.

I Have Come to Take You Home:

Arabic, Aulacese, Bulgarian, Czech, Chinese, English, French, German, Greek,

Romanian and Russian.

Aphorisms 1: Gems of eternal wisdom from Master.

Available in English/Chinese, Spanish/Portuguese, French/German and Korean.

Aphorisms 2: Gems of eternal wisdom from Master.

Available in English, Chinese

The Supreme Kitchen(1) – International Vegan Cuisine:

Combined volume of English/Chinese, Aulacese and Japanese.

The Supreme Kitchen(2) – Home Taste Selections:

Combined volume of English/Chinese

One World... of Peace through Music:

Combined volume of English/Aulacese/Chinese.

A Collection of Art Creation by The Supreme Master Ching Hai – Painting Series:English and Chinese.

S.M.Celestial Clothes: Combined volume of English/Chinese.

The Dogs in My Life: Aulacese, Chinese, English, Japanese, Korean, Spanish, Polish and German.

The Birds in My Life:

Aulacese, Arabic, Chinese, English, French, German, Mongolian, Russian, Korean and Indonesian.

The Noble Wilds:

Aulacese, Chinese, English, Mongolian, Korean, French and German.

Celestial Art: Aulacese, Chinese, English

From Crisis to Peace: Available in Aulacese, Chinese, Dutch, English, French , Hungarian, Indonesian, Japanese, Korean, Norwegian, Portuguese, Polish, Russian ,Romanian, Spanish, Swedish and Thai.

Thoughts on Life and Consciousness

A book written by Dr. Janez: Available in Chinese

Poetry Collections

- Silent Tears: A book of poems written by Master.
Available in German/French, English/Chinese, and Aulacese, Chinese, English, Spanish, Portuguese, Korean and Filipino.
- Wu Tzu Poems: A book of poems written by Master.
Available in Aulacese, Chinese, English
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- The Real Love: Available in English, Chinese
- Loving The Silent Tears(The Musical):MP3 & DVD & MP4 & MP4
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- Songs & Compositions of The Supreme Master Ching Hai: (MP3) English, Aulacese, Chinese
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- The Jeweled Verses (poems by distinguished Aulacese poets, recital in Aulacese): MP3s 1, 2 & DVD & MP4s 1, 2
- The Golden Lotus (poetry recital in Aulacese): MP3 & DVD & MP4
- An Ancient Love (poetry recital in Aulacese): MP3 & DVD & MP4
- Traces of Previous Lives (poetry recital in Aulacese): MP3s 1, 2 & 3, DVD & MP4s 1, 2 (with 17 choices of subtitles)
- A Path to Love Legends: MP3s 1, 2 & 3, (poems by distinguished Aulacese poets, recital in Aulacese)

* The poems from “A Path to Love Legends”, “An Ancient Love”, “Beyond the Realm of Time”, “Dream in the Night”, “Please Keep Forever”, “That and This Day”, “Traces of Previous Lives”, “The Jeweled Verses”, “The Golden Lotus”, and “T-L-C, Please”, were recited or set to music and sung by the Poet Herself.

MP3s, MP4s, CDs and DVD & MP4s of The Supreme Master Ching Hai's lectures, music and concerts are available in Arabic, Armenian, Aulacese, Bulgarian, Cambodian, Cantonese, Chinese, Croatian, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Malay, Mandarin, Mongolian, Nepali, Norwegian, Persian, Polish, Portuguese, Russian, Sinhalese, Slovenian, Spanish, Swedish, Thai, Turkish and Zulu. Catalogs will be sent upon request. All direct inquiries are welcome.

The Key of immediate enlightenment – Free Sample Booklet

The Key of Immediate Enlightenment Sample Booklet presents an introduction to the teachings of Supreme Master Ching Hai. The availability of the Booklet in electronic form allows readers around the world to download it completely free of charge, or read it online wherever the Internet is accessible. From Afrikaans to Zulu, from Bengali to Urdu, in Macedonian, Malay and many others, this gem has been translated into over 80 languages.

In the Booklet, Supreme Master Ching Hai emphasizes the importance of meditation in daily life. The text also includes Her discourses on the higher spiritual dimensions and the benefits of the vegan diet, as well as information on initiation into the Quan Yin Method of meditation, the ultimate and highest path. Supreme Master Ching Hai's uplifting insights in The Key of Immediate Enlightenment offer a bright ray of hope to those in quest of the Truth.

As Supreme Master Ching Hai states, "By attaining inner peace we will attain everything else. All the satisfaction, all the fulfillment of worldly and Heavenly desires comes from the Kingdom of God, the inner realization of our eternal harmony, our eternal wisdom and 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." For direct access to the Sample Booklet, please visit:

<http://sb.godsdirectcontact.net/>

This website offers versions of Master's Sample Booklet in many languages. Join us in bringing the best gift to the world through sharing God's message and elevating human consciousness. If you find that your native or first language is not on our list and you would like to translate the Booklet into a language of your choice, please contact us at: divine@Godsdirectcontact.org.

Free Sample Booklet Download:

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Obtaining Publications

All publications are offered at near-cost prices. If you want to purchase or order a publication, please check first with your local Center or contact person for availability. To obtain a listing of available publications, you can check with your local Center, or visit the following web site:

<http://smchbooks.com/>

<http://edenrules.com>

<http://www.theCelestialShop.com>

In addition, many of the online News magazine issues provide listings of recently released books and tapes. The exhibit area at retreats is also an excellent place to get a firsthand view of Master's books, tapes, pictures, paintings and jewelry.

If necessary, you may order directly from the headquarters in Formosa, address:P.O.Box 9, Hsihu, Miaoli, Formosa, ROC (36899). A detailed catalog is also available upon request.

Quan Yin WWW Sites

God's direct contact—The Supreme Master Ching Hai International Association's global Internet: <http://www.Godsdirectcontact.org.tw/eng/links/links.htm>

Access a directory of Quan Yin web sites worldwide, available to browse in many languages, as well as 24-hour access to the TV program, A Journey through Aesthetic Realms. You can download or subscribe to The Supreme Master Ching Hai News, available in eBook or printable format. Multilingual editions of The Key of Immediate Enlightenment sample booklet are also available.

*When Master's Love fell upon my soul
I'm reborn a youth.
Just don't ask me what's the reason:
Reason is not a logic of LOVE!*



*I am the mouthpiece
Of the entire creation.
Voicing openly
Their sorrows and pains
Of life after life in the ever rolling wheel of death.
Pray, Compassionate Master
Hasten! Put it to an end.*



*Your Blessing pours forth to all and sundry.
The bad and the good, The beautiful and the ugly,
The sincere and the unworthy,
Alike!
Oh Master, I could never sing Your praise.
Your Love I hold in my bosom,
And sleep with it every night.*



*From Silent Tears
~ By The Supreme Master Ching Hai ~*

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We, the disciples of The Supreme Master Ching Hai, have experienced the hardships one may suffer while searching for the ultimate Truth. We therefore understand how difficult and rare it is for one to find a fully enlightened living Master who teaches the highest method of awakening our inherent wisdom and realizing this Truth; the same method which has been taught by all genuine Masters since ancient times. Having experienced profound benefit from practicing this method, we hereby present this collection of lectures delivered by The Supreme Master Ching Hai in various countries around the world, to help Truth seekers who are longing for eternal liberation in one lifetime and others to find answers to their various questions about life, birth and death as well as about spiritual cultivation and the Truth.