The Realization of Health

Returning to the Natural and Righteous Way of Living

Collected Excerpts from the Lectures of

The Supreme Master Ching Hai

Living in the Golden Age

The Realization of Health

Returning to the Natural and Righteous Way of Living

The Supreme Master Ching Hai

The Realization *of* Health

Returning to the Natural and Righteous Way of Living

Collected Excerpts from the Lectures of

The Supreme Master Ching Hai

Brief Biography of Supreme Master Ching Hai

Supreme Master Ching Hai, as She has affectionately become known to those who have had the pleasure to meet or work with Her, lives a message that walks the way of love.

A renowned humanitarian, artist and spiritual visionary, Her love and assistance have extended beyond all cultural and racial boundaries to millions of people around the world, including the needy and homeless, institutions of medical research on AIDS and cancer, war veterans of the United States of America, the disadvantaged elderly, the physically and mentally handicapped, refugees, and victims of natural disasters such as earthquakes, floods, and fires.

Through these works, we witness countless reminders of compassion, which is the trademark of this caring lady and the international organization that has grown out of Her loving example.

The Supreme Master Ching Hai was born in central Au Lac. During Her early years, She was often found providing help and comfort to hospital patients and the needy. Above all, a burning spiritual quest since childhood led Her to different paths of God devotion. As a young adult, She moved to Europe to study and continued there as a translator for the Red Cross.

She soon discovered that pain and suffering exist in all cultures and in all corners of the globe, and Her search for the remedy for these ills became the foremost goal in Her life.

She was happily married at the time to a German physician, and although it was an extremely difficult decision for them both, Her husband agreed to a separation. She then embarked on a journey in search of spiritual understanding.

Finally, in the deepest reaches of the Himalayas in India, She found an enlightened Master who imparted to Her the Quan Yin Method, a meditation technique that contemplates the inner Light and Sound. After a period of practice, She became fully enlightened.

Soon after Her return from the Himalayas, at the earnest request of those around Her, Master Ching Hai began sharing the Quan Yin Method, encouraging others to look within to find their own greatness. People from all walks of life found that through the Quan Yin Method of meditation, they attained greater fulfillment, happiness, and peace in their daily lives. Before long, invitations beseeching Master Ching Hai to present public lectures arrived from the Americas, Europe, Asia, Australia and Africa, as well as the United Nations.

As well as being a noble example of humanitarian aid, Master Ching Hai also encourages people to beautify the world we live in. Through practicing the Quan Yin Method, Master Ching Hai has realized many latent talents that She expresses through paintings and other creations, including an exquisite

array of lighting lamps, music, poetry and aesthetic jewelry and dress designs. These works of art depict the inner and outer beauty of the cultures and peoples She has encountered. In 1995, by public demand, Her clothing creations were exhibited in the international fashion centers of London, Paris, Milan and New York. Sales from Her artistic endeavors have enabled Master Ching Hai to create an independent source of funding for humanitarian activities, highlighting Her noble love for all the children of God and our responsibility to those less fortunate.

Although She does not seek acknowledgment of any kind, in recognition of Her selfless assistance, The Supreme Master Ching Hai has received numerous awards from government officials 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, and the Award for Outstanding Public Service to Humankind. As former Mayor Frank Fasi of Honolulu states, "She brings love around the world where there is hate. She brings hope where is despair. And She brings understanding where there is misunderstanding. She is the light of a great person, an angel of mercy for all of us."

The Supreme Master Ching Hai is one of the truly dedicated individuals of this era, helping others to find and create a beautiful vision of the future. Many of history's great figures have had dreams, as does The Supreme Master Ching Hai:

"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 took billions of years to produce this planet

and it's so beautiful, so wonderful,

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

Contents

Brief Biography of Supreme Master Ching Hai 3

Foreword 16

1 The Human Body and Health from the Universal Perspective 19

1-1 Develop the Whole Potential of Your Body, Mind and Spirit – Tune in to the Vast Reservoir of Cosmic Energy 20

1-2 Health, Longevity, and a Life Based on the Precepts 24

A Parable – The Key to Longevity in Three Villages 24

Our Life Span Has Become Shorter with Each Reincarnation 26

Keeping the Precepts Makes You Healthier 29

Treat Every Being As We Ourselves Would Like to Be Treated 31

1-3 Civilizations of Other Worlds and Knowledge about Living 32

The Revelation of Mars 32

Searching for Missing Secrets about a Wholesome Way of Life 33

2 A Diet of Love and a Life of Health 39

2-1 What Should We Eat? 40

Eat First-Hand Things 40

Inspiration from the Giant Salamanders 40

From Biological Attachment to the Magnetic Fields of Foods 44
Food's Impact from the Energy Perspective 47
We Can Actually Live a Better Life! 48

2-2 The Ideal Diet for Humans 50
Vegan Policy 50
This World Belongs to All Beings 50
Let Your Compassion Grow 51
Health and Nutrition 52
The Vegan Structure of the Human Body 52
Is There Anything Stronger Than an Elephant? 53
Up-to-Date Nutrition Theory 54
To Save and Make Peace 55
Spiritual Benefits 55
A Solution to Hunger 57
Why Jesus Multiplied the Fish 59

2-3 Milk and Dairy Products 60
Is It OK to Consume Milk? 60
Milk and allergies 60
Accelerated bone/calcium loss /Plant-based milk is healthier 61
Torturing cows is inhumane 61
Questions and answers on the nomadic Mongolian way of living 63

2-4 Love Food That Satisfies Both Mentally and Physically 64
What You Eat Affects Your Meditation, Mood, Personality and Value of Life 64
The Magical Power of Love 65
Love Turns Plants from Withered to Healthy 65
Food Devoid of Love Leads to Discontentment 67
Fresh Taste Comes from Organic Cultivation + Love 71
Vitamin "Faith" 73
The Tonic for Spirit and Mind 75
Nourished by Spiritual Grace 75
A Great Being's Magnetic Field, Virtue and Love 76
Prayer and Offerings Produce Supreme Benefits 78
The Bhagavad Gita: Offer Everything to God 78
Taking Meals While Traveling – Pray Diligently Before You Eat 80

2-5 Helpful Tips 81
Avoid Talking When You Eat 81
Home Remedies 83
A Simple Cure for Diarrhea 83
To Relieve Pain Use Warm Water and Massage with Sesame Oil 84
If Your Ears Are Warm Your Whole Body Feels Better 85
Home Hygiene 86
Effective Ways to Prevent Mosquito Bites – Mosquito Nets and Window Screens 86
Safe and Effective Insect Repellent 88
An Effective and Safe Disinfectant for All Sentient Beings 89

3 Healing without Medicine – Understanding Illness and Self-Healing ... 91
3-1 Realizing the Nature of Becoming Ill 92
Illnesses Arise from Our Thoughts 92
The Coalescence and Eruption of Vicious Thoughts 92
"Like Attracts Like" Leads to Illness 94
Poke a Hole in It and Illnesses Invade the Body's Layer of Protective Energy 95

Becoming Ill Is Like First Poking a Hole in the Body's Outer Layer 95
Maintain a Clear Consciousness to Sense the Invasion of Illnesses ... 97

The Realization of Getting Sick 100
Becoming Ill Is Our Own Choice 100
The Great Power to Heal All Diseases 100
Inheritance and the Law of Retribution 101
Endure and Lubricate Illnesses by Being Enlightened 102
View Your Past Life Clearly to Heal Deeply Rooted Illnesses 102
How to Distinguish between "Bodily Illnesses" and "Karmic Illness"? ... 103
Work for Yourself Until You Understand What You Are! 104

3-2 The Way to Raise One's Immunity and Promote Self-Healing 105

Three Ways to Protect the Body's Defense System – Think Positively, Speak Positively and Act Positively 105
Thought Changes One's Inner Energy 105
Think Positively, Speak Positively and Act Positively 106
The Thought Experiment of an Indian King 108

An Aura Experiment by Dr. Kaths 109
The Color of Breathing – Outgoing Air Turns from White to Black 109
Where Does the Miraculous Responsiveness of the Temple Come From? 111
Tell the Cells of Your Body to Laugh 112

Cool Doctors 114
Good News for the Obese 114
Cool Doctors 115
A Weak Mind Leads to Body Weakness 117
The More We Give the More Energy Comes In 118
The Heal-Alls – Meditation and Loving Others 119

Thought Power and Faith-prayer 120
Thinking Is Powerful Only When You're Focused 120
Let the Cells Listen to the Mind's Commands 122
Believe in What You Pray For 122
Reach the Deepest Recesses of Our Store of Grace 123

3-3 The Best Antidote for an Epidemic in the Golden Age 123

The Best Antidote for an Epidemic in the Golden Age 123
Get Back to the Natural and Righteous Way of Living 125
Open Up the Protective Power Within 126

3-4 The Way of the Medical King Doctor 128

"Life Has a Limit, But Knowledge Is Without Limit" 128
Knowledge of Medical Secrets Lies Within Us 129
The Direct Line of Study 131

4 How to Confront Suffering Caused by Illness in Yourself and Your Loved Ones 133

4-1 Accept Your Illness, Cure It and Pray Deeply 134

Check First What Kind of Sickness It Is 134
Encouragement for a Brother with Epilepsy 135
Difficulty Is the Cost of Living 135
Put All Your Energy into Finding Your Real Self 140

Comforting a Wife Suffering Over Her Husband's Terrible Skin Disease 142
Maintain a Positive Outlook and the Conditions Will Follow 144

4-2 Know-How about Breaking Addictions in Twenty-one Days 145

Breaking Through Habits 145
Breaking Addictions in Twenty-one Days 146
The Cause of Alcoholism 149
The Horror of Drugs 152

4-3 Mental Disturbances and Emotional Management ... 156
Responses to a Psychiatrist's Doubts 156
Reasons for Mental Disturbances 157
Can Mentally Depressed People Practice Meditation? 158
Effective Emotional Management – The Proper Release of Anger 159
Spoil Yourself and Stand Up First 161

4-4 The Real Meaning of Suffering 163
How Disaster or Illness Comes About 163
Why Small Children Who Are Innocent Can Still Suffer 164
The Choice of a Soul 166
The Real Meaning of Suffering 166

4-5 Advice and Answers about Healing 167
Advice to Medical Personnel 167
How to Avoid Absorbing Negative Energy 167
Be Loving and Pray Inside 168
Interactions among Spiritual Cultivation, Dreams, and Healing 169
The Energy of Crystals 172
Meditation Is the Great Purifier 174
The After-Effects of Spiritual Healing 175
Regressing into the Past Is Not High Level Healing 176
God's Blessings Flow through Me to Heal Others 178

5 The Self-healing Quality of the Light and Sound Meditation 179

5-1 Health Knowledge Originates from Meditation 180
Science and Beyond – A Scientist Who Studied "Emptiness" – Tesla ... 180
A Glance at the Way of Healing Beyond the Physical World 182
Medical Knowledge Originates from a Higher Level of Consciousness 184

5-2 The Self-healing Quality of the Light and Sound Meditation 185
The Origin of Resounding Temple Bells and the Real Meaning of "Quan Yin" 185
Elevate Yourself to Experience the Light and Sound 187
How the Sound Purifies the Body, Mind and Spirit 188
Just Like Water Cleanses the Body 188
Renewing Each Cell of the Body 191
I Can Only Invite You to Experience Them 192

5-3 How One Feels While Enlightened 194
As If a Mountain Has Fallen from Our Shoulders 194
Illness Seems to Ignore the Enlightened 194
The Best Way to Cure Illnesses 195
A Time to Relax 196
Ignore the Body During Meditation 199

6 Optimistic Prospects – Being Healthy with the Earth 201

6-1 Alert – Even a Little Damage Affects the Whole 202

The Essential Ways to Complete Health in Body, Mind and Spirit 202

The Chain of Effects Caused by Environmental Destruction – Worry Over the World Prompted by "Legalizing Abortion" 209

Those in Power Should Encourage People to Become Vegans 215

6-2 The Way to Become Healthy Along with the Earth 218

Be Frugal and Cherish Resources – Master's Reminder 218

Cut Down on Power Consumption 218

Using Ginger Frugally and Cherish All 220

Begin with Individuals and Small Actions 223

Love the World and Enjoy Nature 223

Pitch Your Tent on Soft Leaves 225

We All Have to Protect the Natural Environment 227

Preserve Trees and the Things We Enjoy 227

Daily Chronic Destruction Is No Less Risky Than Wars 229

Would Allah, Buddha or Jesus Be Greenies? 231

6-3 Modern Technologies, Medicines and Methods Can End Suffering Now 232

Raising Awareness of the Love Within Besides Being Vegan 232

Wisdom and Enlightenment Are the Roots of the Solution 234

Technologies, Medicines and Methods That Can End Suffering 238

The Message of the Film *Phenomena* 238

Please Be Nice to Geniuses and Extraordinary People 240

APPENDIX 243

Governments Should Educate Citizens to the Hazards of Meat, Alcohol and Tobacco 244

The Unacceptable Toll of Meat, Alcohol and Cigarette Consumption on Human Life 260

Alternative Living 266-267

Creating a Compassionate and Vegan Global Village 266-267

Health Info. on the Web 267

Vegetarian and Vegan Elite of the World 268

References 272

Our Publications 281

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 wishes, Hes makes things happen according to Hiers will to suit Hirmself.

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

FOREWORD

Living in the Golden Age is an ideal anthology of insights by Supreme Master Ching Hai to accompany you on the journey of life.

Although most of us would agree that we should try our best to be good citizens of the Earth, in this series of teachings Supreme Master Ching Hai suggests that we should aim even higher and strive to tap into the great cosmic energy so as to live the essence of our real Self. Only then, She says, will we be able to truly help ourselves and others to resolve life's problems and become effective sojourners on our planet. The idea of accessing cosmic energy is not far-fetched because this power exists within each of us. If we know how to find our true inner Nature, we will be able to "return to the Golden Age." In Her words, "Maybe we should go back to the Golden Era of ancient times when God and humans lived together, all the fairies could talk to us in our own language and instruct us on how to have a better value of life, and everyone looked upon enlightenment and wisdom as a very natural way of living."[1]

To elaborate on this point, Master states, "There are two kinds of Golden Age. One is an individual golden age at any time, at any age. Another is when the whole planet's consciousness has changed together into a higher level of consciousness. At that time the whole planet, or almost all inhabitants of this planet, will enjoy a similar consciousness of bliss. And that's what we call the Golden Age of this planet." [2]

We may not be able to recreate such an era for the whole of planet Earth, but we can always decide when to begin experiencing our own personal Golden Age. In *Living in the Golden Age* Supreme Master Ching Hai promises us that all of humanity is able to have direct contact with God and thus begin a glorious new life. So this way of being is not a utopian ideal but a way of lifestyle anyone can immediately realize.

The author of this anthology, the Supreme Master Ching Hai, attained complete enlightenment while in seclusion in the Himalayas. Later, at the earnest request of Truth seekers, Supreme Master Ching Hai began teaching the way to immediate enlightenment—the Quan Yin Method, a meditation technique focusing on the inner Light and Sound. Since the 1980s, Her spiritual teachings and personal example have helped countless individuals around the world to develop their potential, elevate their consciousness and enrich their lives. Master's message is relevant to all because it concerns ways to make humankind happier here on Earth.

Over the past two decades, countless talks by Master that address audience members' varied cultural, religious and linguistic backgrounds, have been recorded on video- and audiotapes, CDs and DVDs. (These include public lectures, question answering sessions in group meditation, conversations with disciples and interviews by journalists; altogether there were more than one thousand such recordings.) Due to space limitations it was necessary to be selective about material included in this book. Thus readers are invited to check the references at the end of each volume for further resources by which to receive added blessings from Supreme Master Ching Hai.

In this series, Master's talks have been organized under themes such as life and death, altruistic love, health, work, parenting and romantic love, with each volume being devoted

to one topic. Master's teachings cover a wide range of issues, from the origin of the universe to love and friendship, from war and peace to the inner struggles of individuals working in various professions, from history and the art of leadership to pet-care techniques. However, these texts are not conventional "how-to" manuals. For example, the section on health contains no specific details on how many cups of water to drink daily to maintain optimum well-being. Or, in the section on romantic love, no step-by-step guidelines on solving marital problems are provided. In the section on work, there is no secret by which to become a millionaire overnight. Instead, in these absorbing and often impromptu talks readers will find new insights for living that they may use in their own fashion and thereby more readily solve life's problems.

As Supreme Master Ching Hai says, "The true teaching is always beyond language and you always know it. You know it inside precisely, perfectly, without any explaining, without exchanging words." Yet Master's ideas may be viewed as guidelines. Like a finger that points to the radiant moon, Her words point to enlightenment, and so while perusing the *Living in the Golden Age* series, readers will find that through a self-realized great Master, a seemingly unreachable ideal has become vivid and tangible.

May you read *Living in the Golden Age* with an open heart and find for yourself the wellspring of eternal life.

---

[1] Supreme Master Ching Hai, *Surrendering To God's Will Is Freedom*, recorded at a public lecture, Singapore, March 9, 1993. Videotape No. 328.

[2] Supreme Master Ching Hai, *The Invisible Passage Way*, recorded at a public lecture, Durban, South Africa, November 26, 1999. DVD No. 668.

1 The Human Body and Health from the Universal Perspective

"Perhaps some of the other planets have been keeping up their tradition of a healthy diet, which is the secret of longevity, but our planet has lost it because of disaster, because of our stubbornness or because some accident has befallen us so that we've forgotten the secret of life, so that we've become degraded to this stage of living in which our lifespan has become so much shortened..."

1-1 Develop the Whole Potential of Your Body, Mind and Spirit—Tune in to the Vast Reservoir of Cosmic Energy

1998.05.17/ Korean (E)-1

Scientific discoveries show us that everything that's impossible in our thinking is possible in science; in other words, what is impossible today will be possible tomorrow. Hundreds of years ago, humankind could not have even dreamt of flying over here from Formosa or America in just a few hours. Now, it's even shorter if you go on the Concorde. The time is even half or one-third shorter. From New York to Europe, it sometimes takes eight to ten hours, depending on where you start. But with the Concorde, it takes just four hours. So, this is already proof.

Everything around us today is proof that we can do anything if we know how, if we discover the technique. Similarly, to tune in to the universal power to get whatever we want from the great universal reservoir of energy and possibilities, we just have to know how. All the miracles, all the things that happen in the universe and on this planet come from this great reservoir of power. It's nothing more than that.

It's just like tomato plants or rose plants; they know what to take from the earth, and what they get is different from what the ginseng root gets. Ginseng needs something else – they're on the same earth, the same planet, but ginseng gets one thing, and roses get something else. Depending on what they get, they produce something different, make life colorful, with a lot of variety, and serve us in different ways.

Similarly, we're all different individuals, but we can all tune in to this vast power of the universe in order to take out what we need for ourselves. Consequently, we can produce a different kind of life, a different style, a different color, a different beauty in order to coexist, to decorate the beautiful cosmos in which we live, for ourselves as well as for other people to enjoy.

The rose takes some nutrition from the earth, something from the sun, from the rain, a little bit from each, and then produces a beautiful appearance for itself to feel beautiful, and for us, for other people, to enjoy. If we tune ourselves in to this vast universal power reservoir, we can take out what we want, what suits us, to make a beautiful existence for ourselves, for everyone else to feel good about us and for us to feel good about ourselves.

We come here to be something. The rose comes here to be a rose. The ginseng exists just to

be ginseng because someone needs the ginseng. We don't need roses all the time. Even though roses are beautiful, sometimes we need ginseng to eat, to enjoy, to feel healthy, to make a medicine out of. The rose we use for decoration, to bring love, to attract the love atmosphere in the air. That's why when people love each other, they give roses. Just to symbolize love, we give roses to people or to our loved one, to a boyfriend, girlfriend, wife, husband, mother, father, and so on. When we give ginseng to people, we wish them good health. We want them to get back their strength. Everything serves some purpose.

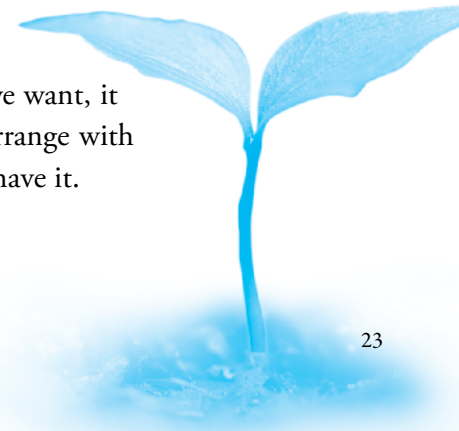
We're here for something; we are what we are because we want to be that way, because God wants us to be that way. But we have to have nutrition to exist the way we want to be, the way we should be. The body needs nourishment to exist in most cases, not all.

The soul, the beautiful true being that we are, needs something else to survive, to grow, to bloom, to decorate our life, to fulfill our purpose in this existence or in the whole universal existence. We have to tune in to the vast reservoir of energy in order to nourish ourselves, to do what we do, to be what we want to be. Just like the rose needs fertilizer, good soil and good care so it can bloom better, become a nice, fresh flower with a beautiful color, pleasing to the eyes of whoever looks at it. Similarly, we need nutrition for the spirit so that we can bloom in full, so that everyone around us feels happy and we feel happy. That's why we need to practice the Quan Yin Method.

The Quan Yin Method is just a name for tuning in to the nourishing power so that we can exist a hundred percent and flourish as great beings, as human beings. (Applause) Otherwise, we don't exist completely and that's why we're miserable. It's the same with roses. If a rose doesn't have what it needs, it'll probably bloom only half its normal size or smaller, with a very miserable color, or some worms will eat it. Then it looks so handicapped, so bad, so miserable, not the way that they look right here. These are cultivated, cared for, fully nourished flowers here. So they give their best, and that's the way we should be.

We have to tune in to the vast reservoir of energy in order to nourish ourselves, to do what we do, to be what we want to be.

As the great human beings that we are, we have to bloom in full, with the spirit, with the mind power, and with the body – with the three parts of the body, which are called "the Father, the Son and the Holy Ghost." Missing any of that, we're not fully developed human beings, and we'll never be happy and peaceful. It doesn't matter how much peace and happiness we want, it doesn't matter how many meetings we arrange with each other to talk about peace, we won't have it.



1-2 Health, Longevity, and a Life Based on the Precepts

A Parable—The Key to Longevity in Three Villages

1989.02.25/ Formosa (C)-2

A medical team once went on a search for the key to longevity, hoping to share its findings with the public.

It visited a number of primitive tribes and remote areas, where the inhabitants lived longer than the normal life span and looked younger and more innocent than most people.

On the first leg of its journey, the team visited a tribe of good-looking people. Although some of the tribesmen were well advanced in years, they still looked happy and healthy and had beautiful complexions. "What's your secret?" The doctors asked. "Why is it that you're able to live so long, yet remain young and happy?"

They had little to worry about, they said. They had enough to eat, and had no competition, complicated business dealings or jealousy among them. They just lived together naturally and peacefully. They ate simple food that was neither too spicy nor too sweet. They had no chocolate, for example. They didn't even know what candy was so their teeth were in good condition.

So the doctors learned and recorded their findings about the key to longevity, which included not eating too many candies, sweet cookies or spicy foods, and experiencing no competition, jealousy, business problems or disputes.

Then the team moved on to another special place, where the inhabitants revealed a new secret in addition to those the team had already recorded: having fewer physical relations with one's spouse. They stopped having such relations after they had had two or three children. This way, they saved more energy and lived longer. Well, the doctors recorded this, too.

Then they came to a third place that was more prosperous, exciting, colorful, busy and noisy, and was enjoying a business boom.

The first local person they met was an old man. Despite his elderly looks, white hair and wrinkled face, he looked fine. With great respect, the doctors asked him what his secret was.

He ate, drank, and indulged in daily merry-making, he said, adding that he also smoked, consumed meat and had new girlfriends every day. The doctors shook their heads and said, "Wow! This is new to us."

The man's comments contradicted all the earlier concepts that they had learned about longevity, which were to eat simply, lead a pure life and have fewer sexual relations. How come everything was upside down here? In great surprise and admiration, the doctors exclaimed, "Only God knows why this is so!"

It was beyond their understanding. So they gave the man a cigarette to make friends with him. Then they took him to a bar, where he drank alcohol as though it were water. The doctors then admired him even more. One of them could not help but ask, "May I ask, Uncle, how old you are?"

And what was his reply? "Thirty," he said.

Our Life Span Has Become Shorter with Each Reincarnation

1993.06.04/ Malaysia (E)-3

In the olden times, our life span would be up to eight thousand years or sometimes we could live for many, many decades. But because we began to be involved in a kind of "life-shortening process," our life span became shorter and shorter as we took different reincarnations. Thus, from one reincarnation to the next, our life span becomes shorter and shorter.

I will tell you about this life-shortening process because maybe you want to know. In the beginning, when humans first appeared on this planet, they did not need to eat anything and lived in glory. Light and Heavenly music were their food and they lived for a long time. Then they saw something like foam appear on the sea, and after some time they started eating this material. And later they had no more of this foam, but there were some other things that had appeared so they kept on eating them, not because they were hungry but just because they were curious in the beginning. They wanted to know what it was like. Some of the people just tasted it, and thought it was good so they began to eat them, and then everyone else came and ate them. They ate all kinds of vegetables and this foam, which was sweet and very fragrant. Later, when all these things were less in supply, they began to eat animals. That was when our life-shortening process began. We've been cheated into this so-called cycle of karmic law so our life span becomes shorter and shorter with each reincarnation. We now have only one hundred years and perhaps, if we continue with this kind of life-shortening system, our life will become even shorter.

Therefore, we've discovered that even with our best medical inventions, and our discovery of the best system of health care, our life is still not secure. The only way to get out of this life-and-death and life-shortening cycle is enlightenment.

We need enlightenment to liberate ourselves. It doesn't matter even if we can lengthen our life by medical treatment, it will not be that long; it will not be forever. Also, enlightenment affords a person to become nobler, to enter the circle of Sainthood, of the Buddhas, of the greatest minds of the greatest scientific discoveries. Actually, enlightenment is very scientific. It's not a superstition. We don't even have to talk about faith, religions or anything of the sort. It's very, very scientific. We don't even have to have a religion to get enlightenment because we have this enlightening nature within ourselves.

Most of the time, we know that we use only about five to ten percent of our brainpower. If we reach the ultimate limit of our brainpower, at that time we reach complete enlightenment. So, it's very scientific. Most enlightened Saints are great scientists, that's all – very great scientists. They know the laws of the whole universe, and they can make use of them for their own benefit, for the benefit of their disciples, as well as for the benefit of the whole world. And anyone who studies with them will also slowly discover their own greatness, their own wisdom, and then become a so-called "Master."

...they began to eat animals. That was when our life-shortening process began.

Keeping the Precepts Makes You Healthier

1996.07.10/ Cambodia (E)-4

The Five Precepts or the Ten Commandments we must keep because that's your salvation. Don't think the body is not important. The body is important. Without the body, the mind can't exist there. Without the mind, the soul has no experiences in this world.

The mind and gray matter – the brain – are different. The mind is invisible. The brain is the material instrument that the mind uses to touch, to know the things around it. So, don't confuse the mind with the brain.

But the mind is also very, very strong. So you have to feed yourself adequately so that your body is strong and survives long, so that you can practice better and benefit the world longer. Don't disregard your body. Give it enough care and proper hygiene, and protect it from weather, hunger, accidents and sickness.

You always have to think positive and strong. Anytime you're ill, either you willed yourself to be sick or you probably let someone else affect you through your own will. At such times just meditate more, take proper medication, and make yourself feel better.

Don't think that the Five Precepts are from any strict Buddha or rigid Bodhisattva trying to control your life. No, no, no! The body is not made for alcohol, cigarettes, drugs and all kinds of strong stimulation. That's how we shorten our lives, and that's how our ancestors or parents shortened their lives and then imparted this knowledge to us about the shortened life span. Otherwise we'll live longer.

So you've heard that Jacob and whoever it was in the Bible lived many, many, many years, and had about eight hundred children or something like that. Also in many of the Chinese legends, people lived for eight hundred years or many thousands of years, and there are still some people who live that long.

Actually, we could also live very long, longer than in this kind of life, for about a hundred years. Like this, it's too short. That's why sometimes we wonder why life is so short. What can we do in this kind of hundred year span?

We weren't meant to live just a hundred years. We were meant to live much, much, much longer than this, but because of ignorance and indulgence in all kinds of poisons, the genes from our ancestors kept shortening and shortening and they imparted to us this kind of weak body.

Then when we come here, we're also influenced by society, like taking a glass of alcohol or whiskey is cool. It's sociable, it's high society. Actually, it's no good for us; anything that contains alcohol is terrible for your body. It shortens your life. It dulls the mind. It confuses the vision.

That's why if you have a risky sickness or an operation, doctors always advise you: Don't drink alcohol for two weeks after the operation; don't smoke; don't have this, that and the other. So even if after a sickness we shouldn't drink alcohol, or before or during a sickness we shouldn't drink alcohol or take drugs, why should we do it ordinarily? It is very harmful.

We weren't meant to live just a hundred years. We were meant to live much, much, much longer than this...

Thus, if you want to live a healthier life, if you want to live longer: take care of yourself and your family, and stay away from all these toxins. It's not a rigid rule. It's just a natural way to live your life so that you'll be healthier and clearer in your mind, not drugged all the time, not groggy and sluggish.

Treat Every Being As We Ourselves Would Like to Be Treated

1989.11.29/ Panama (E)-5

We should respect all life that's in the creative plan of God. We can see for ourselves that all life resists suffering, resists death. If we kill or see an animal killed we notice that they suffer and try to

run away, meaning that God empowers them with the instinct to want to live. So if we interfere and take their life away, we interfere with God's will. Thus, we should treat every being as we ourselves would like to be treated. Then our lives will be blessed with grace, longevity and wisdom.

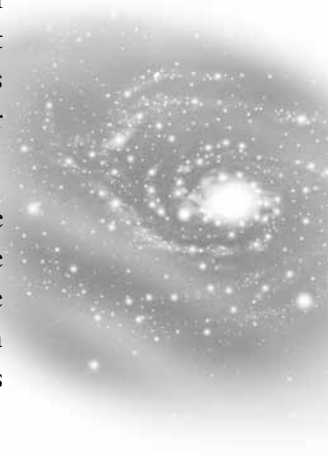
1-3 Civilizations of Other Worlds and Knowledge about Living

The Revelation of Mars

1993.09.11/ Hong Kong (C)-6

If the natural environment is slightly destroyed and humankind adds to the damage without anyone taking care of Mother Nature, our planet Earth will one day become like Mars. Do you know about Mars? Why is it called Mars? (The Chinese term for Mars is "Fire Planet.") It is because there is only fire up there and the planet is red. There is no life, at least not on its surface. I hear that there is life underground, however.

This is because the planet suffered severe devastation in the past, and there was a war with other beings. Although they battled only because they had no other alternative, the karma remains. They killed each other with chemical bombs, which made the planet barren. Besides, humans cannot live there because the surrounding atmosphere is still highly toxic. The non-toxic atmosphere of our planet Earth contains oxygen; therefore, we can live.



But perhaps our oxygen is not pure, so we cannot live long and our life force is weak; we cannot enjoy a long life. On Mars, or other more dangerous or worn-out planets, the atmosphere is in even worse condition. Pervaded only by toxic gases and no oxygen, it allows no life to survive.

Today, the humans on Earth have enormous destructive power and have created plenty of toxic gases. For the sake of money, people give no thought to the future, or about the people around them, not even their own children or future generations. Therefore, the air on Earth is becoming increasingly toxic, and people are afflicted by more illnesses. It is difficult to cure their illnesses because their immunity is growing weaker.

Searching for Missing Secrets about a Wholesome Way of Life

1996.07.10/ Cambodia (E)-4

Our world is covered with bacteria and a lot of disease, but we're already highly immune to this

system. If other people from other planets came here they'd get sick very quickly. So if they come here they have to equip themselves with a lot of sterilization, masks, suits, gloves, and so on.

That's why sometimes if you look at the extra-terrestrials they look very weird, and don't look very much like humans. Actually, they're very beautiful, except the bad ones and the ugly ones (they're from a different dimension). But most of the advanced extra-terrestrials are very beautiful. Some are very tall, taller than we are, three times bigger than the Americans. Some are taller than that, but some are average like us. Some are smaller, but they're mostly very beautiful and friendly.

According to the Buddhist sutras, there are other beings as big as that. One time, the reverend Maudgalaputtra, one of the ten foremost disciples of Buddha, flew up to some other planet to visit other terrestrials. He stopped on one of the planets and at that time some of the people there were having lunch. The bowl for rice and food was so big that he stopped at the edge of the bowl and looked like a fly.

Perhaps some of the other planets have been keeping up their tradition of a healthy diet, which is the secret of longevity, but our planet has lost it.

So the beings talked among themselves and said, "Oh, God! This is a strange fly. We've never seen such in our place." So when you look at the fly on top of your bowl, consider that it may be from another planet. Try not to kill it because maybe it's a monk from somewhere on another planet; who knows? (Laughter)

So even within this planet alone, we already have so many different looking people. How could it all be the same for us – if the whole galaxy, the whole universe looked the same? It couldn't be the same.

Perhaps some of the other planets have been keeping up their tradition of a healthy diet, which is the secret of longevity, but our planet has lost it because of disaster, because of our stubbornness or because some accident has befallen us so that we've forgotten the secret of life, so that we've become degraded to this stage of living in which our life span has become so much shortened than it's necessary for us to do things in this world.

If our life span were longer, we could probably do a lot more, but I don't know. The world has to have peace first. Then they have to sit together and talk about how to preserve this planet, how to purify the atmosphere so that the citizens of this world will lead a better life, have a better future for our children. But if they continue to make war like this, even within their own country, within their own party, then I see no hope.

Even if our life is healthy and strong, war can destroy it at anytime. They just drop an atom bomb

and we're finished, with all our healthy cells ready to live three, four or five hundred years.

So maybe in the future we'll know how to live a better life or we'll be born in another planet that's better for our health, long life and spiritual progress. That's what we're trying to do, to bring you to a better environment. You'll still have your body; it'll just be finer.

Every being has a body; it's just that the vibration is faster or slower. If it's faster, then we don't see it much or it's invisible. The faster, the more invisible; the slower the vibration, the more visible. Our finer body has been condensed into this block of material that's visible to the naked eye by slowing down the vibration of the energy.

You can see that when you're young, you sometimes use a yo-yo or something. You spin something. When it spins very fast, you don't even see the thing. Or the electric fan there. It's moving very fast now so it's like almost transparent whereas it has four wings. When it stops you can see the four wings and through the four wings you can't see anything. But now because it's moving so fast you can see right through the four wings. And this is not even that fast compared to so many things in the universe.

The fact that your naked eyes don't see something doesn't mean it doesn't exist. That's why sometimes during concentration time you step beyond the border of visibility and see the other world, other people surrounding you. Buddha is also around here; there's nowhere else He can go. And other beings are also surrounding us; or if you left your physical body and went around with the astral body, people also don't see you but you can see other people. You can hear them, but they can't hear you, they can't see you. Just like after a person is dead, if he comes back to see his relatives and friends, no one hears him, no one sees him, and he becomes very frustrated. So sometimes he has to try very hard to materialize for some time, maybe seconds or a few minutes and then people say, "Oh! I saw ghost!" Actually they were in a finer body.

We were also in a finer world, and then we tried to come down here. We had to slow down, slow our vibration so that the matter would be solid so we could have this. Actually, it's only energy. There's nothing really material about us, even about our body. It's just that it was materialized by a slowing down process.

So, revere your body to use it for a noble and good purpose. Take care of it as long as it should last for your purpose of realizing yourself and helping our brothers and sisters go back to where they belong so that they have eternal happiness and don't have to suffer in the dark here, where they shouldn't, even though they've chosen to do so. But when it's time, they should go home, and we should

Tell the Cells of Your Body to Laugh

Leave all your garbage outside the center and laugh. It's useful to force ourselves to laugh sometimes because our body's cells are very responsive; they only listen to command signals. When the cells at the mouth laugh, all the cells in the body will laugh together. If you have a magnifying glass, you can really see all the cells of the body laughing cheerfully. Then naturally, our spirit will improve and our mood will get better. ~Supreme Master Ching Hai

(See Chapter 3-2, The Way to Raise One's Immunity and Promote Self-healing)

LA, California, USA, 1997

Florida, USA, 1999

be around to help them – pull them out of the darkness, and bring them back so they can go home together with us.

Sometimes I talk about the material body but you shouldn't care. That's for the people who have indulged themselves too much in sleeping, eating and sexual indulgence, and forget their real purpose. You can have all these things as well, but beware, be moderate. The spiritual purpose is always the foremost. Take care with other things, slow down with other things. Going back Home should be the main goal of our life.

So, revere your body to use it for a noble and good purpose.

2 A Diet of Love and a Life of Health

"Everything in the universe has a different quality. So when we choose our diet, of course, we should select foods that create less of a burden for us and allow us to practice more easily and progress more quickly. Only then will we not be bound or pulled down by very heavy magnetic fields..."

2-1 What Should We Eat?

Eat First-Hand Things

1989.10.14/ USA (E)-7

It's nobler for us to eat first-hand things because we're first class! Why do we have to eat secondhand from animals? You give grain to a chicken and then eat the chicken and re-digest it! And then you feed carrots and vegetables to a rabbit and eat the rabbit. Why don't you just eat the vegetables and grains yourself? That is first class and fresh! It is a waste of time to eat animal meat. It is a waste of energy and the national treasury and it causes world hunger.

Inspiration from the Giant Salamanders

1993.12.04/ USA (E)-8

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. It's very quiet, next to hundred-story buildings. You just walk five minutes out and you see the whole of Hong Kong; and you turn in five minutes, and there's 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's when I have time. I don't always do that.

When I swim, the water from the swimming pool goes onto the vegetables so I don't have to work too hard. The water just goes in and out all the time, and it's always fresh because we clean it now and again, to take out all the moss, the green stuff that covers our pool. We put in a lot of big pebbles, shiny 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 also come in. They're very expensive fish. They sell one fish for about twenty-two hundred US dollars, but they're that big. They're a kind of very stupid pea fish that are very slow and do nothing, but because they're 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 into our territory and take them because our territory is filled with these fish. I could be a millionaire in no time (laughter) by opening a fish market. Now, these fish are very special. On top they're dark brown, and underneath they have bright orange spots – under their stomach, hands and all that, and they can swim in the water as well as go on dry land. They can survive on both, and that's why people like them.

I thought they were very stupid fish; but one day they 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 another one. He just stopped in front and looked her in the eyes, and did like this (laughter and applause). Like when you want to make up with your lover when she's angry. That way! Just like that! Can you believe it? I was so touched, and thought, "My God, I'm sorry. I apologize for thinking that you're stupid as you make better lovers than we do." So, after a while, the female agreed. Then they both swam with each other and had no more of this argument.

One day they surprised me more because they're a very slow-acting fish, stupid-like, very slow in the water. When I came to the pool, I saw one of them and said, "Hey! You there, come up!" just as a joke. But then he came up and zoomed toward where my hand was, touched it, and went down back again. So I said, "Hey! Can you understand me? And then he came back again." He did as requested three times in a row just to show me that he wasn't stupid. (Laughter) Now I spend all day repenting to God and apologizing to this creature.

Fancy being a Supreme Master and not knowing that this fish was intelligent. (Master and audience laugh.) So, I felt very bad. But it was good; there were witnesses with me; it's not that I made up the story at all. (Master speaks to Her attendant) Do 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 the fish saw the black eye of the camera looking at him, he said, "Uh, uh! I don't want to be on TV." (Master and audience laugh.) He didn't want to be famous! He was probably 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 use out of it, and they'll be in danger." They're already an endangered species. He's very intelligent, you see. He knows when to come up, and when not to. He came three times 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 was, not to the side. He just zoomed like this, straight! So, after you see all these things, it's good not to eat fish or meat.

If we can love a dog, why not love a cow or a pig because they're the same? This is one of the reasons we should be Vegan, love for all beings, extending our love, enlarging our love, enlarging ourselves to the whole universe.

We shouldn't even cut flowers or eat vegetables, but still we have to do what's the minimum, what causes less suffering. The flower when we cut it can sprout again and make more flowers, and vegetables, when we cut a branch, can sprout a few more branches so it's not that bad.

From Biological Attachment to the Magnetic Fields of Foods

1990.01.10/ Formosa (C)-9

Whatever our faith or belief, we all know that animals have souls for they can move on their own initiative. Any sentient being that can move by itself, has the intent to move and has a mind that commands its movements forms ties of affinity with many other beings, gains many experiences and develops its intelligence, all of which result in attachment. When such sentient beings become attached to their intelligence and accumulated experiences, they become emotionally involved with life and fear death. Because of their fondness for a longer life, more experiences, increased activity and the opportunity to establish affinities with and learn from other beings, their hearts become filled with affection for life, fear of death, and feelings of hatred, kindness and gratitude.

If we eat animals, we unconsciously step into their magnetic fields, which are characterized by a strong desire for life and apprehension about death. We get stuck, just as we do when we step on glue and our foot is glued to the spot and loses mobility. Stepping on sand is all right, given its non-adhesiveness. Everything has a different quality. But if we step on the animals' qualities of life, attachment and fear of death, their hate-filled magnetic fields cling to our souls, trapping us, pressurizing us and depriving us of our freedom.

If we can love a dog, why not love a cow or a pig because they're the same? This is one of the reasons we should be Vegan...

Plants do not move without being blown by the wind so they have less experience and intelligence. With this lower level of awareness, they also have less attachment. For plants, it isn't a grave matter to die and be reborn because they have few experiences and attachments. Animals, by contrast, have more experiences since they can move of their own accord. For example, a dog may go looking for his girlfriend, and then look around further the next day, thinking, "Wow! This one is more beautiful than the last one!" (Master and audience laugh.) Attachment grows from such occurrences, which is

why they cling to life. Under the influence of these phenomena, all animals become fond of life and fearful of death. But this is not the case with plants because they have too little experience to cling to. So when we consume plants, their magnetic fields do not become attached to us.

Thus, we can't say that animals and plants are alike. If that were so, then it would be as good as saying that chewing gum, sand and stones are alike, and that's not true. Sand and stones do not stick to us when we step on them; only chewing gum does. Everything has a different quality so we can't say that animals are the same as plants. They're absolutely different. (Applause) We can understand this through observation. It isn't because Master Ching Hai said so, or the Bodhisattvas said so that we understand it. It's extremely simple and logical; we know these things just from observation.

Everything in the universe has a different quality. So when we choose our diet, of course, we should select foods that create less of a burden for us and allow us to practice more easily and progress more quickly. Only then will we not be bound or pulled down by very heavy magnetic fields.

We have to pay for everything we use in this physical universe. Therefore, all the Masters emphasize following a Vegan diet...

Food's Impact from the Energy Perspective

1989.11.04/ USA (E)-10

Everything we do is recorded in the air. Nothing is lost; it's only diluted with a different energy. It's only equalized by different actions, not lost.

For example, if air has already become ice after being water, and if you want it to disappear, you have to put sun rays, a lamp, light or heat on it, in order to get it back into the form of air again. So if we've been killing, conducting mass massacres all the time, all these animals are suffering, and they also have consciousness, thoughts and hateful energy, all this hatred and fear condenses itself into a powerful energy and hangs around in the air. Too much of that will result in mass suffering.

Everything we do is recorded in the air. Nothing is lost.

We have to pay for everything we use in this physical universe. Therefore, all the Masters emphasize following a Vegan diet, which incurs the least cost to the various forms of existence. Animals have life, plants also have life, but they incur the least cost. Just like if you earn only a hundred dollars and you want to spend two hundred, of course you go into debt, and you're in trouble. If you try to buy cheap things and satisfy yourself with the minimum cost to live on, then you have no worries about debt.

That's why we choose the Vegan diet – fruit, nuts, soy milk. All these things have less crime, less consciousness within them. If you take a few nuts from the trees, the trees still have plenty of nuts to grow thousands more nut trees. They won't be lost. If you cut a flower, or a branch of a vegetable, it will grow even more from that cut stem, even more vegetables will come out of it. So in this way, we know that the Vegan diet is less harmful and incurs less cost.

We Can Actually Live a Better Life!

1994.09.28/ Singapore (E)-11

Nowadays many sicknesses, different diseases, kill people, about eighteen million a year. Because some of us don't take precautions to guard our precious body which has been given to us by God to do some mission on Earth for some purpose, and also to realize our almighty power. We do something like smoking too much, drinking too much, eating too much flesh, inviting all the bacteria from the flesh into our systems, etc. And all these killing factors make our lives a miserable time.

Actually we could live a better life if we organized more, if we appreciated our body more. If we ate just nutritious food for our body, and ate not just because of the taste, and ate just a reasonable amount, then of course, our health wouldn't be so greatly endangered. You see, most Vegan people become healthier. Is that not so? (Audience: Yes.) Many of you became healthier after receiving initiation and switching to a Vegan diet. Is that not so? (Audience: Yes.) Actually, the hospitals are full of meat-eating people (laughter). No problem; we can see the proof there.

It's not only because the Vegan diet is healthy in itself, but because the vibration is very harmonious to our body whereas the vibrations of animals are not that harmonious, not so peaceful. Actually, it's very easy to live a simple, healthy life. There's not so much need for medicine, no need for so many injections. Many of us harm ourselves because we put poisonous substances into our bodies. Otherwise, if we know how to live a simple, nutritious, healthy life, we really don't need doctors so much. And the doctor can have more holidays and both of us can stay healthy.

Glue vs. Sand

If we eat animals, we unconsciously step into their magnetic fields, which are characterized by a strong desire for life and apprehension about death. We get stuck, just as we do when we step on glue and our foot is glued to the spot and loses mobility. Stepping on sand is all right, given its non-adhesiveness.

2-2 The Ideal Diet for Humans

Vegan Policy

♥ This World Belongs to All Beings

1994.06.30/ USA (E)-12

This world belongs to everyone, including the animals. That's why we follow a Vegan policy because this world has come into existence due to the force of the thinking power of all the beings that exist on this planet. We wanted this place so it exists, including the animals.

But when we came into this world, we thought it belonged to us. Everyone thought it belonged to them. So we started to get rid of the other 'aliens' – the red, the black, the yellow and so on.

The red wanted to get rid of the white, and the white got rid of the black. And then the black and white and yellow got rid of the animals, and so on. So we've forgotten that we're the co-owners, not the sole owners of this world. That's why we shouldn't kill animals, shouldn't eat them, and especially shouldn't kill any other beings.

♥ Let Your Compassion Grow

1989.10.01/ Malaysia (E)-13

We must see the suffering of other creatures as our own. Therefore, we should not rejoice in the killing of animals and then eat them. That's why we should be Vegans. That's what I mean by leaning more and more toward compassion and extending love to all creatures.

Every religion, not one doesn't mention that we should extend our love to all beings, not only human beings. So, whether we believe in a religion or not, we can all believe in the *hsin ben shan*, in the goodness, the compassion of our hearts. So we try to save as many lives as possible. That doesn't mean that if you eat one piece of meat many things will change. But it's the principle of training our hearts toward compassion. We should let our compassion grow and not kill our compassion. The intention is important.

Health and Nutrition

♥ The Vegan Structure of the Human Body

(Quoted from *The Key of Immediate Enlightenment* Sample Booklet)

Studies of human evolution have shown that our ancestors were Vegan by nature. The structure of the human body is not suited for eating meat. This was demonstrated in an essay in comparative anatomy by Dr. G.S. Huntington of Columbia University, who pointed out that carnivores have short small and large intestines.

Their large intestine is characteristically very straight and smooth. In contrast, vegetarian animals have both a long small intestine and a long large intestine. Because of the low fiber content and high protein density of meat, the intestines do not require a long time to absorb nutrients; thus, the intestines of carnivores are shorter in length than those of vegetarian animals. Humans, like other naturally vegetarian animals, have both long small and large intestines. Together, our intestines are approximately twenty-eight feet (eight and a half meters) in length. The small intestine is folded back on itself many times, and its walls are convoluted, not smooth. Because they are longer than those found in carnivores, the meat we eat stays in our intestines for a longer period of time. Consequently, the meat can putrefy and create toxins. These toxins have been implicated as a cause of colon cancer and they also increase the burden on the liver, which has the function of getting rid of toxins. This can cause cirrhosis and even cancer of the liver.

(For more information, please check the following website: http://www.Godsdirectcontact.org.tw/eng/publication/sample/sample.htm)

♥ Is There Anything Stronger Than an Elephant?

1989.06.18/ Brazil (E)-14

Q: If I stop eating meat, doesn't my body weaken if I don't have conditions for preparing a Vegan meal?

M: No, but you must select a protein-rich diet to replace the missing animal protein. In the English sample booklet, I talk about the Vegan diet and there I tell you what foods you can eat that have enough nutrition. Meat isn't all that good. We all know that already. You see, the hospitals are full of meat-eating people. Vegan people hardly ever go to the hospital. The more civilized we become, the more meat we have and the more hospitals we build.

If you fear that Vegans don't have enough nutrition, look at the elephants. Look at the horses, look at the cows. Is there anything stronger than an elephant? What does

If you fear that Vegans don't have enough nutrition, look at the elephants. Look at the horses, look at the cows. Is there anything stronger than an elephant?

it eat? It doesn't even care about protein. Don't cheat yourself. vegetarianism is very healthy. Even Mohammed Ali, the boxer, eats vegetarian. So don't tell me any tales. If you want to eat meat, then you can eat meat. No one will say anything. Just don't make excuses. Meat is no good. Very filthy! All kinds of bacteria are in it. All kinds of poisons are in it. All kinds of hatred, fear, terrifying feelings, or say, magnetic fields were in the meat of the animal when it was killed and they remain there. When you consume the meat, you consume all these energies with it. It's very heavy energy, so you can't climb back Home.

♥ Up-to-Date Nutrition Theory

1991.03.09/ USA (E)-15

Nowadays, some so-called doctors are still very inclined to the old theory that people need meat to survive. But you can find plenty of books using research from other scientific work, and many other doctors who say that meat protein is harmful, toxic and bad for the body. And they've proven a thousand and one percent of it.

So don't listen to one theory alone and be convinced about it. We don't need a meat-based diet, not at all. No one needs it. Actually, many people are cured of sickness after beginning a Vegan

diet. Is that courageous enough instead of listening to the other theory? We can be hypnotized into believing in one type of theory, convince ourselves of that theory, and then believe that meat is essential to us. But it's not true.

To Save and Make Peace

♥ Spiritual Benefits

1991.05.19/ USA (E)-16

Q: What are some spiritual benefits that we get from being Vegans?

M: I'm glad you asked the question in this manner because it means you only concentrate on, or care about, spiritual benefits. Most people care about health, diet and their figure when they ask about the Vegan diet. The spiritual aspects of a Vegan diet are that it is very clean and nonviolent. "Thou shalt not kill." When God said this to us, Hes didn't say do not kill human beings; Hes said do not kill any beings. Didn't Hes say that Hes made all animals to befriend us, to help us? Did Hes not put the animals in our care? Hes said, "Take care of them, rule over them." When you rule over your subjects, do you kill your subjects and eat them? Then you become a king with no one else around!

"Thou shalt not kill." When God said this to us, Hes didn't say do not kill human beings; Hes said do not kill any beings.

When God said that, we must do it. There's no need to question Hirm. Hes spoke very clearly, but who understands God except God? So now you have to become God in order to understand God. I invite you to be God-like again, to be yourself, to be no one else. To meditate on God doesn't mean you worship God; it means that you become God, you realize that you and God are one. "I and my Father are one," didn't Jesus say so? If He said He and His father are one, we and His father can also be one because we're also children of God.

So now you see that it is very clear in the Bible that we should be vegetarians. For all health reasons we should be Vegans. For all scientific reasons we should be Vegans. For all economic reasons we should be Vegans. For all compassionate reasons we should be Vegans. Also, to save the world, we should be Vegans. It's stated in some research that if people in the West, in America, ate vegetarian only once a week we would be able to save sixteen million starving people every year. So be a hero, be Vegan. For all of these reasons, even if you don't follow me, or don't practice the same method, please be a Vegan for your own sake, for the sake of the world.

Why should I be Vegan? Because the God inside me wants it. Eating meat is against the universal principle of not wanting to be killed. We ourselves don't want to be killed, and we ourselves don't want to be stolen from. Now, if we do that to other people, we're acting against ourselves and that makes us suffer. Everything that you do against others makes you suffer. You can't bite yourself and you shouldn't stab yourself. In the same way you shouldn't kill because that's against the principle of life. It would make us suffer, so we don't do it. It doesn't mean we limit ourselves in any way. It means we expand our life to all kinds of life. Our life won't be limited within this body, but extended to the life of animals and all kinds of beings. That makes us grander, greater, happier and limitless.

♥ A Solution to Hunger

1989.10.13/ USA(E)-17

Yesterday I was on a radio program called "See Beyond", and the lady announcer asked me, "What's the solution for the world's hunger problem today? People think, if there is a God, why should people have to suffer so much from hunger?" And I replied, "In the Bible it prescribes charity. Buddhism also emphasizes charity." This means giving to others what they need. But I also said, "Nowadays, we don't even need to do that." If you have money, you can keep it. If you have property, enjoy it. If everyone in this world didn't eat meat at all and we didn't raise cattle, pigs and chickens, these protein products and all kinds of corn could be distributed freely

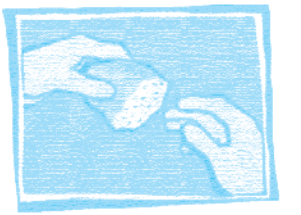
to all the hungry people. That would be enough because we over-use these proteins, soy beans, corn and all these kinds of things – staple foods that are necessary for human beings – in order to feed animals. And we gain only one kilo of beef steak and waste at least hundreds of kilos of staple food, besides all the medical care.

Yesterday some friends gave me a statistic about some research: Half of the antibiotic medicines in the U.S. go to animals. So before we have to give away our property, we can give up meat. If we don't eat meat, no one will kill, no one will raise cattle, and all the food will stay where it is and they can eat it and become healthy and strong. It's good for every nation, and it's good for our nation as well. We waste a lot of money on arms and on raising animals. Most of the arable land is wasted nowadays on raising cattle, pigs, and the like. So if we use these lands to cultivate wholesome, healthy food, I think the nation will benefit more and our nation will have more peace and there will be no need for arms for defense.

There's no need to give away your property; just give up the meat-based diet. That's enough to save the world and to save your own health and the national health.

If every nation lived according to the Bible, according to the Buddhist teachings, "Thou shall not kill, thou shall not steal, et cetera," the world would need no more peace conferences, wasting so much coffee, champagne and cakes on a round table, and going nowhere with it. The more we talk about peace, the more war we have. It's because we go about it in a different manner. If everyone practiced meditation and ate a wholesome diet without any killing involved, the world would have already long been in a peaceful state and we'd have no hunger problem. There's no need to give away your property; just give up the meat-based diet. That's enough to save the world and to save your own health and the national health.

♥ Why Jesus Multiplied the Fish



1993.04.21/ Switzerland(E)-18

Q: In Your opinion, why was it necessary for Jesus to multiply the fish, if You say that we should be vegan?

M: Because the people who went there were not vegetarian. And also, I'll tell you what, maybe He didn't eat fish; maybe it wasn't fish. Most of the time we hear that He broke bread and blessed the figs. But sometimes, like in our vegetarian diet, some people make many things that we call fish or pork, or dried beef, but actually they're

fish or pork, or dried beef, but actually they're all vegetarian. They can even make it look like a chicken or a fish, just to be artistic, or maybe to satisfy their longing for fish and meat.

When you go out to the health food store, you see a lot of vegetarian ham and sausages and paté and all that. Normally we'll say, "Okay, fetch me the Vegan ham." But sometimes we're lazy and say, "Fetch me the ham." So maybe there's a language problem. I don't believe that Jesus ate fish. According to the treasury that was written during the time the Master was alive, it states that He belonged to the Essene lineage, and the Essene lineage was completely vegetarian.

2-3 Milk and Dairy Products

Is It OK to Consume Milk?

Sources of information: Supreme Master Television,
Words of Wisdom, Between Master and Disciples, and Teaching Synopsis

♥ Milk and allergies

Q: My baby granddaughter is allergic to milk.

M: They put too many chemicals into the cows, yes? And that's why the children are allergic.

It's another possibility that it's a sign that we should not use animals anymore, should not abuse animals and squeeze so much milk out of them.

Milk is truly not as nutritious as it might have seemed or we might have been told, since scientists have found that cow's milk for humans is one of the eight top allergens. Small children and adults can have allergic reactions even.

♥ Accelerated bone/calcium loss

Milk products have also been linked to many forms of cancer as well as diseases that can be fatal such as Crohn's disease and listeriosis. And even though people often believe that milk contains a lot of calcium, the digestion of milk often requires more calcium than it contains. So, the calcium is actually removed from the body in order to digest the milk. In fact, countries that consume the most milk are the same ones that have the most osteoporosis and the weakest bones. The condition of fragile bones is more frequent in countries where dairy products are consumed in large quantities.

♥ Plant-based milk is healthier

Vegetarian sources of calcium, on the other hand, are equally plentiful, much more easily absorbed, and healthier for the body.

But even better still is the milk from soya. And mother milk's for the children and for the babies and soya milk for the children onwards. It has all the nutrition that we need, and the protein of the plant-based soya is even best suited to humans' consumption and digestion, more so even than dairy milk.

One quarter cup of sesame seeds, for example, contains more calcium than one cup of milk. And it doesn't even require the calcium from the body to digest. When we drink milk we lose calcium from the body. But when we take sesame we don't lose it.

♥ Torturing cows is inhumane

Most milk production causes suffering, first of all to force the cows to live together in such cramped conditions on factory farms; they cannot even turn around their whole lives, and the babies of the mother cows are taken away at birth. And these baby cows will soon

be killed. Deprived of mother's milk and mother's love, they'll be killed as soon as they're taken away. Then the mother is forcefully hooked up to a machine that can cause excruciating pain along with illness, just so that humans can take her milk.

And they squeeze all the milk out of them, and force them to give more milk with chemicals, with medicine, drugs, and all that; this is inhumane. Some cows give too much milk, so they cannot even walk anymore. They're too weak. You know, their bones are falling apart.

Cows should be able to raise their babies rather than losing the babies when they're born, with the mother painfully hooked up to a machine every day for her milk to be taken away for humans to drink.

Many of the cows in the U.S., their intestines fall down, their stomachs fall down, and they can hardly walk because their bones are so weak from producing too much milk. And that's what I hate about it. I don't like the inhumane way that people treat cows. Also, they put too many chemicals into the body of the cow to make it grow bigger than it's supposed to. The weight is very heavy for the cow, and it can fall and get sick. And if its organs come out of its body, they don't even give anesthesia or anything when they want to stitch it back up. They just do the cheap job; any cowboy or anyone can come and just stitch it up like it's something normal, until she doesn't produce enough anymore, then she will be murdered for meat. I don't like all these inhumane and uncivilized ways of treating animals. That is very, very cruel, very inhumane. That's abuse beyond imagination. I don't think we should survive at the cost of anyone else's suffering, even the suffering of cows.

♥ Questions and answers on the nomadic Mongolian way of living

Q: The sustainability of life and the source of income is dependent on nomadic livestock breeding in Mongolia. We have five kinds of livestock who consume over 420 kinds of species of vegetation. From these animals, we get milk that we revere very much. We make sure that the young of the animals are first allowed to be fed on their mother's milk before we milk the animal with our own hands. Then we use the milk to create all kinds of dairy products, which we use as a substitute for meat. What should we take into account if we continue the use dairy products?

M: I do understand that and I do respect the way of life that the Mongolians practice.

But even better still is the milk from soya. And the mother's milk is for the children and for the babies and soya milk for the children onwards. It has all the nutrition that we need.

There was a research study stating that humans lose their ability to digest lactose by the time we're four years old, which causes a problem in absorbing milk protein after that time. So, furthermore, humans are the only beings that drink the milk of another being. So, you can switch from cow's milk as well as animal-based industries that use goats, and instead plant -- we can plant organic fruit and vegetables.

In your country, Mongolia, 45% of your livestock is goats, and the goats are the ones who destroy the pasture the most because they also eat the roots of the plants. And even if we treat the animals very kindly, the way the Mongolians do, it is still better for us to follow an animal-free diet. It is good that we sacrifice even dairy products to protect our planet for our children.

PHYSICALLY

What You Eat Affects Your Meditation, Mood, Personality and Value of Life

1997.07.05/ USA (E)-19

Be careful about what you eat so that you don't contaminate yourself, and make the cells and the brain confused. This will consequently hinder your spiritual progress.

It's not that God cares about what we eat, but if we poison our systems with intoxicating things or impure foods such as meat or animal products, the cells of the body and brain will also become contaminated and confused. And thus we won't be able to think clearly or sit calmly to find the source of happiness and wisdom.

We have to sit calmly. In both our sitting and daily activities, we must practice to be calmer and to focus more inwardly so that we can contact the real source of our Godlike quality. From there, we can take care of every daily problem and pain and make life happier.

If we confuse our cells, brain, blood and sentimental condition, we will also be confused. Then we can't think straight anymore. When we sit in meditation, we'll become very restless and agitated. Even if we sit well in meditation, our vision will be clouded with negative influences from the poisonous things that we've taken into our body.

So it's not that God cares what we eat or I care what you eat, or that if you eat a little meat you go straight to hell. It's not true. It's just that if we want to be Godlike, we must take care that everything we do and everything we eat is pure so that we'll also become pure.

I also don't care what you eat, but whatever you eat will affect your meditation, spiritual practice, mood, temperament, personality and your thinking about the value of life. Everything hangs on that. As long as we are in the material world, every material thing affects us; that's why we must be careful to eat pure food – food that has less karmic burden and less suffering – for our own sake.

The Magical Power of Love

2000.05.10/ Korea (E)-20

If you love your vegetables, they grow. Really, you must love them.

♥ Love Turns Plants from Withered to Healthy

M: If you love your vegetables, they grow. Really, you must love them. There's a true story about a farmer in Scotland who loved his potatoes

so much that his potatoes grew very big. It was in the newspaper. That's exciting, better than cheap cheating and quick profits. If you really put your heart into doing it and if you really love it, your plants will grow very big.

In Miaoli, I gave each resident a piece of land to grow different things. For those who loved to grow vegetables and plants, everything grew perfectly. But for the other ones, who didn't care and just threw them there and planted them, who did it just because Master said they had to plant something, who planted them cheaply and quickly, and felt there was no need to take care of them, all the caterpillars came and ate them. For the other people who grew their plants with love, the plants grew very fast and had a lot of fruit.

I'll tell you about my experience. When I was in America, in New York, I didn't have money; I lived in a temple. When I first went there, there was a little plant about this big (Master estimates size of plant with Her hands). They told me it had been there for five years, and I couldn't believe it! Five years, and it was only that big, and yellow here, brown there, and very small. The stem was very small like the stem of this flower (Master points to flower). And I said, "Oh, five years; it must be a very funny plant that doesn't grow."

So, I just watered it. And sometimes whatever was left over, tea or whatever, I gave him to drink. Sometimes when I drank tea, he got half or whatever was left over. And he grew, and grew, and grew: My God, he became very big! The stem grew so big that I had to sleep outside in the next room.

So the abbot of the temple asked me, "What kind of fertilizer did you buy?" and I said, "What do you mean, what kind of fertilizer? I don't even have money; you don't give me any. How can I buy anything here?"

I didn't have any pocket money at that time. I just worked for free in the temple. I didn't care so he knew. And even later when he talked about it to his disciples, the disciples came and told me. Otherwise how would they have known? Because they weren't in New York when the abbot had asked me about the plants, and they said, "When master talked about you, he said you have too much love and all the plants grow so fast and so big." Yes, when you have love, things grow, too.

♥ Food Devoid of Love Leads to Discontentment

M: So maybe that's a better alternative than the genetically modified method. Nevertheless, we don't mean to criticize them. They've tried;

they've been excited over the possibility of ending world hunger, or getting more profits. Maybe in the beginning they meant well, and later on the business people manipulated it, monopolized it and made it become something else. From there, they took it a step further and injected animal stuff, just to experiment and make more profits. So it's ended up that the process has become devoid of love. And that's why people protest against it. Because when they eat it, they don't feel good. They don't feel love; they don't feel contented.

With a lot of the food I eat, I don't feel good. And with some food I just eat one serving; I don't want to eat another one. Most of the food that I eat nowadays is without any taste at all and I keep wondering why. Just now and again, very rarely, do I eat a very tasty meal, and I say, "This is how food should taste." Actually, it looks the same but most food I can't eat at all. It looks so good; it's prepared with everything, but lately, in the last few years, I haven't been truly enjoying food. Only now and again, rarely; I don't know why. It's not because I'm not hungry! Sometimes I don't eat anything all day long, and the first meal I eat still tastes like garbage, like nothing; it tastes unattractive, not appetizing at all. I just pick here and there, and that's it. It's almost like I'm eating nothing, even though it looks like a lot. And even if I eat a lot, I don't feel satisfied. I just feel full and bloated and lousy.

D1: I know someone who works in a restaurant, and they commented recently that they don't know why, but for the last few years or so everyone has been asking for aspirins. Everyone's been having headaches all the time, the people she works with. That could be.

M: That's because sometimes the effect of love-devoid food is not physical; it's not very obvious. You might think you have a headache or you might think you have dizziness, or you feel like vomiting, but it might be from somewhere. They might think it's from pollution, or they might say, "I'm overworked, and I don't sleep enough," or from many things we do. Because the headaches people often have, they don't think about.

D2: Some of our brothers and sisters who have switched to organic food feel a lot better.

M: I believe you.

D2: They even meditate better. I can feel the difference if I eat very pure food; I can sit still more easily. Sometimes I feel agitated when I eat food that's not very good for me.

M: It's true. That I can confirm with you. Many times, when I go on an airplane, I can't eat anything. Even though sometimes I try, I can't eat;

I don't feel like eating. It's so empty. The food looks like food, but it's not. So I just sleep or meditate through the flight, or just don't eat anything.

Or sometimes you go into a restaurant and the food looks so good, and everything is so impressive: the waiter is so polite, first class, but still you don't feel like you've eaten anything. You don't feel like eating a lot, and even if you eat a lot, you don't feel it's worth the effort to chew it.

If some people in the kitchen love their job, do it devotedly and with love, to offer things to people, the food tastes better.

It's the same in our kitchen. If some people in the kitchen love their job, do it devotedly and with love, to offer things to people, the food tastes better. So sometimes, when the same person cooks but he or she is in a different mood, I also feel differently. Even though I'm hungry, I can't eat the food. And sometimes I am not hungry at all, but the food is very good, and then I begin to feel like I have a better appetite and I eat more.

But it's rare that I can have a nice meal nowadays. No matter how good it looks and how well it's prepared, seldom can I truly say I have enjoyed a meal. Once every month, maybe; it depends on my luck. It has nothing to do with my hunger. Sometimes, I'm very hungry, but it still doesn't taste good.

♥ Fresh Taste Comes from Organic Cultivation + Love

D2: I think it's also important to have things that are very fresh. I've learned that if, for example, flour is just ground it's much more nutritious even if you just keep it for a few hours.

M: Yes, it's true. In India, for example, when I tasted chapatis (Indian flat bread) there, they tasted better than here because they had ground the flour with a stone mortar. They do it every day, or maybe every couple of days; they don't do it in big lots. They do it at home in just a small quantity, enough for one or two days, or one or two meals, and it tastes like Heaven. Also, in Italy, for example, I ate spaghetti there, and it tastes different than what I've eaten here in pizza restaurants. Rarely can you find good spaghetti. That's the difference.

In Singapore, I had one favorite restaurant. Sometimes I went there to eat pizza, and sometimes I could eat two or three pizzas, the thin type, called "margarita(vegan)." They're very thin and small, but they're very nice. I don't know why they have the same look as the ones in other restaurants, but in other places they don't taste as good. So I asked them, "What do you do with your pizza? How do you make it?" And the cook said, "Oh, we don't have this pizza today." I said, "Why is that?" and he said, "Because the flour didn't come yet." They

imported the flour from Italy, the kind that's good. That place is good, and that's why the quality is always the same. It's not just like anything else. Maybe in that region they grow organic flour, or it's especially good in that region so they keep shipping it in. And if they don't have the flour, they don't make that margarita (vegan) pizza. That's how I found out that it had to be different.

When I was in Germany and was married, my ex-husband and I grew tomatoes. And the tomatoes were just crawling on the ground because there were so many of them that they had to crawl on the ground. They couldn't stand up anymore. We gave the plants a lot of 'legs' but the tomatoes were still crawling there. There was so much fruit, and it tasted so good!

And when I was younger, as a kid, I also grew vegetables for fun. I grew tomatoes, and they also tasted very good. I can hardly find such tasty tomatoes anymore. Even though, now, they grow them bigger than my tomatoes, they don't taste as good; there's no fragrance. Some tomatoes taste just like water. There's something in the tomato that makes you like it so much. It could be the organic methods and the love that you put into it. So you should be careful about what you eat because it also affects your meditation, according to our experience.

Vitamin "Faith"

Country Herb Salad

1995.12.23/ Formosa (E)-21

There are weeds in the garden such as dandelions that actually taste very nice. The tender leaves of dandelions are very, very good in salads. When I was still in Germany, I used to go for walks in the countryside with a basket. When I came back, the basket was full of weeds, wild plants like dandelions or something else, maybe what Milarepa used to eat – nettles. The leaves of nettles are very prickly if you touch them, but you can eat the central part of the plant and many other plants in the countryside. Then I made a beautiful, fresh, nourishing salad.

1996.07.10/ Cambodia (E)-4

You can also take vitamins if you believe in them because faith is also in the medicine. If you believe vitamins are good for you, of course your faith is invested in the vitamin pills and when you take them, they're good for you. Of course, vitamins can help supply some missing elements because sometimes we don't get enough nutrition or we get too much of one kind and not enough of the others.

Actually, if we're active, we're strong and our mind is healthy, it can convert any kind of food into a healthy diet and make us healthy, but stay away from the poisons – alcohol, cigarettes and drugs.

Drugs, I mean the opiate kind, marijuana and things like that. These are poisons for you, and they're expensive. You're stupid paying so much money for poison. Whiskey isn't cheap! Anything alcoholic isn't cheap.

Drink fruit juice, drink water, mineral water or tap water if it's clean enough, if it's drinkable. These beverages are good for you.

Eat wholesome foods. Eat fruit, vegetables, tofu, and vegetable protein. All of these foods are very good and prolong your life. Eat nuts (Master and audience laugh), which are good for us "nut-cases." Actually, to the world we're crazy, you know? So if we're already seen as crazy, there's nothing else to worry about.

Like olive oil, anything natural is good for you so don't spare your body the nutrition it needs. But don't overeat because that will also make you feel very bad and sleepy. Even if the food is good, eat only as much as your body needs. If it's too much, the body can't digest it and a lot of it is wasted outside.

The Tonic for Spirit and Mind

The body is nourished not only by food but also by spiritual grace.

♥ Nourished by Spiritual Grace

1999.05.20/ Greece (E)-22

The body is nourished not only by food but also by spiritual grace. Otherwise, why is it that a person who dies can't move anymore, can't talk anymore and can't think anymore? His whole body, the brain, everything is intact so why is he motionless? In a person who's dead, the soul, his divine Self, has left this physical instrument and has gone elsewhere. So that divine Self, that true Person, must be fed and taken care of in order for this body meanwhile also to function perfectly.

If we practice spiritual meditation or contemplation, true spiritual prayer, it means we also take care of the body – we water the plant from the roots and not from the leaves. That's the principle of the universe: "Seek ye first the kingdom of God, and all these things shall be added unto you." [Matthew 6:33, KJV] Lo, the kingdom of God is not far; "the kingdom of God is at hand." [Mark 1:15, KJV] It's very near, within you, and it's there every second. If the kingdom of God is at hand, we can see it. I can assure you that we can.

♥ A Great Being's Magnetic Field, Virtue and Love

1990.02.18/ Formosa (C)-23

Good spiritual practitioners carry blessing power wherever they go. Fully charged with their magnetic fields and loaded with merits, they enhance the vibrations of things they touch and the ground they walk on. Sometimes, people enjoy being near these practitioners, seeking a touch, taking a look, or just offering them food, and they're changed from within.

The soy milk or tonic we drink and sometimes even the mineral water that contains many minerals doesn't appear nourishing. Our naked eye can't discern any minerals in the mineral water. It seems no different than ordinary water when it's actually very nourishing. While physical substances contain physical nutrition, speech of a higher level or spiritual nature carries spiritual blessings, too. Tangible things have tangible power that ensures our physical well-being, but intangible things have intangible power that nourishes our invisible body, our soul and keeps us mentally healthy.

The physical things in this world contain only physical nutrition. But as human beings, we're more than just this body. We have a spiritual nature as well. Our thinking comes from this invisible spirit, whose existence can't be denied. We may say, "Today I'm in high spirits or in low spirits" or "I'm spiritually drained." Everyone knows that the spirit exists, but no one can describe it or pinpoint its whereabouts.

Likewise, we can't say that spiritual practitioners have no blessing power. We know that they do, which is why we feel very comfortable when we sometimes come near highly spiritual and ethical people. If we haven't been in their proximity for a long period of time, we miss them very much. They're the invisible food that nourishes our invisible spiritual body.

It's like watering plants. If we water their roots, they feel comfortable, turn lush green, flourish and bear many flowers and fruits. This is because water contains many nutrients. Similarly, if we nourish our spiritual body with the invisible water, it too will grow big and strong, relax and blossom.

Water from the Ganges River is definitely blessed, and these blessings become attached to physical things. For instance, when we water a plant, water permeates its roots and is transported to the cells of every little leaf. The plant is nourished by the nutritious water. Similarly, the spiritual tonic can be absorbed by the cells of any physical body in its proximity. The more tonic the body absorbs, the stronger and better it becomes and the more internal changes occur within it. As long as we water and fertilize a small plant, it will absorb everything and grow stronger, taller, more beautiful and different.

So will our spiritual body. When we come

close to such spiritual nutrition as the magnetic field, morality, and love of great practitioners, our spiritual bodies flourish and feel comfortable. This is unlike physical comfort for our physical bodies look the same, while our spiritual bodies feel comfortable and relaxed because we've consumed spiritual food. So a single spiritual practitioner can benefit many people.

Prayer and Offerings Produce Supreme Benefits

♥ The Bhagavad Gita : Offer Everything to God

1993.11.25/ USA (E)-24

Surely, if we don't have spiritual food, it doesn't matter what we eat; it will never satisfy us mentally and physically. So we keep getting hungrier and hungrier, again and again, and even if we eat a lot of nice food and vitamins we still get sick and sometimes experience distress and indigestion.

In the Bhagavad Gita it's mentioned that food that's prepared by offering it to God first and then eaten should be very nutritious and full of blessing for us. If, however, we

prepare food just for personal satisfaction, then we truly make a mistake. And that will give us a lot of dissatisfaction and sometimes trouble, indigestion and other problems.

Actually, in the Bhagavad Gita it states it more strongly than this, like, "You eat in sin if you don't offer your food first to God." So it's not me who speaks like that; it's Krishna. (Master laughs and everyone applauds.) Now, it's the same for everything, not only food.

Do all of you know the Bhagavad Gita? It's a book of wisdom from ancient India that's about five thousand years old and was spoken by Krishna, the Supreme Master of that time.

So the Bhagavad Gita is the record of the teachings of the Master, Krishna. You can find much wisdom and guidance in this book. I still look at it from time to time because it's very beautiful, concentrated and wise. Sometimes you get solace and calmness by reading that book. If you truly understand and digest it, it's a wonderful masterpiece of wisdom. Many of the masters of the past had connections with Indian law so we can't mention India without speaking of the Bhagavad Gita. Even the great yogi of Tibet Milarepa's possessions consisted of a pot and a copy of the Bhagavad Gita.

In that book it's mentioned that not only should we first prepare food in the spirit of offering to God before we take it, but also everything else we

In the Bhagavad Gita it's mentioned that food that's prepared by offering it to God first and then eaten should be very nutritious and full of blessing for us.

do in life must be an offering, must be a sacrifice to the Supreme Spirit. In that case we'll never reap any bad or any good results from it because both bad and good results bind us to the material world.

♥ Taking Meals While Traveling — Pray Diligently Before You Eat

1996.07.10/ Cambodia (E)-4

If possible, just eat at home; cook for yourself. Cook for your husband and children. Now and again, of course, if you want to enjoy yourself you can go out to eat. That's all right, but pray a lot before you eat. Repeat the Five Names a lot, cleanse the food with Light and whatever power you can get from anywhere, from the Ten Directions, then eat it and believe that it's clean and wholesome. That's your only choice. Even if you don't believe it, try to do it.

What's the use of not believing in the food? Even if the food is bad, will it help you to believe it's bad? No, it won't. So you might just as well believe positively that it's good, that it's been cleansed by the Buddha power.

Then it is because there's nothing that the power of the Buddha can't do, nothing that God can't do for you. Hes can make poison become nectar so if you have to go out and eat, try to believe this. It probably won't help you every time but it helps a lot of times, depending on your karma and your faith.

There's nothing that the power of the Buddha can't do, nothing that God can't do for you.

2-5 Helpful Tips

Avoid Talking When You Eat

1995.12.23/ Formosa (E)-25

During a meal it's better not to talk because if you talk, you don't chew properly. I'm talking about materially, not to mention spiritually. Also, sometimes when you talk, you swallow [your food down] the wrong channel. Instead of going to your stomach, it goes into your lungs or your nose and causes you trouble. Sometimes you can die from it! So since ancient times people have said that when you eat, you shouldn't talk.

That's the logical explanation but there's another explanation, which is that most of the time the devil goes through the mouth because it's the widest opening of all and we keep it open most of the time. If there's anything that wants to possess

us, it can enter through the mouth very quickly. So when we eat and open the mouth and talk all the time, the devil will hear it and then go inside with the food. Or it will contaminate our food and make it indigestible for us or make it poisonous or make it do something troublesome when it enters our body.

Sometimes we have an infectious disease and we don't even know it yet. It may have entered but hasn't developed yet in our body so we don't know we have it. If we eat together and talk, we breathe all kinds of germs into the food, and then both people have to inhale and eat the food that's infected by our germs.

So while eating, it's better if we don't talk. If we have to talk, it's better not to talk directly into the food. It's not like you have to crawl on top of the table and talk to each other! Because then, of course, your mouth water and breathing will cause all the germs to go in through the food as well. Maybe we don't see them but they're there.

Home Remedies

♥ A Simple Cure for Diarrhea

2000.05.12/ Korea (E)-26

I remember I have a home remedy. Toast with black pepper and concentrated soy sauce can cure diarrhea. Add black pepper according to taste. Either black or white pepper powder is okay.

Cook it in soy sauce until it becomes thick like a paste, like a spread. And then, spread it on the toast or dip the toast in the paste, and eat it. This stops diarrhea immediately.

When you burn the toast black or very, very brown, it becomes like carbon and absorbs the poison. When you cook the soy sauce until it becomes concentrated, it becomes a paste. You put some black pepper powder in it and it warms the stomach inside, because when you have diarrhea, your stomach is cold. The black pepper also has a disinfecting quality. So I just eat the toast with that, and then, top it with congee, that is, rice soup, and the diarrhea stops immediately. Or you can drink some ginger tea, that is, ginger powder in water. All these combinations will certainly cure diarrhea immediately.

♥ To Relieve Pain Use Warm Water and Massage with Sesame Oil

– A natural treatment suggested during the retreat at

Youngdong Center

1998.05.10/ Korea (E)-27

I wanted to tell you that for people who have pain in any part of the body, please don't ever wash with cold water, not even for one second. Even if you wash your hands or face, the cold water still remains somewhat in your skin. Then it sinks inside the bones and makes the pain terribly worse, unbearable. When washing your hands, please try to use warm water. Even those who don't have pain in their joints or muscles yet, try not to use cold water, just wash with warm water all the time.

For those who have pain, even in warm climates, try to wash with warm or lukewarm water, not cold, and never ice-cold water. Like this, you aggravate your painful condition. If you have pain, and you don't have any hot massage oil in your house, you can use sesame oil. The sesame oil that's used for cooking in the kitchen is a very good remedy for you.

♥ If Your Ears Are Warm Your Whole Body Feels Better

Master lovingly recommends that if we use a mobile phone we should use an earpiece. If we use a land-line phone we should use the type that has a cord connecting the earpiece to the main body of the phone. And if we use a cordless home phone or any type of portable phone we should use an earpiece with it.

—A loving reminder given at a wintertime retreat at the

Florida Center

2001.12.27/ USA (E)-28

Buy a hat to cover your ears because the ears are very important. If your ears are warm, the whole body is better. Sometimes I have headaches because my ears are cold. If you have long hair, it's better.

If it's too cold, bring two sleeping bags: one to sleep in and one to cover outside because sleeping bags are very insulated and insulation is good, so buy a good one.

Or sometimes a simple one also helps because the cover of the sleeping bag is meant for insulation. So if it's very hot, you can put your sleeping bag on top of your tent and open the window. Just leave the screen door open. When you sleep inside, at midday it's still very cool. And if it's very cold, you can spread your sleeping bag over the top of your tent to make it more insulated. It's much better. And cover your ears with that Loving Hat (Master's loving design for practitioners), and cover yourself with a blanket. You can also cover your head like this (Master pulls a sleeping bag over Her head), and then sleep inside a sleeping bag. This makes a big, big difference. And wrap another blanket like this inside your sleeping bag, on top of your body. That also makes a big difference. I just cover with this a little

Loving Hat

bit and I feel complete, immediate relief for the ears and it feels very warm.

It really makes a big difference when you cover your ears. The women can put their hair down and still cover their ears; the men can cover them with a hat because this is where you feel a headache. And sometimes the cold wind goes through your ears. Your ears are very sensitive inside and they have a lot of nerves connected with the whole body and head. So if your ears get too cold it gives you a headache and you have a cold and flu and everything like that. So it's better to keep your ears warm.

Home Hygiene

♥ Effective Ways to Prevent Mosquito Bites– Mosquito Nets and Window Screens

1996.02.11/ Formosa (C)-29

The insect that kills the greatest number of human beings is the mosquito; it kills millions of adults and children each year. The number of human beings killed by mosquitoes far exceeds that of any wars, natural disasters or assassinations. This tiny but extremely vicious demon kills at least four million people every year! Many more people get all kinds of strange diseases because they're infected by mosquitoes.

So we have to protect ourselves because there are more mosquitoes in the world than we could ever kill! We could not kill them all even if we wanted to so don't be "silly" ("kill" and "silly" in Chinese have a similar pronunciation). We should just endeavor to protect ourselves. Cover your children with mosquito nets when they sleep, just like you would cover a wok (Master and everyone laugh) and let them sleep inside. You can do the same for the bigger kids as well – it's convenient.

You don't have to kill the mosquitoes; just use mosquito nets and window screens! When buying window screens, choose those made of a fine mesh to prevent the tiniest mosquitoes from entering. There's a type of screen made of very fine mesh that can stop mosquitoes while still maintaining ventilation. What's the use if the mesh holes are too big? At night, mosquitoes can see very clearly from outside the mesh just like looking through binoculars. So in they go. They say, "Since the door is open, I'll just go in easily."

Even when you've installed window screens, don't switch on the lights too early. Try to see things with your naked eyes or use a flashlight, and switch on the lights later in the evening when the mosquitoes have gone to sleep.

About five to seven in the evening is dinner time for mosquitoes (laughter) so there are plenty

of them around. They disappear at about nine to ten! If possible, don't switch on the lights when they come out to eat. Switch on the outdoor lights instead of the indoor ones so even if there are some mosquitoes inside, they'll go for the light outside. Should you switch on the lights indoors, mosquitoes will come in even if there were originally none inside!

♥ Safe and Effective Insect Repellent

2001.06.23/ USA (E)-30

You should clean your house thoroughly with a 50/50 blend of water and vinegar. This will disinfect and deodorize everything, and neutralize all the odors that attract insects. Clean whatever is infested, put it in the sun, shake it out and clean it every day or as often as possible with 50% vinegar and 50% water. You should use more vinegar, if possible, if you can bear its smell. And you have to spray your window frames and door frames with an insect repellent, a harmless one, outside your house. Then the insects won't come in later. Otherwise, they will keep coming in all the time. You should spray these areas once a week or every once in a while, and then they won't come in. And you must keep yourself washed and clean and hygienic. Then they won't have the grounds to breed in your house.

♥ An Effective and Safe Disinfectant for All Sentient Beings — Water and Vinegar

2006.01.02/ U.K. (E)-31

Vinegar dispels all the smell, and they [insects] are only attracted to smell.

I have some vinegar spray, just for washing hands for my dogs. And I take a bottle of half-water, half-vinegar with me all the time. Sometimes in the restaurant, I use it to wash my hands; spray it on my hands and then wipe it, and spray on the public utensils, to disinfect them. And wipe it off, and then it's clean. You know, like a dry-cleaning system: "Zzzt…!" It helps, and there are no chemicals. Vinegar is harmless; you could eat it, so it doesn't matter.

And sometimes, you can spray around your window and so on. Or you spray some insect repellent, the non-toxic kind, around the window so insects don't come through. Even mosquitoes stay away. The small insects stay away from your screen. But if you don't have that, then you spray vinegar. It also helps because vinegar dispels all the smell, and they're only attracted to smell. So instead of perfume, maybe you spray some vinegar, and then the mosquitoes won't know if you're a lettuce or a hot-blooded blonde. Maybe they think you're a cabbage or a salad! (Laughter)

If you have dogs, clean them with vinegar

Florida, USA, 1999

water only. And if you have dogs or cats or pets in the house, clean your house only with vinegar and water mixed. Now and again, if you really want it clean and you don't feel sure, then clean with whatever you have to. But afterwards, you have to clean with water throughout so that no more chemical residues are left in the house because you could kill your dogs or cats that way. Not killed immediately, but it would make them suffer for many years. They cannot bear it. If you can hear your dog, they will tell you.

So vinegar water, that's all we want. Half-vinegar, half-water, to clean: Clean the dog's body when you want to let them in the house. Clean the paws and everything with vinegar-water and a vinegar wet towel. And then after that, around the eyes, you have to clean quickly with water so it doesn't smart their eyes. In the sensitive areas that have revealed or sensitive skin, then you have to clean it back with water immediately afterward so it takes away the sting. That's the best! If you really cannot get vinegar on hand, you can use a baby wipe. But then wipe with water immediately after, so there are no more residues of the chemical, whatever it is.

3 Healing without Medicine— Understanding Illness and Self-healing

"Even if you find cures for these diseases, another disease will breed itself out. Only when human beings realize that they should surrender to God, to the Almighty Power that's within us, only when humans realize that in them there's a great power to heal all diseases, and that they should rely on this power alone will all diseases cease. All these things are warnings to tell us that we should return to God..."

3-1 Realizing the Nature of Becoming Ill

Illnesses Arise from Our Thoughts

1988.10.13/ Formosa (C)-32

♥ The Coalescence and Eruption of Vicious Thoughts

There are many worlds and many levels in the universe. Our world is called the physical world, where everything can be seen, grabbed, touched or obtained. There are other worlds that are created by the mind, the nearest one being the astral world. Most of the time, our thoughts are low-level and ferocious or good by so-called worldly standards. These thoughts fly to a place nearby, the astral world, which we call the atmosphere.

Sometimes we contract a disease or an infection, or disasters, war or catastrophes befall us, all of which are created by the ferocious thoughts of earthly people. So we shouldn't complain, "I'm such a good person and have performed good deeds since childhood. How could I get such an incurable disease?" Or, "My country is so good. People believe in God and worship everywhere. Why does disaster strike us?" No matter what happens, there's a reason for it. We earthly people or our countrymen once had or now have bad thoughts.

Even though bad thoughts arise for only a short while and aren't put into action, the thought-energy exists, and this energy seems to have its own knowledge and intelligence, which we call elements. But thoughts have no souls and, therefore, no God power. Knowledge is comparable to a computer, which has no soul but can calculate through the use of logic.

However, ferocious and wrong thoughts are more powerful than a computer. We can destroy a computer but it's difficult to erase a ferocious thought. No matter how much time has passed, these thoughts continue to exist, coalesced with thoughts of similar magnetic fields, and sooner or later, they find an opportunity to explode and release their energy.

If we stop using a computer or if we've used it for too long, it breaks down by itself or crashes at the push of a button, and all its recorded materials naturally disappear. But there's no way to erase vicious thoughts. They don't disappear by themselves. Once they come into existence, they continue to exist and develop into an atmosphere surrounding us, our Earth, our country, villages and cities. Then they turn into diseases, disasters or wars.

♥ "Like Attracts Like" Leads to Illness

What is disease? It's the atmosphere looking for similar thoughts and then entering their magnetic fields. This is what we call "like attracts like."

The atmosphere waits until you have certain thoughts, or looks for those who often have similar thoughts and enters their magnetic fields as there's a gate. It's very easy for two thoughts of the same kind to mix together, penetrate our magnetic field, our brain, our nerves, and destroy our resistance. Then we get cancer, suffer neurological problems, or contract some disease that no one has ever heard of.

It's highly possible that those with vicious thoughts generated bad auras in their past lives, and have thus come back to absorb the bad atmosphere they generated previously. So we should blame no one. We created everything; however, we can avoid these things. For example, if we keep our body, speech and thoughts clean and pure twenty-four hours a day, bad auras can't enter us. Things of different natures can't absorb each other. When something different enters, it gets alienated, just like oil and water don't mix.

What is disease? It's the atmosphere looking for similar thoughts and then entering their magnetic fields. This is what we call "like attracts like."

Poke a Hole in It and Illnesses Invade the Body's Layer of Protective Energy

1986.08.26/ Formosa (C)-35

♥ Becoming Ill Is Like First Poking a Hole in the Body's Outer Layer

All illnesses stem from our minds. Originally the so-called "I" didn't exist so the concept of "I'm ill" didn't exist either. When an illness begins, if we should have a firm attitude about rejecting it and not allow the concept of "I'm ill" to come into being, then the illness will go away immediately.

However, you're all too weak. You often feel, "Oh! I have a pain here. I have discomfort there." Frequently, having these thoughts is like pushing a door open. The door is open only a little bit in the beginning; however, since you keep thinking about "becoming ill," the slightly opened door is pushed wide open by the power of your negative thinking. As soon as the door is wide open, the illness quickly invades your body.

If you always have a clear consciousness at every moment, and don't allow any bad things to come in, then nothing can invade you.

Getting sick is like digging a hole in our outside layer first. Originally, there's a layer of protective

If the layer of protective energy remains intact, illness can't get in.

energy covering our bodies. It guards us against the invasive negative power outside. When we get sick, it's just like having a hole poked in the layer of protective energy so that illness can directly enter our bodies through the hole. That's how we get sick. If the layer of protective energy remains intact, illness can't get in.

Spiritual practitioners are generally healthy so they don't get sick; whereas, non-practitioners are easily disturbed by outside influences, and that's equivalent to opening the door first, and inviting illnesses to come in.

If we keep calm, a disastrous atmosphere can be resolved naturally. Our "fixed karma" can be changed in this way, just like light can dispel darkness.

Some people believe in fortune tellers' predictions; like on such-and-such a date they will get such-and-such illness, or have such-and-such an accident or disaster. Then they have fearful thoughts in their minds. As soon as they have fearful thoughts, it's like opening a small door in their bodies, and then all kinds of bad things can come in naturally.

If a practitioner has a pure spirit and concentrated mind, the protective layer of energy around his body is like a diamond shield, and it can't be penetrated by any illness. Even if we really have an illness, we shouldn't let it perplex us. When we know that we're ill, we should practice even more diligently, and use our power to drive the illness away. This body is our house, and we're the owners. Without the invitation of the owner, how can anyone come in? If you can drive it away with a firm attitude, no illness will stay. Even if it's the invasion of a small cold, a sensitive person can feel it at a very early stage. However, those who don't practice and aren't sensitive aren't aware of such things.

♥ Maintain a Clear Consciousness to Sense the Invasion of Illnesses

If we want to sense the invasion of illnesses, we have to keep an absolutely clear consciousness, and let our bodies stay in a highly alert state. Once we feel the invasion of an illness, we should immediately meditate, recite the Holy Names and firmly tell ourselves, "I don't want the illness. Illness isn't the Truth. I don't want anything that's forced on me. I only want the Truth." Then the illness will go away. Those who have practiced for a long time and have strong minds can eliminate an illness in one or two seconds. Those who don't practice don't have this will power, and so they don't believe that they have healing power.

In fact, our bodies naturally have a resistance to illness and can heal themselves. Many doctors tell their patients, "These medicines are for you, but you should mainly rely on yourself to cure the illness." It's because we're great beings, and there's nothing we can't do. However, the amount that you can do depends on how much you believe. In other words, this latent and limitless power can appear differently based on the extent to which each person applies it.

We Quan Yin practitioners are more powerful than others, and this includes the power that we use to drive illnesses away. If you get ill, it's because you want to be ill. Your mind may not want it, but your body does. So we should educate our actions, speech and thoughts. If certain parts of our bodies like to be ill, we should gradually teach them with the correct concepts like we teach children. If they don't understand, we can give them some medicine and tell them, "Okay, you're safe now." When we truly let our bodies give up the illness, they'll recover.

However, people normally do the opposite. They try to look after their bodies in every way, but ignore their spiritual practice. That's why I teach you to keep your actions, speech and thoughts clean. If your thoughts are clean but your body isn't, you'll be in the situation that your mind is perfect, but your body is still vulnerable and can become ill.

So we should use our minds to teach our bodies. We should teach them that there actually isn't a so-called "I" who can get ill, to let them truly give up everything, including the idea of "getting ill" and then they won't get sick.

Illness is actually not karma. The real karma is our ignorance. Because of ignorance, we have dark, impure souls. If our souls are purified, there's neither God nor Maya, not to mention illness. Originally, we didn't have illness. So in the Heart Sutra it's stated, "All dharmas amount to emptiness. They neither arise nor cease, are neither tainted nor pure, and neither increase nor decrease. Hence in emptiness, there are no forms, no feelings, no perceptions, no mental formations, and there is no consciousness; there are no eyes, no ears, no nose, no tongue, no body, no mind; there's no vision, no hearing, no sense of smell, no sense of taste, no sense of touch."

If there's nothing, how can we become ill? It's because we cling to our bodies that we have so much trouble. We should do more Quan Yin and meditate more, and then we won't have any trouble.

In fact, our bodies naturally have a resistance to illness and can heal themselves.

The Realization of Getting Sick

♥ Becoming Ill Is Our Own Choice

1993.04.21/ Swiss (E)-18

Q: You mention that everything painful that happens to us is caused by our own choice. What about illness?

M: It's also our own choice. Because we choose to live an ephemeral life, we forget the eternal life aspect in ourselves. But even if it's not true, our body is just from the material of this world. It's just like a car; sometimes it gets damaged and goes out of order. So being sick is no big deal.

♥ The Great Power to Heal All Diseases

1993.04.14/ USA (E)-36

Our body is just from the material of this world. It's just like a car; sometimes it gets damaged and goes out of order. So being sick is no big deal.

Q: What's the purpose of epidemic diseases such as malaria, AIDS, et cetera? Are humans interfering with the natural process by trying to find cures for these diseases?

M: Even if you find cures for these diseases, another disease will breed itself out. Only when human beings realize that they should surrender to God, to the Almighty Power that's within us, only when humans realize that in them there's a great power to heal all diseases, and that they should rely on this power alone will all diseases cease. All these things are warnings to tell us that we should return to God.

♥ Inheritance and the Law of Retribution

1989.10.28/ USA (E)-37

Q: We know there are diseases that are inherited. How is this explained by the law of retribution?

M: The people who inherit these diseases were connected with each other in previous lives through common goals, common deeds and togetherness. They were together doing something, together thinking something, and so they inherit something together. Because of their passion for each other, they also stick together, come back as sons and daughters and inherit their past fruits. It happens through their love and attachment for each other; and also from the past lives in which they've done things together, the same things that bear the same fruit. Everything is due to karma; there are no exceptions.

♥ Endure and Lubricate Illnesses by Being Enlightened

1993.04.10/ USA (E)-38

Q: Are pain and illness always the result of present karma? If so, how do we clean them out?

M: We can clean them out by enduring them because it's already too late to reverse the wheel of karma. But we can minimize them, lubricate them by being enlightened, by meditating on the perfection of the Father every day through the guidance of a teacher, through initiation. Then, we can minimize many things.

♥ View Your Past Life Clearly to Heal Deeply Rooted Illnesses

1989.11.22/ Costa Rica (E)-39

Some kinds of diseases are incurable, even though they're very common diseases. I'm not talking about new diseases that have no medicine at the moment. It's because these diseases are deeply rooted in the past life, and the doctors and scientists can't go beyond the present conditions into the very far past existence in order to find the root cause.

However, if these people get enlightenment themselves, they'll know how to cure themselves. They'll be cured by their own wisdom, by their understanding of why this has happened. Oh, they can know it intuitively or it can become visibly clear. It also depends on their practice. If we're highly elevated souls, we see things more clearly and visibly. If we're some kind of so-called beginner, then of course, we don't see things very clearly but only intuitively.

♥ How to Distinguish between "Bodily Illnesses" and "Karmic Illness"?

1989.02.23/Formosa(C)-40

Q: How do you distinguish between "bodily illnesses" and "karmic illness"? How do you treat them?

M: Illnesses which can be treated by conventional medical means are considered "bodily illnesses". "Karmic illnesses" are associated with the damaged magnetic fields of the sick. To repair a damaged magnetic field of a sick person is not a simple task. It takes a special person whose magnetic field is very pure and strong, which can absorb any bad magnetic field and dissolve it completely. Therefore, sometimes, when people go to visit a spiritual practitioner, by just sitting next to him/her, their long-time illnesses get cured suddenly without

taking any medicine. It's because the practitioner's magnetic field is so kind and pure that it can dissolve the karmic forces exerted by the vicious external spirits and convert them. That's why these illnesses cannot be cured by usual scientific means. To treat an illness, one should go to see a physician first. If the doctor cannot cure it, then one must look into one's own karma, repent one's sins, and to find a way to restore one's magnetic field. For instance, we should do good deeds, respect and follow spiritual practitioners, reduce intake of meat and liquor, and eliminate greed, animosity, and attachment. We search for a high-level method of practice to cure ourselves. That is the most fundamental way of treating illnesses.

♥ Work for Yourself Until You Understand What You Are!

1993.05.05/Germany (E/G)-41

You have to work for yourselves, all of you, until you understand what you are, and not rely on anything. Be courageous. Don't place too much importance on your physical beings. Give the body enough food, enough clothing, enough exercise, but that's it. Make it comfortable and that's enough. Otherwise you'll be forever bound in the physical dimension.

Whatever we pay too much attention to, we're bound to. I also have to work for my understanding. Maybe I work more quickly than you do, but sooner or later you'll arrive.

3-2 The Way to Raise One's Immunity and Promote Self-healing

Three Ways to Protect the Body's Defense System — Think Positively, Speak Positively and Act Positively

1994.09.28/ Singapore (E)-42

♥ Thought Changes One's Inner Energy

We must always maintain positive energy because even if you just think positively, if you can see your body, you'll see that each positive thought changes the pattern of your aura, changes your outlook and changes your energy inside. It becomes more overflowing and healthy. But if you think negatively, just think of anything negative or bad or miserable, your pattern changes immediately.

...each positive thought changes the pattern of your aura, changes your outlook and changes your energy inside.

Any psychic person can see this. That's why some people can read your mind because when you come in, they can see your aura. They can see the pattern change in the energy counterpart of your body. The energy counterpart is the shape of energy that looks like the shape of your real organ.

For example, your heart is like this. Suppose someone took your heart away, and the heart place were empty. But it would still have the shape of your heart in it – there would be something there. That's the energy counterpart of the heart. Sometimes this energy counterpart, not the real heart, has problems and so they have to fix it. So you're the best doctor for yourself if you think positively.

♥ Think Positively, Speak Positively and Act Positively

Live a healthy, simple life – simple living and high thinking. Always think positively. Even just thinking changes your pattern of living, changes your day and changes your fortune. So always try being positive. Then a lot of accidents, a lot of illness can be avoided.

Most problems are of our own making because we think negatively, act negatively and let negative influences from other people affect us. Sometimes if you go to see a doctor she'll tell you that some diseases are self-made, not only because you want the disease, but because you're run-down in terms of resistance.

For example, allergies; usually you never get them. But only when you're run-down, you're depressed, you're overworked, you're exhausted do the allergies come. You eat the same food every day and have no allergies. But one day you have them. It's because at that time your resistance is probably very low, or your defense system breaks down temporarily; whereas, if you think positively, the disease will go away quickly.

Because sometimes the defense system is already so run down, or broken down, that it's very difficult to fix it. At that time, it's too bad. Either we live or we die. So try to take care of your system and don't let it break down. Try to take care of your system by acting positively, thinking positively and talking positively. It's very simple.

You're the best doctor for yourself if you think positively.

♥ The Thought Experiment of an Indian King

Even just thinking positively is already a tremendous help to you. Some people believe that if you think of doing something and don't do it, it's all right. But it's really not all right. When you think of killing someone, you actually also do it.

In India, there was a king who tried this. One day he came out and approached a man on the street, and was thinking only about killing the man. Then he asked the man to come up and to tell the king what he felt at that moment about the king. And the king told him that he could speak honestly because it was only an experiment. Also, he shouldn't be afraid that the king would kill him if he told his honest feelings. So the king encouraged the man to think, to tell him what he thought of the king when he first saw the king. Because at that time, the king was thinking he wanted to kill the man.

So the man said, "I just wanted to strangle you." Yes, at exactly the same moment when the king wanted to kill him, the man also felt he wanted to come and strangle the king – probably his self-defense system.

Because the soul is omnipresent, the soul is part of God, it has the quality of omnipresence. So if we think about someone, they know it, or we talk about someone, they know it whether they're present or not. That's why we shouldn't talk badly about people behind their backs, we shouldn't run people down behind their backs and we shouldn't do anything bad behind someone's back because they'll know about it.

Normally, people say "God knows," but that person also knows, even though you don't tell him. That's why sometimes many crimes are done in the dark; but they surface sooner or later. It's because of the omnipresent quality of the soul. Even if that person doesn't know, many invisible beings will know. The ghosts will know and sometimes the ghosts will tell.

An Aura Experiment by Dr. Kaths

1995.09.08/ Formosa (C)-43

♥ The Color of Breathing – Outgoing Air Turns from White to Black

After hearing people say that each person emanates a different aura, a scientist named Dr. Kaths, did an experiment to prove it. He targeted different kinds of people in his experiment. For instance, he found a group of cheerful, always laughing and positive thinking people, and then

gathered samples of their exhaled air. A test showed that this kind of air was white in color.

After that, he found some "frustrated Buddhas" – people with knitted eyebrows and long faces – and tested the air that they breathed out. The color was totally different – it was grayish and looked unpleasant.

He continued to test some people who were always angry, and their exhaled air was deep yellow, reddish brown or orange red; I mean very dark yellow, very dark in color! Finally, he performed the experiment on some people who always cursed or slandered others or wished others to die! A test on their exhaled air showed that it was black or brown in color, very dark brown.

He then injected the dark brown air into some mice, and they died just a few minutes later. However, those mice that were injected with another specimen of air survived. The mice that survived were those that had been injected with the white or clear air.

We all knew about this, but we didn't know that he could prove with experiments that the emanated aura of a person really exists! I often said that by sitting close to a person you share half of his karma. So we can't say that there's no mutual karma! Sometimes, we go to one place and come back exhausted, but we may feel very comfortable after returning from another place.

It's true that God is in each of us, but the aura emanating from us doesn't belong to God. It's not generated from the God quality deep within us, but from the dark thoughts of our minds, which are relatively outside. We haven't touched the God inside! Although we own the treasure, we don't use it. So we're the same as a poor person.

That's the reason you get tired when you have to mix with people; it's not that there's no God inside them, but that they don't give this quality to you. Instead, they give you the dark, filthy garbage bins outside. They don't let you go into their palace within, but only throw you the garbage at the doorstep. It's really great that someone has finally managed to prove this today. It's comforting to know that this really exists.

♥ Where Does the Miraculous Responsiveness of the Temple Come From?

Should we really want to escape from the threatening atmosphere of this world, we must always concentrate our minds.

However, it's very difficult to avoid. Perhaps they're too close to you, or we're busily engaged in other things so we can't always protect ourselves much. So you must do some meditation every day

when you come home to cleanse the contaminated atmosphere. This is why you feel comfortable after meditation. Or when we go to the center for group meditation, we're unified as one, thinking positively and good, and having a very pure and incredible power, which makes us feel comfortable.

I heard that a certain temple in the Himalayas was miraculously responsive; any sick person could be cured by going there. It was because no one had ever said one negative word in that temple. They always said good things, thought good things so the influential power was great. Similarly, many people only feel happy when they come to the center because there, more or less, we try our best to think good thoughts and take group meditation seriously.

♥ Tell the Cells of Your Body to Laugh

I told you a story to remind you to protect yourselves. How do you protect yourselves? Don't get miserable and then contaminate others. Especially when you go to group meditation. It's all right if sometimes we're in a bad mood, but don't bring it to the center. Other people only come to group meditation once in a while, bearing great expectations, a blissful heart and lots of hope. They long to cleanse their karma and replenish their vitality so that for the coming week they can struggle with all the obstacles outside. You come here to waste your time, waste precious time and space. You also torture people's minds, waste their energy and interrupt their cultivation process. You can see how heavy your karma is.

Why must we be cheerful, clean and pure? First, it's to protect ourselves and second, to protect other people. Let's remind each other to be happy. We should simply decide to be happy. Each time we reach the entrance to the center, we should resolve to make ourselves laugh. Tell yourself to laugh!

There's a Maitreya Buddha in each temple. It serves to remind people to laugh. However, as time has gone by, people have forgotten. Now, they cry whenever they see the Maitreya Buddha, and kneel down to pour out their problems. Not even the Maitreya Buddha can laugh anymore!

Leave all your garbage outside the center and laugh. It's useful to force ourselves to laugh sometimes because our body's cells are very responsive; they only listen to command signals. When the cells at the mouth laugh, all the cells in the body will laugh together. If you have a magnifying glass, you can really see all the cells of the body laughing cheerfully. Then naturally, our spirit will improve and our mood will get better.

It's useful to force ourselves to laugh sometimes because our body's cells are very responsive; they only listen to command signals. When the cells at the mouth laugh, all the cells in the body will laugh together.

Cool Doctors

♥ Good News for the Obese

1995.06.10/ Formosa (E)-44

Obesity is even transmitted and contaminates through the air. There's a Swiss doctor called Heinrich something, and one day he tried to isolate a gene and find the virus for the AIDS disease. And then accidentally, he stumbled on the virus that makes people fat [adenovirus-36 or AD-36].

Some people eat very little; but they get fat all the same. And some people eat a lot and just remain like a toothpick. That doctor happened to find that fat people are affected by this virus, not by their food. So a lot of people go on a diet, do exercises, do all kinds of things and they're still fat. So people think they're cheating, they don't eat properly, or they eat behind the closet or something. (Audience laughs.) But it's not true. He found that this virus just collects fat or even makes more fat, and then stores it forever. Normally, if there's too much fat, it needs to be thrown into the blood stream and then go out by different means. But this virus keeps the fat in one place, stores it together, especially here (Master points to Her belly), perhaps behind (buttocks) or somewhere; and then keeps it there for good, locks it there. So these people go on a diet, do all kinds of things and they always stay fat.

Perhaps they've already found some solution for it. They hope to openly mass produce these things then the fat people will have good news, will have their figures back again.

♥ Cool Doctors

1996.07.19/ Cambodia (E)-45

There is a famous doctor somewhere in America who was a psychiatrist before, but now she refuses to be called a doctor or psychiatrist. She just lives somewhere in a very remote place and cures people not by medicine but by scolding them back to health. A lot of other doctors and people say she's very cruel, rude and rough but she cures people. Ninety-eight percent of the people who come to her go back healthy. What she does is just kicks them out of their sympathy-starved state.

Some people just like to be nursed, to be sympathized with, to be taken care of so they feel, "Oh, I have no responsibility." They don't have to go to work and they don't have to take responsibility for the house or anything. They just lie there because they're sick. So what can we do to them? And woe to us if any of us say something bad to such patients. Wow, then the whole army would come to say, "You cruel person, you're heartless! She's

so sick like that and you say things like that. You'll make her worse." Then we get out or have to say soft words again.

This doctor, she doesn't care. As soon as you walk in, any patient who's wheeled inside with terminal cancer or something like that, she will say, "Hey, you lazy bum! (Master and audience laugh.) Just what do you think you're doing? All the African children are starving, all the Indian people are dying of hunger, and you're lying there needing sympathy. You're not ill, you're just lazy, you're just stupid, you're an idiot, you're..." Anything you can find, the worst words in the dictionary she'll use. (Laughter) She hasn't done any studies, has no medicine, no herbal treatments, no mud bath, hot bath, hot pad, nothing! She just studies the dictionary to get out the worst words, and that's her medicine for her patients. After being scolded for one or two hours, her patients get up and walk home, maybe boiling with anger but cured. (Master and audience laugh.)

So, sometimes it's truly our psychological state of mind that keeps us in bondage. If it can keep us in physical unfitness like this, terminally ill with cancer, it can create cancer. If it can create sickness within our physical body, it can also create sickness in our mental state or in our psychological well-being. So, never, ever allow yourself to be weak if you're not truly weak. Try your best to be mighty, to be the Buddha. I don't say that if you're sick you shouldn't go to the hospital. Everything natural is all right. If you're sick, you're sick but don't try to be sicker than you are. Don't try to stay longer in your sickness; it's no good for you.

Never, ever allow yourself to be weak if you're not truly weak. Try your best to be mighty, to be the Buddha.

You remember sometimes in our magazines people write about their experiences, like one or two elderly ladies. She normally could not do anything at home and her husband had to take care of her, her children worried about her. But when she went to a retreat she had to run with everyone and became fit, healthy, ate a lot, and then was not sick anymore. Yes, sometimes you have to just stand up and do something about it.

♥ A Weak Mind Leads to Body Weakness

1997.01.26/ France (E)-46

The reason that we're occasionally sick and feel we're weak and defenseless is that in this life we sometimes feel that we're very lonely and feel that no one understands us, no one really supports us, I mean supports our ideas, forgives us when we're wrong and really loves us the way we are.

So we just feel lonely and want to shut ourselves in somewhere and pretend that we're unable to do that; we don't want to do anything anymore. That's how we get into a kind of letting go of everything,

letting go of our body, our spirit, our joy; letting go of our enthusiasm and positive hope for life and for the future. It can get that bad in this life.

If we don't really have good friends or we don't try to find good friends, it can make us very lonely and weak. When the mind is weak, the body looks or feels weak and we don't even want to move. We can't move because we don't want to move, because our will isn't strong, because we feel bad, we feel rejected, we feel refused, we feel shut out, we feel alone, we feel left out, and then we become weak. It's not the body; it's the mind.

Don't worry about hard work. You should work and expend your energy.

♥ The More We Give the More Energy Comes In

1994.09.28/ Singapore (E)-42

And sometimes, if I don't do my job, I also get sick because the energy is built up inside and not let out. So don't worry about hard work. You should work and expend your energy.

In our bodies there are about seven chakras that can draw in energy from the universe. They're just like a battery automatically charged by universal power. That's why we can run our machine all the time.

When we meditate, this power is in even greater abundance. So the more we give, the more it comes in. It will never stop. So don't worry about karma and helping people, or taking karma and all that. If people need help, you should help.

It's only when we try to interfere with people's minds, like trying to control them, or trying to tell them to do what we want them to do for a selfish purpose that we create karma. Otherwise, if we love people and want to help them in their time of need, even if we truly get karma from them, it doesn't matter. It doesn't matter at all because we should sacrifice for each other. We should live with each other in love and not mind the karma.

If we just sit there every day worrying about this and that illness, we get sicker and sicker, feeling worse and worse as we practice.

♥ The Heal-Alls – Meditation and Loving Others

1995.06.11/ Formosa (C)-47

There's a method that heals all illnesses: that is, meditation and loving others; only two simple things.

If we just sit there every day worrying about this and that illness, we get sicker and sicker, feeling worse and worse as we practice. Some modern scientists have stated that we shouldn't find an excuse to stay home just because we're suffering

from a little cold or flu. It's not necessary! Just go out and work. If necessary, take some medicine, wear more clothes to keep warm, and then continue with your work. In this way, your system will improve as you force yourself to resist your sickness.

Help other people if you have time. Help your neighbors or orphans and widows. Observe their needs and render help accordingly. Don't spend time worrying about your own feelings; because the more you worry, the more exhausted and sick you get.

It's good for us to think of others. Should we die while we're caring about other people, it's also a great honor. Isn't this so?

Thought Power and Faith-prayer

♥ Thinking Is Powerful Only When You're Focused

1996.03.15/ USA (E)-48

Q: I saw in a recent periodical that Master stresses the importance of positive thinking. I see that addressed more and more in the articles. I know that positive thinking will attract positive energy around you and keep negative energy away from you. How about its relationship with karma? Does positive thinking change karma?

M: Sometimes it can and sometimes it can't. It depends on how deep the karma is and how truly positive your thinking is, the power of your thinking. It's not just because you want to think positive that it will become positive. It depends on how much "money" you put behind your desire. You can't just desire something and have it. You must have the money for it too. Similarly, if you think positively but your mind is not strong enough to invest the power of mental control over your thinking, then even if you think, it's just a thought for a fleeting moment. It doesn't have any effect.

So, we must meditate. We must harness the power of our will again in order to focus it together. And once we're focused and we concentrate the power in whichever direction we want to use it, or for whatever purpose, it will be powerful. But before that, whatever you want, whatever you think, it's just very flat with no power. So, people just go with positive thinking but nothing is done. Nothing happens. Then they doubt the people who say that positive thinking will do. But, it's not the people who say this who are wrong. It's not the author who says it who's wrong. It's the person who practices who's wrong. He doesn't have enough power to even think, never mind being negative or positive.

You can always still begin because your body will obey your commands and the cells will start to produce younger cells. Because you want to live…

♥ Let the Cells Listen to the Mind's Commands

1996.07.10/ Cambodia (E)-4

You can always still begin because your body will obey your commands and the cells will start to produce younger cells. Because you want to live, they say, "Oh! You want to live, fine. We do, too; why not?"

The cells just listen to the commands of the mind. So make sure your mind is healthy, lively and active and you want to live, then you'll live longer. That's the only secret of longevity.

♥ Believe in What You Pray For

1996.07.10/ Cambodia (E)-4

So, anytime there's any problem and you want to pray for yourself or want to pray for anyone, just believe in it. You can ask Master to help or ask your own Buddha Nature to help, but you must believe that it will be done and that it is being done, it has already been done. Then, it's OK.

Remember the Bible also says that whatever you pray for, you believe has been granted to you will be done. That's the way it is.

♥ Reach the Deepest Recesses of Our Store of Grace

1991.02.24/ USA (E)-49

Q: Can we reduce our karma by praying?

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

3-3 The Best Antidote for an Epidemic in the Golden Age

The Best Antidote for an Epidemic in the Golden Age

1988.11.02/ Formosa (C)-50

This world has entered the Golden Age! The Golden Age is for spiritually advanced people to live

in; the unsuitable ones will be gradually eliminated. That's why you will see the occurrence of more and more diseases that were previously unheard of.

It's clear that, in the world, if there's no plague, there will be war; if there's no war, there will be natural disasters or storms. It's all because of our immoral actions; the karma is too heavy and the collective karma is too great! Therefore, if such collective karma can't be erased by the death of one or two persons, it will become an infectious disease that can eliminate a great number of people. Life in this world is unreliable. We can't rely on medicine all the time and sometimes even medicine can't save us in time.

God is very clever; Hes doesn't just let us have the diseases we already know about but creates new diseases so that we'll be forever running behind Hirm. We think we're very civilized, but the king of karmic law is even smarter. He can catch us as he likes, and we're unable to react very quickly! We may die as soon as we have a high fever, and it will be too late to call a doctor. The doctor is also helpless and may be infected by the same disease.

If these patients get this disease because their time is up, their karma is due, they may also go. But there's no guarantee going like this; those who don't practice the Quan Yin Method may not be saved in time if they go suddenly and their souls will have nothing to rely on. We'll die sooner or later, but it's safest to have the "All-powerful Insurance Company" to rely on when we die. (Audience applauds.) Truly, we feel very secure when we practice the Quan Yin Method. Even if we have a disease we're not anxious as we know there will be no problem. Our soul seems very calm and peaceful and we don't know why we feel so peaceful and restful, but our wisdom, our soul knows and we feel great!

Get Back to the Natural and Righteous Way of Living

1994.09.28/ Singapore (E)-42

So it's our duty to rescue people if we love this planet, if we think it's a beautiful place, which it is. It takes billions and trillions of years to make one until it's as beautiful as it is today, as beautiful as this one is. So we also have to make a contribution. If we can, we should fix it. Of course, if after all we've tried our best and the end of the world still comes, then let it be. But if we can fix it, we should do it.

So spread the good news and let people go

back to the natural way of life, the righteous way of life; that is, being Vegan, being virtuous, keeping the precepts, living a simple life and thinking positively. Then our world will have no problems, and we'll probably live a few more thousand years in a better condition.

There are two choices now – one is total destruction, another is going ahead with progress in all ways of life, including spiritual. And the future is really in our hands. There are no aliens who can do anything about it. There's no God who punishes us. There's no Buddha who blesses us. It's only us. We have to make a choice because that's how we grow – by making good choices.

Open Up the Protective Power Within

1989.10.13/ USA (E)-51

As we all know, most sickness comes from eating meat because of the antibiotics fed to animals, because of the anxiety that produces toxins in an animal's meat, and when we eat all these antibiotics our body loses its self-resistance to disease. Our body normally can fight disease, but because we're fed so much antibiotic-filled meat, our body becomes weakened and the resistance system goes out of order. Therefore, any kind of disease affects us and ends our lives. It's a pity.

Now, most people think that if we pray to Jesus or Buddha, it's enough. But I think we should add meditation and a virtuous, wholesome way of life. Then we can speed up our wisdom and liberation. For example, if we practice together with our method, which we call the Quan Yin Method, just listen to the instructions of God within, see the wisdom of God with a Heavenly eye and keep a Vegan diet and a virtuous way of life then we fear no sickness. Many of our initiates overcome sicknesses overnight; I mean dangerous ones normally needing operations or resulting in death. Some people just come back from the death bed out of the power of their virtuous life and the power of the Godhead that protects them. If we open up this power within through a correct technique, then that power which we call the Buddha Nature or Buddha within us or God within us will protect us twenty-four hours a day, and will protect us even after we leave this body.

...just listen to the instructions of God within, see the wisdom of God with a Heavenly eye and keep a Vegan diet and a virtuous way of life then we fear no sickness.

3-4 The Way of the Medical King Doctor

1993.04.08/ USA (E)-52

"Life Has a Limit, But Knowledge Is Without Limit."

This is from the book of Chuang Tzu, Chapter Three, The Secret of Growth: "Life has a limit, but knowledge is without limit. For the limited to pursue the unlimited is futile."

"Life has a limit, but knowledge is without limit" because our life is ephemeral. And if we use the whole span of our life in trying to learn this and that in the space of our world, it means we're doing the impossible. For example, if we're expert in the medical field, we are not necessarily expert in the electrical engineering field. And should we try to learn one thing after another, we would never actually finish with learning in this world. Even more so if we would like to use our life to pursue wisdom, which is even vaster than this knowledge of the world. To become a Buddha is not measured by the extent of your knowledge of bibles, scriptures or whatever the worldly instrument can afford, but it just means rediscovering the vast storehouse of knowledge that already exists within us. Then we know and the knowledge of the world we also know.

Therefore, as you see from your own example, you didn't know many things before or you couldn't do this and that. But after initiation, after practicing for some time, you discover yourselves that you know many things, right? (Yes.) You have experienced this and I've experienced it. For example, when I write music, play the piano or things like that, people think I've studied or played music for many years. But it's not true! I play whenever I want. I don't need preparation. The same with painting, interior design or even clothing design. I don't need preparation. I didn't learn them in any school.

This knowledge, even worldly knowledge, already exists within us. And if we open the whole door, then everything is there in the daylight.

Knowledge of Medical Secrets Lies Within Us

I've never gone to medical school, but when you have an operation or have trouble with sickness or something, many of you have seen the Master come and help you. And you recovered quickly, better than with ordinary medical treatment. That's because within me there is knowledge of medical secrets. Many of us have been here for thousands of

billions of years, and we've done all kinds of things that have collected within our memories. And when we open the whole storehouse of wisdom, everything is there. We've learned everything already! There's no need to relearn it. Once we have learned everything, we're qualified to go further into the higher development, which is sainthood, which is Buddhahood.

But actually everything in the universe was already imprinted within the seeds of wisdom even before the whole cosmos came into being. Therefore, everything we try to learn in one corner is just a waste of time. That's why people call a saint the king of all the medical doctors, the king of all this and that – because a saint knows many things. The Buddha never practiced magical skills but He has magical power! The Buddha did not practice medical knowledge but He can heal people.

Similarly with our school, you have always credited me with a lot of magical power, of healing, of knowing your thoughts, of helping you when you're in trouble. But this is no big deal. Everything is within the storehouse of wisdom. And if you try to remember that every day in your meditation, you subconsciously renew your knowledge of all fields, which gives you extraordinary wisdom about everything. Then you think, "How come? I didn't learn all this. How do I know?" If it happens that you come into contact with a special situation that requires difficult and expert knowledge, you suddenly find that you can do it.

The power is really within you. While in training, of course, if you aren't yet expert in using your wisdom, then pray for the inner Master to help you. That's what the teacher is for. But later, you do everything yourselves. It's just like you're learning in an apprenticeship with a carpenter, for example, and sometimes you encounter difficulties in some corner. You still don't know what to do yet so you call your teacher to come, and of course he'll help you immediately. But later, you'll know how to do it yourselves.

The Direct Line of Study

If we want to learn all the time about everything in this world, we don't have time. So, it's best to open our storehouse of wisdom, and then everything is there. If you want to be proud of yourselves, of your greatness, you should be proud properly. If you want to think that you're very great, then think properly, know that you are truly great. First, be enlightened and then more will come. During the time that you're observing the Sound in meditation, many ideas come, much knowledge comes, many answers come. That's the direct line of study and

The Heal-Alls – Meditation and Loving Others

Chiang Mai, Thailand, 1996

Help other people if you have time. Help your neighbors or orphans and widows.
Observe their needs and render help accordingly.
Don't spend time worrying about your own feelings because the more you worry, the more exhausted and sick you get. ~Supreme Master Ching Hai

(See Chapter 3-2, The Way to Raise One's Immunity and Promote Self-healing)

Romania, 1999

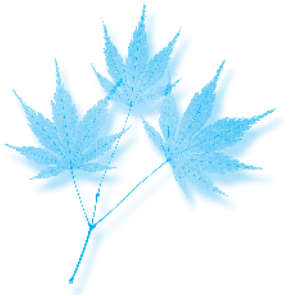
South Africa, 1999

Africa, 1995

LA, California, USA, 1996

there's no need for a teacher to be around because we communicate inside. That's when you truly know you have "some" teaching.

All of the verbal lessons or lectures I give you are just a very small part of it – 30% of my teaching – and 70% you learn through silence, through meditation, through sleep. While you sleep, you're taken up to a higher school and then study there. That's why even though you sit in meditation and don't see much sometimes, your wisdom still increases tenfold, twenty-fold, a hundredfold. Your loving kindness, your level in every aspect rises up because of the teaching in silence.



…Many of us have been here for thousands of billions of years, and we have done all kinds of things which have collected within our memories. And when we open the whole storage of wisdom, everything is there. We have learned everything already! There is no need to relearn it. Once we have learned everything, we are qualified to go further into the higher development, which is sainthood, which is Buddhahood.…

4 How to Confront Suffering Caused by Illness in Yourself and Your Loved Ones

…Now, when we have a sickness, we should first try to accept it; secondly, try to find a way to cure it. There must be some way to cure things. Above all, we have to pray to the Supreme Power to help us. We should pray, but pray deeply. Sometimes diseases are caused by past karma, past reactions, past retribution because we have done something wrong or harmed someone else's appearance and now we have to reap this result. But after some time, if the karma wears off, it begins to get better…

4-1 Accept Your Illness, Cure It and Pray Deeply

Check First What Kind of Sickness It Is

2001.06.23/ USA (E)-53

Q: Master, why do we have physical ailments? Do they teach us something or are we meant to struggle to overcome sickness?

M: Sickness is a malfunction in our spiritual, mental, emotional or physical body. Some sicknesses come from spiritual "dis-ease," some come from emotional imbalance, and some come from physical discomfort. So we have to check what kind of sickness it is. Most diseases come from our karmic background, but other than that, we also do not take care of our body very well.

A body is like a car: You have to refuel it, you have to polish it, you have to wash it, and you have to change the oil and add gasoline now and then, and check the engine periodically so that it runs well. But many of us take rotten care of ourselves. If you feel tired, depressed, you have to take vitamins, have a good rest, relax or do some yoga. If you don't want to be initiated here, go find some yoga group, at least do some yogic exercises, or do something that is good and relaxing like listening to music, or watching a good, relaxing film. Take vitamins; take Vitamin B12 more if you're depressed. That's what they say; it helps depression, a lot of multivitamins to compensate for some lacking nutrition in our diet. Because some of us eat junk all the time and don't realize it and expect the car to run well. You have to put petrol in the car; otherwise it won't run. And the body needs a lot of nutrition. It needs protein; it needs fruit; it needs vegetables; it needs good food. If you keep eating unnutritious, not balanced food every day, then of course your body gets imbalanced.

Encouragement for a Brother with Epilepsy

♥Difficulty Is the Cost of Living

1998.12.17/ USA (E)-54

Q: My older cousin committed suicide. He was always my model; I wanted to be like him so it's been a little difficult. But then I had an experience. He appeared to me inside and told me that he was well, and then I almost made the same mistake. I also wanted to kill myself because I couldn't cope with the world. And then last year God appeared to me and said that suicide was the most stupid thing I could do.

M: Yes. That's also what I've always said.

Q: Yes, but at that time I didn't know You yet.

M: It's good that God spoke to you like this.

Q: Hes also told me that I still have an important task to do and I said, "If I still have an important task to do, then I need someone to show me the task." And two weeks later I got Your leaflet and then I had almost the same feeling as two weeks before when God spoke to me.

M: That's very good.

Q: But actually before I didn't believe in God. That's what makes it so special. And now I want to ask You, because I'm also sick, I get epileptic attacks, could this have something to do with my whole family and the stress in the family?

M: Yes, it is collective karma and also genetic.

Q: This is kind of depressing to me. That's why I didn't want to live anymore.

M: You're a very wonderful person. You don't need to think so much. If God says you are OK, then you are OK. Do you believe God or do you believe yourself? The brain always says negative things.

Q: OK, now I know Hirm, but am I supposed to just accept these attacks? Because one time during meditation I also got an attack. It was really terrible and for a few days I had no more confidence.

M: I understand, but we have to be strong.

Q: So this is normal and it's just how it is, right?

M: Yes, it is normal and that's how it is. Life is always difficult for everyone. You have epilepsy; other people have asthma. We all have different things. That is the price of living, OK? You must not be so sad but always think positive.

Q: I don't intend to do the same thing my cousin did.

M: No, you won't follow him. He made a big mistake, not only a mistake, but a stupid thing to do! That is the most stupid thing one can do. You cannot follow his example. We must always follow the higher goal, the noble ideal, which is beautiful, nice and positive. One must not follow such stupid, bad things and such low thoughts.

Q: Because of You I quit smoking and drinking.

M: See, you have made so much progress!

Q: And I became vegetarian, and all this happened within three weeks.

M: Only three weeks? That's good. You're wonderful! You have to be an example for other people so that they will also quit smoking and so on. You have to always be like this, to set an example, OK? That's your task.

Q: Until now it's been quite difficult because everything around me is the opposite.

M: You shouldn't think like this, OK? Be positive. Sometimes we come here with a very, very special choice, but when we come here we forget. So the special choice that we made in Heaven becomes like a hindrance, a burden during our life here. But actually blessing comes in many different ways and many disguises. In English, they say something like "The strongest tree grows in the most unfriendly soil." So we must not concentrate on the choice that we have made, or the so-called disadvantage that we think we have because after all everything is illusion anyhow, and concentrate instead on what we want to make out of our life, and what we have instead of what we do not have. There are endless things that we do not have. But there are a lot of things that we have that we know, and a lot of things that we have and we also don't know. So we have a lot more to use.

Not even the outer beauty or the outer disadvantage is us. They are not us; they are just the clothes we wear.

When I was young, because I'm very little, people teased me and I felt very bad. But after a while, I met some other people who loved me because I'm small and I realized that the others were lousy. So actually, everything in this life has a purpose. Sometimes before we came into this world, we choose a harder way to practice. We say, "OK, I'd like to be a shorter person or a fatter person, or a very exceptionally tall person, or I want to be a handicapped person in order to pay for quicker progress in finding God, or to help other people to find God who are in the same position I am."

But when we come here, we wear this human's brain and then we begin to compare ourselves with other people. And we begin to feel complexity, and we begin to feel that our choice is too disadvantageous now. But it's just the mind that thinks like that. We are God, and when we go back to Heaven or when we're really enlightened, it doesn't matter at all what we look like. We don't feel disturbed anymore. So the main thing is to be enlightened, deeply enlightened, so that we can find Heaven right now, so that we know that nothing is really us. Not even the outer beauty or the outer disadvantage is us. They are not us; they are just the clothes we wear. So what's important is to be enlightened, not to be anything else, and everything else will come along.

♥ Put All Your Energy into Finding Your Real Self

1998.12.17/ USA (E)-55

I just hope you remember that whatever happens to you, you're greater than that. There's nothing in this world greater than we are. Nothing in the whole universe is greater than we are. So don't let anything, good or bad, distract you from knowing yourself, knowing that you're great.

You'll know it one day. And once you know it, nothing can make you lose it. Nobody can steal it from you – not even death, or the threat of violence, or power or danger – nothing can make you lose that. This is very important. Even though you're great by birth, you're great originally; it's just that you don't know it. And that's why we come here, to know.

There's really nothing that we should do in this world. Once you enter samadhi, even the whole world disappears. We're just the Light. We're just freedom. We're everything that's very beautiful, blissful and blessed. We're not the physical body at all; we don't even exist. The body doesn't even exist. Not even your neighbor's body exists. Not even the whole planet exists. So let's not worry about what happens to us or to this non-existing body, but find the real thing and be happy.

Let's be simple and look forward to the time when we know ourselves as such – as God, as freedom, as the most beautiful, powerful thing that we could be. At that time we aren't even "we." I don't know how to say it. It's such a beautiful feeling to be enlightened, to know that we're God and we're Light and we're freedom.

So let's put all our energy into worrying about that. Everything else just comes and goes. Even if today you're beautiful, tomorrow who knows? Anything could happen to this physical body. No one can be sure that at the time of death they'll remain beautiful, unless they die young in their sleep. A lot of things could happen to us. So the physical body isn't a reliable thing; anything can happen. You drive a car, you walk on the street; even during sleep there can be all kinds of disasters – earthquakes, anything.

So let's not worry about what happens to us physically. Worry instead about getting enlightenment: more quickly and more deeply. Every day that should be our problem. But because we already have the Quan Yin Method, there shouldn't be any problem. If we continue practicing in just a relaxed way like a hobby every day for a couple of hours, the result is definite. It's absolute. There's no need to worry about it. Just like when you water a plant and fertilize it, it will grow.

Comforting a Wife Suffering Over Her Husband's Terrible Skin Disease

1993.11.25/ USA (E)-24

Q: My husband has had a terrible skin disease for eight years already. I love him very much and I have tried many ways – doctors, medicines, religion and meditation – and hope to cure his disease. Now every time I look at him, tears fall from my eyes and even worse, I begin to dream about other men when I'm so sad. Am I bad and disloyal? How can I cure my mind and my sadness?

M: No! You are not bad. Just the situation is bad. Now, when we have a sickness, we should first try to accept it; secondly, try to find a way to cure it. There must be some way to cure things. Above all, we have to pray to the Supreme Power to help us. We should pray, but pray deeply. Sometimes diseases are caused by past karma, past reactions, past retribution because we have done something wrong or harmed someone else's appearance and now we have to reap this result. But after some time, if the karma wears off, it begins to get better.

There are many ways to cure skin diseases. I have seen many people with a lot of very bad looking skin, but they still have a cure for it. So maybe you didn't search enough. You have to ask for many more ways to do it, or tell your husband to pray himself, or meditate.

I cannot guarantee you that initiation will cure your disease, or your husband's disease, because I don't want to attract people to come to our group just because of their physical condition. That's not enough to liberate you because we're still clinging to the material instead of wanting God, the giver of all things. Once we truly want God, Hes will give. If we only want things, sometimes Hes gives and sometimes Hes doesn't. That's the trouble.

In India there was a story about a king who liked to give all his things to his subjects. So he arrayed all his treasure around and told everyone to come and take whatever they liked. And people took diamonds, took gold or took treasures, took antique cups and all that, and then everyone was happy and went home. Only one girl didn't want anything. She just walked straight up to the king and said, "Are you also a gift? (Laughter) I only want this gift." So, of course, the king was very surprised and happy that someone wanted him for his own sake and not the things that he gave away. So of course, the king married her and then everything belonged to her. No? (Laughter) Yes. (Applause)

Maintain a Positive Outlook and the Conditions Will Follow

During a retreat, a sister complained to Master that her elderly mother was in the hospital and her children were unable to stay with her so she was experiencing personal problems. To help the sister resolve her predicament, Master lovingly offered the following insightful advice.

2000.05.12/ Korea (E)-56

Don't stay where the illness is. Don't go there! Don't go to that miserable place where your soul doesn't belong. Concentrate on the present, concentrate on the blessing that you have. Concentrate on whatever is at hand that's nice and lovely. You always concentrate on the bad side, and forget whatever goodness is in front of you.

Concentrate on the present, concentrate on the blessing that you have. Concentrate on whatever is at hand that's nice and lovely.

You have so much that you don't know anything about what you have. I feel very sorry for you, not for your sickness, but for your stupidity, for your whining quality, for your damaging thinking toward yourself.

We already have exactly everything that we need at exactly the right moment. We chose to be in this way so we're just perfect. Don't whine too much or pity yourself too much because then you make yourself less than a human, less than a dignified person. And it's no wonder your life is no good and you have sickness all the time because that's all you have, that's all you concentrate on.

What you think, so you become. You let everything ride over your head and overwhelm your happiness and control your life, instead of you taking control of everything. That's how your life becomes miserable and no one can help you except yourself. You have to be fed up with this kind of mentality in order to get well.

4-2 Know-How about Breaking Addictions in Twenty-one Days

Breaking Through Habits

1991.06.28/ Formosa (C)-57

Karma isn't always created by a sense of guilt; it also comes from our habits. Our brains deceive us by pressing a button to automatically replay the same reaction whenever similar situations arise. So we should think clearly. Whatever we don't feel good about or whatever displeases us is just as bad as disasters, and we must break through them

instead of remaining attached to or bound by our habits. It's that simple.

Breaking Addictions in Twenty-one Days

2001.06.09/ USA (E)-58

Q: How can we help others with addictions to overcome them?

M: Like to drugs and alcohol? You should just encourage them if they want to, but they've got to help themselves. And if they're trying to help themselves, you should encourage and support them as much as you can. But only they are the ones who can help themselves. You just stand by, support and encourage. It's very difficult. But if they really want to break a habit, it takes three weeks. Any habit can be broken in three weeks, so tell them to hang in there for twenty-one days. Then it'll be done, whatever it is. You can break anything in three weeks' time if you persist every day up to twenty-one days. If they can survive until that time, they will be finished with their addiction.

Q: What specifically should they do for those twenty-one days?

M: Abstain. Abstain from whatever gives the addiction. For example, if they are alcoholic, they should abstain from alcoholic beverages. Clear the refrigerator; stay away from drinking friends. Don't even dream about a bar; even in a dream, don't go near one! Don't circle around the liquor store. Anywhere they go shopping they should just close their eyes and go directly to where they want something. For example, if they want butter, they should put their blindfold on and go directly to the butter only. And don't look right or left because there will be alcohol everywhere.

You can break anything in three weeks' time if you persist every day up to twenty-one days. If they can survive until that time, they will be finished with their addiction.

Meanwhile, they should substitute alcohol with the things that they like second-best but are harmless. For example, if they love to watch movies, they should just watch them all the time. If they like, they can chew chewing gum to keep their mouth occupied. And they can keep drinking: Any time they want to drink alcohol, they should just grab soy milk or juice as a substitute. Also, if they used to drink alcohol from a certain bottle, they can put soy milk in that bottle and keep drinking from it. Substitute something that's also stimulating and interesting but not harmful.

They should go to a lot of sports activities and meet with friends who are very supportive. They can see the doctor, change their environment and maybe change jobs. Or, if there's no need, maybe they can change something in their lifestyle. For example, if they have always wanted to play football but have never really taken the time to

do it they can just do it now; anything to occupy their time for the twenty-one days. And then they'll forget all about it.

Friends are important, but only good friends. They should steer clear of their drinking friends. Of course, they can go to a yoga class or go swimming. Spiritual practice does help tremendously, such as yoga or meditation. Substituting the lower desire for a higher one makes them feel more elevated and worthwhile.

Most people drink because it's become a habit. Also they feel that life is so boring that they keep drinking, and the more they drink the less activity they have. Then the less activity, the more they're bored. And so it continues like a devil's circle. They have to substitute this habit for something better. They have to think for themselves; for example, what made them feel good before in their whole life from childhood until now? What kind of activities gave them the most pleasure? Note it down, "Number one." What kind of people gave them the best support and happiness to be with? Note that down, "Number two." What kinds of places gave them a very, very good time like a comfort zone of good memories? Note it down, "Number three."

And then they should make sure they have all these things at this time; it's very important for them. Then their lives will be happy, fulfilling and interesting. They'll have enough strength and aim to go forward in order to forget their bad habit. By just sitting there trying to suppress themselves with no other substitute, they'll kill themselves.

It can be very, very tough, but if a person is so busy that at night he comes home and "drops dead," even if alcohol is put right in front of him he won't have a chance to even grab it. He may try to, but he'll fall asleep in front of the bottle.

The Cause of Alcoholism

1997.08.26/ U.K. (E)-59

Q: What causes the problem of alcoholism? What causes it to arise in the alcoholic's spirit?

M: There are many causes. First of all, a lot of people are weak, and they cannot resist the temptation to run away from problems. Instead of facing their problems, they run away. People run away from problems in different ways. Some people choose alcohol. Some people choose to literally run away from the scene of the problem, or from the person that they think is causing them problems or embarrassment. Instead of solving problems with each other, talking with each other, they run away. They use any excuse, or go to any other house, visit any other friends or do anything to run away

instead of talking. Or instead of making the person understand why he is angry, why she is angry, they just run away.

And some other people cannot talk, cannot run away, because they have no chance, no choice or are too lazy to run away, and then they consume alcohol. Running away in the mind, pretending to be deaf and dumb to the world, they make a mess of themselves. And then they make themselves worse so people don't even bother with them or talk to them, and they just pretend to be dead. This is a way of running away from problems. These people are weak. That's all. This is a sign of weakness.

Because we are all God's children, we are so used to heavenly bliss over there in Heaven. And when we come here, nothing is to our liking. Everything is so terrible, everything is so hard on us. And then when we have a few more problems, we can't bear it any more. Then we try to run away. We try to recover the peace that we once had in Heaven. And so we use all kinds of substitutes in order to shut out the problem. That's it. So that's alcoholism. And then they turn to alcohol, or drugs, or whatever, or women, or gambling. And also sometimes, bad spirits, ghosts, also possess them, and also make them drink, if they are weak. If they don't believe in God too much, if they're too prone to a kind of negative, dark thinking too much, then they attract the dark elements.

When I talk about spirits, it doesn't necessarily mean ghosts. There are bad elements everywhere, as well as good elements. If we cleanse ourselves and become good, and our energy is good, we attract more good energy, more positive elements and they surround us everywhere. And if we're bad, we're dark, then we attract more dark elements into the surroundings, the atmosphere. Do you know where these dark elements come from and where the good elements come from? From human society. When people think badly, they create the dark element, dark energy and woe to us. If we become dark and susceptible to this kind of dark element, we say we're possessed by bad spirits.

If we cleanse ourselves and become good, and our energy is good, we attract more good energy, more positive elements and they surround us everywhere.

If we're cleansed, we're pure and we raise our thinking and spirit to a noble level we attract more noble energy, noble elements, from a noble group of people, whose thoughts are noble and elegant and beautiful. Then we attract that. So, if the people who are dark, who give in to the pressures of life and who want to run away don't elevate themselves, they attract this kind of bad energy from people who generate bad thoughts. Because everything we think, everything we say, generates energy and it hangs around in the air everywhere. And whoever belongs to that group catches that kind of thing.

So with the people who are alcoholic, sometimes it's like that. Or gamblers, I mean, addicts, they're like that. But don't blame the spirits for anything.

Blame yourselves. We have to choose. That's why I say, "Choose your lifestyle." You have to choose whatever you want to be. You have to choose it with all your might, or else you're weakened. And then all the bad energy will overpower you and then you can't get up anymore. Once you're down, it's difficult to get up. Choose your way of life.

The Horror of Drugs

1995.06.27/ Formosa (E)-60

Q: I have a problem with meditation. Before, for a few years, I was taking quite a few hallucinogenic drugs.

M: So what happens now? If you don't take them, it's fine, good for you. Of course you damaged your brain cells a little, but it's all right; we'll repair it. So you have problems when you meditate. What kind of problems?

Q: With concentration.

M: Concentration. That's why you have to practice, of course. But I think you're OK, you've been repaired. Don't worry about that. It's just concentration, just a common "disease" of this world's people. So don't worry, take it easy and when you meditate you always have to remember here (Master points to the wisdom eye) with all sweetness and loving kindness. Then it massages your inner brain. Use your love, contact inside, and that's all you need. Because you didn't take drugs for too long, it's OK. It's repairable. If you do the Quan Yin Method, it will repair more. It will mend all the tissues and recharge them with new life and energy. Don't worry about that.

You have to do it more diligently. Even if you can't concentrate, do it. When you do the Guan, the Light, of course, it's not easy to concentrate. But the Quan Yin Method, even if you don't concentrate, it's also there so it will help you. The Quan Yin Method means the Sound; it's the most beneficial for this kind of problem.

I'm very happy that you've quit the nasty habit and come back to your beautiful Self, fragrant with the elixir of love. It's more suitable for you, for such a handsome guy.

So he's very clever and strong. It's very difficult to get out of that habit. If you're in, I think you're finished. Many people are finished. Sometimes they end their lives because they can't do anything about it. You know drugs are very nasty. When a drug addict has no drugging "food," he feels like millions of needles are pricking him from inside and then his whole body feels like it's on fire when he can't get it on time. It's terrible, and they're in agony all the time; or they feel like thousands of snakes are biting

them at the same time everywhere from inside the brain. That's how drugs damage people's nerves and make them die a horrible, slow death.

That's why all of the drug people are the most horrible beings in this world. They trade such a poison, killing people's brains, energy, youth and their precious intelligence. The drug selling people are terrible. If they realized what harm they do to the world, I think they would stop. I don't think they realize it because as drug dealers they probably don't take it themselves. They know it very well so they don't take it. If they take it they always have enough of a supply so they die eventually from the poison but not in such agony. They die with drugs, that's all – overdose and die quickly, but not in such agony. So they don't realize what harm they're doing to the youth of this world.

It's terrible. See how terrible it is? It's very rare that people can get out of that habit. This is really terrible. All the time the world is in trouble.

Actually, drugs are one of those things we can avoid so we must avoid them. We must avoid spreading suffering to humankind by trading drugs, encouraging the use of drugs, having anything to do with drugs, or covering for the people who buy, sell or accidentally stumble onto drugs and become their victim. We must avoid it – drugs, cigarettes, alcohol and things like that. It's a disaster that we

can avoid, so we must avoid it. We can die anytime of anything, of course; but if we inflict suffering upon ourselves and upon other people we take the karma.

Of course this is true in regard to war too. The people who order war take the heaviest karma. So if we go to hell, we see all kinds of people there. If one day you're bored and you want to go "shopping" in hell, you can have a look. Almost all the famous murderers are there and they're suffering all the time. They're suffering the feelings that they caused to millions or billions of victims when they were alive. That's what's called hell. There is no need of a devil to pinch you, to fork you, to chop you, to grind you – no need. Your eternal turmoil is enough to kill you every day. The more people you kill, the more people you abuse or agonize, the more suffering and the longer you have to experience that.

We must avoid it – drugs, cigarettes, alcohol and things like that. It's a disaster that we can avoid, so we must avoid it.

4-3 Mental Disturbances and Emotional Management

Responses to a Psychiatrist's Doubts

1989.10.28/ USA (E)-37

Q: I am a psychiatrist and do research on mental illness. There are many questions that still need to be answered. My question is: Is it right for scientists to ask, after enlightenment, if there's a quicker answer from somewhere above to these questions, or do they still have to stick to their scientific methods in trying to answer them?

M: There are quicker answers than scientific research.

Q: And does that happen directly or can you expect that to happen?

M: Yes, directly, intuitively. You see, we have the brain, of which we use only five percent. This everyone knows, including the scientists so there's another ninety-five percent lying dormant with a lot of power, information and capabilities. When you awaken this full power of the brain, then you get all the answers, which you have to do research for many, many, many years in order to get, and even then it's sometimes not correct after many years of research.

The scientists sometimes prove that it's correct, then the next year they prove a different way, and the next year another different way, because we use the limited power instead of using the whole power. So the method of enlightenment is nothing new and nothing mysterious. It's only meant to awaken your full competency, your full power of intelligence. Ninety-five percent is still there, so you get answers quickly through meditation.

Reasons for Mental Disturbances

1993.04.27/ Austria (G)-61

Q: What is actually inside of mentally sick people? Can the Spirit become "ill"?

M: The Spirit can't become ill but if we identify ourselves with an illness, with the physical body or with disturbances of the mind, we may suffer. But the Spirit can never actually become ill. And regarding people who do have disturbed minds, there are many reasons for this. Maybe such people can no longer bear the burden of our society and are perhaps too weak. Or maybe they have a

strong desire for certain things they can't possess. There are several reasons. If one is in love and the loved one doesn't love in return, and so on one will become a bit sick too. There are many reasons. There are people who meditate without a master and they sometimes meditate and are overpowered by inner energy that's too strong for them to handle. So it's sometimes dangerous if one meditates without the guidance of an experienced teacher or master.

Can Mentally Depressed People Practice Meditation?

1995.01.10/ Singapore (E)-62

Q: Master, can those who have mental depression practice meditation?

M: If they understand what I have mentioned today, if they're capable of understanding the teaching, then they can, because sometimes mental disturbance comes only from depression, too much pressure from society. It's a form of trying to avoid problems, trying to escape the burdens of society and not exactly a sickness. So it's temporary and they can stand up again, and of course do so faster through meditation.

Effective Emotional Management —The Proper Release of Anger

1999.11.21/ Israel (E)- 63

Anger, hurt and pain are natural feelings of the physical elements. It's just that you don't know how to handle anger...

Q: What can I do when I'm angry or hurt? How can I stop these feelings?

M: Don't stop them; don't stop your anger or hurt feelings. Just go through them quickly, with no resentment and heal them afterwards. Anger, hurt and pain are natural feelings of the physical elements. It's just that you don't know how to handle anger; that's the problem.

It's OK: If someone hurts you, of course you feel hurt. You're not a wooden table! And when people provoke you unreasonably or you think that they provoke you, you're bound to be angry. That's all right, but we must understand that by nature anger is not very constructive most of the time. So if you have to be angry, just get it over with. Don't try to suppress too much of your anger or you'll become sick and feel crazy.

Anger is a natural feeling; it's just that you shouldn't carry it too long or you'll drown yourself in it. That's no good for you or for the other party involved. So get angry and talk. You don't have to be sarcastic or hurtful when you talk; just air your views and tell them that they made you angry because of whatever reason and you hope that in

the future it doesn't happen again because you won't tolerate it. Air your views, be finished and love each other again.

When we were young, most of us were taught that we shouldn't show anger and hurt. And so we keep repressing them, thinking that they're no good. But these are natural feelings within us; we can't help it. So we can just let it be, but now we know the anger, its quality and its real face; we're in control of it and we don't allow the anger to be our master. That's all.

Don't hurt yourself more by swallowing the poisonous anger within you. Spit it out, just in a proper way.

We just know, "OK, I'm angry because you hurt me." If someone hits you, you feel pain. That's natural. So just say it because sometimes it's just a misunderstanding; you talk to the person and he has a chance to explain, saying, "No, I didn't mean it that way. I meant it this way." And then, either way it will be good. If the person didn't mean it, then you don't feel angry anymore. And if the person really did mean something bad, after he hears that you're hurt, pained or angry, he'll change because he understands. And that's good for both of you. Otherwise, we always end up saying, "You give me a headache," "You're a pain in the neck," or "You're a pain in the somewhere else." (Laughter) It's true. Anger suppressed can make you physically ill. So don't hurt yourself more by swallowing the poisonous anger within you. Spit it out, just in a proper way.

Spoil Yourself and Stand Up First

1997.01.26/ France (E)-46

When God give us some disadvantages, Hes also gives us some advantages. For example, many gays or lesbians are extremely talented artists. So if you think you have disadvantages, try to find out what advantages God has given you to balance your life. God does give. Don't dwell on your disadvantages and dampen your spirit. Instead go into your advantages, go into your talents, go into the positive side of life that God granted you and uplift yourself.

Try something new to take your mind off the depression.

Whenever you feel very depressed and really cannot bear it anymore, you have to treat yourself well. Go into the best coffee shop that you've always liked but always feared to spend money in; buy the suit that you've always wanted but you thought was too expensive. Treat yourself nicely at that time because you need it. Just like someone else in time of need – you have to comfort him, give him the best, give him the best support and love, and spoil him. You have to spoil yourself, give yourself the best support when you need it most – like when you're depressed, when you feel you really cannot live anymore, cannot go on anymore. At that time you must treat yourself nicely. If you can afford anything, buy it. You can earn money again later,

you can earn your time again, but you have to put yourself together first. You have to stand up first.

I don't say you should go out shopping every day and spend all your money in a big coffee shop, on the best clothes. But, when you're the most depressed and you can't go on with life anymore, you cannot afford to economize anymore. You have to spoil yourself, love yourself the most, and then you can pick yourself up very fast. Go out and talk to people, treat yourself like a queen, spend money or whatever to make yourself feel good. Do this at that time only, not every day, if you can afford it. And if you can't spend a lot of money then go somewhere that's not a lot of money but where you can also find something that you like. It's not always necessary to go to expensive places to find the things you like – just some new clothes, a new hairstyle, a new perm, anything that will make you feel different right away, new makeup. These aren't expensive.

It's the same with the men. But sometimes because we get into a habit, like always wearing dark clothes, always wearing a turtleneck, then we get depressed, just stay there, don't move and don't change. Try something new to take your mind off the depression; that's already something. If normally you always wear black, brown and blue then try white, cream, lighter colors or pink. Just boost yourself up.

4-4 The Real Meaning of Suffering

How Disaster or Illness Comes About

1993.04.29/ Belgium (F/E)-64

Q: How do You explain rape, cancer and accidents?

M: Karma, cause and effect: "As you sow, so shall you reap." We don't see very far into the past and that's why we blame the present. But there's nothing that happens without a cause even though sometimes it's not entirely our fault. This world is very sad. That's why we have to find the way out. It's just like if you always drive your car on the highway and if you don't find the way to the exit, sometimes your car may run out of gas, or you can have an accident because someone runs into you.

Q: Why do we have so much bad luck and so many difficulties? Is it arranged by God?

M: No, it's because we live in this world, and there's action and reaction. We create an individual cause and effect and we also have a collective effect from the whole society; and all the bad atmosphere, bad energy creates accidents, catastrophes, disasters, illnesses, et cetera. Bad energy comes from our bad thoughts, bad actions and bad speech. Everything

carries energy; good action generates good energy. Therefore, we have to be pure in our speech, action and thinking. That's why we suggest following the Five Guidelines and the Vegan diet to purify our environment.

Why Small Children Who Are Innocent Can Still Suffer

1989.10.27/ USA (E)-65

Q: I work in a hospital and sometimes I work with children who are very sick. I was wondering why it is that some small children, who have no choice and who can make no mistakes, have to suffer so much?

M: I understand your heart. I used to wonder like that also and say, "Well, if we're adults, we can make mistakes or take the retribution for it. But children are so innocent." But now I know. That's the law of reincarnation. "What you sow, so shall you reap." If you don't reap enough in this lifetime, you reap it in the next life. You begin reaping the minute you're born. Otherwise, how can we explain God's mercy being so differentiated? Some are born with disease, some are born having some trouble, some are born blind, some are born deaf, et cetera. God is ever merciful; it's just that we must reap what we've sown. Otherwise, we can't explain it.

Now, it may be difficult to believe this, but it isn't really difficult. If we meditate, in some kind of transcendental way we may go to a higher plane of consciousness, we can see through the past lives of a person and we can know why it so happened. Then we're satisfied or justified.

I'm happy to know that you work from your heart. Anyhow, every time you work, try not to feel personally involved. Otherwise, you'll be drained of energy. Just do your best and leave everything to God. It's God who cures or who severs. It's not in our hands to help. Actually, Hes only uses our hands to help those whom Hes wants to help, who deserve the help. The others have to go through some kinds of lessons, some kind of cleansing process through suffering in order to be greater in the next lifetime because we're continually in eternity. We aren't born only once. Otherwise, it would be too depressing. A hundred years – what a waste of creative energy on God's part. Hes creates and we live all the time. What we do mistakenly in this life, we make up for in the next. What we can't pay for in this life, we pay for in the next, just like you take a mortgage.

Just do your best and leave everything to God. It's God who cures or who severs. It's not in our hands to help.

The Choice of a Soul

1999.05.24/ Hungary (E)-66

Q: What does it mean if a small baby dies after several minutes or several hours of life, or if a person is born mentally disabled?

M: There are many ways a soul can choose to present itself in this world. God makes arrangements with that soul to do certain things, and we can't understand them all. For example, in order to reach God a personalized soul sometimes chooses to be disabled. And sometimes to awaken love within the parents, a particular soul chooses to be born and to die shortly afterward.

God's arrangements are impossible to explain or to count with our fingers. But everything is for the best with regard to our spiritual development.

The Real Meaning of Suffering

1991.02.06/ Costa Rica (E)-67

If we do not suffer much, we do not know what suffering is. It's difficult to sympathize with other people when we don't know. If we don't have sympathy and criticize people, later we have to suffer in a similar situation in order to learn what

it is. Sometimes, it's that way. So our suffering is not without a cause. Maybe in the last life we didn't learn well the lesson of being compassionate. Maybe we weren't sympathetic to our fellow beings so in this life we have to suffer a little in order to know what suffering means. It's very seldom that we have compassion without suffering. If without personal suffering we already feel great sympathy for our fellow beings, we're fortunate and our life will be spared a lot of suffering.

4-5. Advice and Answers about Healing

Advice to Medical Personnel

♥ How to Avoid Absorbing Negative Energy

1999.12.30/ Thailand (E)-68

Q: I deal with many sick people each day and I'm just wondering, apart from repeating the Holy Names when I'm dealing with patients, is there any other way I can protect myself?

M: If you don't protect yourself, it's OK. Do you mean from their sickness or from their energy?

Q: It's just that sometimes there are patients you don't even want to go near.

M: So if you're worried, repeat the Holy Names and immediately afterwards thoroughly wash your hands or any place on your body that's had contact with patients. Also, get some lemons if you can and at the end of the day or anytime you have lemons nearby, wash with lemon. It cuts the energy or psychic connection better. Use lemon and salt, but only use a little: just a few drops of lemon and some salt. Wash quickly, rinse and then shake your hands at least seven times after that to cut the psychic connection.

If it makes you feel better when you don't feel so well, do that. It helps. It doesn't have to be exactly seven times; more is OK. After the seventh time, you can shake your hands more vigorously. Since you normally touch patients with your hands, wash them and after washing shake them as soon as possible; then rinse with a lot of water.

♥ Be Loving and Pray Inside

1995.10.27/ Formosa (E)-69

Whenever you handle patients, please be loving and pray all the time inside by reciting the Holy Names and praying to Master to help you.

Afterwards, wash your hands thoroughly and anytime you can, shake your hands to cut the psychic connection. Then after you go home, wash with lemon and salt and put sandalwood oil or cream on your body to cut any negative connection that might remain.

Interactions among Spiritual Cultivation, Dreams, and Healing

1987.08.30/ Formosa (C)-70

Sometimes, when we reach a certain level in spiritual practice, we're more likely to run into obstacles. Just ignore them and persist in your spiritual development. The more obstacles we have, the more humble we should be and the more we should persist in spirituality. Sometimes, when you're physically ill, you may wonder, "Shouldn't I become healthier as I practice more?" Not necessarily! You might be healthy in the beginning. For instance, your illness is healed immediately upon seeing me, and then you think you should practice faster because you're greedy! Since your illness is healed within five minutes after seeing me, you think you'll get even healthier by practicing more. Most people are more concerned about their bodies, wealth and safety. They think that

For most people, dreaming is very important. Without dreams, we may fall ill because we haven't dispelled the toxic gases in our bodies.

by practicing more, they'll become healthier and extremely strong, just like Xue Renguei (a formidable general in ancient China) or Hercules. With an effortless wave of his arm, ten men would fall down. (Laughter) This is what some people imagine they'll become by following me in practicing the Quan Yin Method. They will, but they'll also attain many higher levels and become very different!

Sometimes, when we reach a certain level in spiritual evolution, we may feel not very well physically. Why is that so? As I've mentioned before, it's because the "power" is very strong, while the body is too weak to withstand it. When the vibrations of our bodies change too quickly, we may feel as if we're sick. However, we're not really sick; don't worry. If our faith isn't firm enough, we can easily drop out when we reach this level because we think, "It's weird! Why do I have more illnesses after following Master?" It's not true! It's only because your vibrations have changed. Inside this human body there are already many toxins and toxic gases. When we're angry with or hate someone, the toxic gases remain in the body.

I was talking about dreams just now. Why have I started talking about illnesses? It's because there are cases when illnesses are healed in dreams. One of our fellow initiates stopped coming after he was initiated. But when he was ill, Master's spiritual manifestation form went to treat him. Later, when he was healed, he was so moved that he came to see me again. Otherwise, we wouldn't have been able to see him. He just vanished after the initiation because he didn't have faith!

For most people, dreams are very important. If they don't dream when they sleep, they may fall sick. What are dreams? Sometimes, when we have no way to express our opinions in the daytime, we can release or give vent to some of them in our dreams. Otherwise, we feel very tired and stressed. Or perhaps we hate someone or are angry with someone in the daytime, but we have no way to express it, or it's inconvenient to speak out – sometimes because we don't want to disrupt the harmony in the family or because we dare not speak out. For example, when we're angry because our boss is in a higher position than we are, or our Master is at a higher level than we are (Master laughs), we dare not voice it. Instead, we vent our anger in dreams.

People who practice martial arts usually have the means to burn off their poison so they don't need to dream too much. However, for most people, dreaming is very important. Without dreams, we may fall ill because we haven't dispelled the toxic gases in our bodies. Therefore, ill people can't sleep well. And when they can't sleep well, their illness gets even worse because excessive toxic gas and

undesirable thoughts accumulate in their bodies. Even good thoughts, when accumulated in the body excessively, are too much.

When we dream, it means that our daytime struggles come to a halt and the toxic gases can be released, or our unsatisfied desires are realized. In dreams, we can imagine and enjoy a little, just to comfort our minds somewhat. For example, someone who loves money dearly would most probably see himself as a wealthy person in his dreams. At least, in his dreams, he can relax and enjoy the pleasure of being rich for an hour or half an hour. This is better for him because he won't be as agonized in real life.

The Energy of Crystals

1998.12.16-18/ USA (E)-71

Q: Good evening, Master. Over the last couple of days I've met many beautiful and wonderful people, and one person happened to know a lot about crystals and their energy. I happen to wear crystals myself, but I don't profess to having any power with them. But this particular person has some knowledge and wisdom about the use of crystal energy. And I think it was mentioned on the little initiation form that some powers ought not be used. I think that he was of the understanding that perhaps he shouldn't pursue that if he's practicing the Quan Yin Method, and I had a hard time accepting that myself. If he's full of love and wants to help someone, why would that be bad? Is it bad and should he not do that?

M: Try.

Q: It's not a bad thing?

M: No.

Q: Very good. I did not think so. And I just want to make it clear. So he wouldn't think so, too

M: But crystals are crystals; they aren't God power. They're probably for temporary use, just like medicine or herbs. So they're additional perhaps, but they're not the ultimate power, that's all. And if people only cling too much to those external things, it's no good.

...there's a greater power than crystals. Try to remind people of that, and it will be more lasting and healing.

Because you've already been clinging too much to a reliance on things external – like on the doctor, on medicine, on crystals, on magical powers, et cetera. So now when you come to me, I say, "It's time. Come in. You'll get a bigger crystal in there. Use it; it's eternal, it's everlasting and it costs no money. You don't have to wear it; you don't have to shine it, and you don't have to worry about losing it."

So it's up to you to cut it off with those small toys. But you can still wear them, and if you feel they're helpful, it's fine with me. But don't cling to them, that's all.

And don't preach to people that crystals can heal you and all that because there's a greater power than crystals. Try to remind people of that, and it will be more lasting and healing.

Meditation Is the Great Purifier

2002.09.28/ Videoconference with Costa Rica Center (E)-72

Q: During our life of Veganism, if we need a blood transfusion from meat-eating people and continue practicing, how much can it affect the process of our spiritual elevation?

M: If you have to have an emergency operation, or experience an emergency for which you have to have a blood transfusion, just take it and then practice more and you'll purify the little blood you receive. Besides, our bodies keep changing and changing and eliminating all the time, so a little blood transfusion will be out of your body in no time and be replaced by a purer Vegan kind of blood. So don't worry so much, and if you receive a little blood transfusion from someone who eats meat, that person and the animal that offered the meat will gain merits from you and that's also fine. Yes, meditation can purify everything. Besides it's only for a short-term period so you can eliminate it in no time; don't worry.

The After-Effects of Spiritual Healing

1993.06.12/ Thailand (E)-73

Q: After initiation we're not allowed to heal other people's sickness. What is the reason behind this?

M: It's not that you are not allowed, but you are advised not to. It's better for you because after enlightenment, you don't have to do any kind of actions to heal people. They just get healed automatically if they think of you, if they pray to you. That's better for both sides because if the person knows that you healed them, they'll be attached to you. They'll worship you instead of finding their own healing power inside. They'll rely on you instead of relying on themselves. That's slavery. That's dependence. That's not the teaching of equality, it's not the teaching of enlightenment.

Now, when you heal without doing anything your ego will not become bigger and that's also good for you. Many people claim that they're healed by me when they pray to me, but I never do anything.

Therefore, I can't be proud, I can't take credit for anything. If we're proud of any achievement, we walk the road of illusion, of Maya. So I try to teach you the way of egoless practice, the way without pride. (Applause)

Regressing into the Past Is Not High Level Healing

1994.01.02/ Thailand (E)-74

Even I sometimes have to go back into the past in order to check out something for the present. When it's really, absolutely, ninety-nine point nine percent necessary, I'll do it. But only on very rare occasions. I never like to do it and it's not necessary to do so because we have enough to do in the present. Sometimes, it's also very healing to go back into the past to know what you've done, to know what's wrong with you in order to heal yourself in some corner of your psychic being – although not the soul, the soul is never sick. It's never gone through any past, present or future.

Actually this kind of healing is also good, but only for our minds, our bodies and our psychic feelings. Still, I consider that it's not bad, but it's not a high level of healing. That's why most of the time we shouldn't or don't have to know. Our Master will try not to let us know too much about our past lives so that we struggle. We fight with the present situation in order to grow above it, instead of just using a psychic way of healing ourselves and feeling good and then finishing it! Sometimes the struggling and fighting spirit is also very good for us. It makes us strong!

Only on a very, very rare occasion, when a person is too weak to fight, maybe a higher intelligence will help them understand their past lives in order for them to accept the present time, or to balance some of the very pressured feelings in their lives, in order to help them ease through the transition from the past to the present and to the future. Otherwise, most of the time it's better that we struggle within our might in order to grow stronger.

In this case we fight with the knowledge and power of the soul, not with the mind, not with the knowledge of written documents and lower levels of understanding. We fight with the power of the soul if we don't know the past, if we don't know it with the mind. We still know anyhow; the soul probably knows everything if it wants to know. But then we don't have to know with our minds and then we struggle to get out of this, what we call the evil cycle, which takes us back and back again!

The soul is never sick. It's never gone through any past, present or future.

Florida, USA, 2001

Be a Hero, Be Vegetarian!

If everyone practiced meditation and ate a wholesome diet without any killing involved, the world would have already long been in a peaceful state and we'd have no hunger problem. There's no need to give away your property; just give up the meat-based diet. That's enough to save the world and to save your own health and the national health.

~Supreme Master Ching Hai (See Chapter 2-2, The Ideal Diet for Humans)

Formosa, 1993

Florida, USA, 2001

Hungary, 2005

God's Blessings Flow through Me to Heal Others

1999.05.24/ Hungary (E)-66

Q: I'd like to ask whether Master can heal sick people.

M: I don't do anything. I only let God do whatever Hes wants to whomever Hes chooses and whenever Hes sees fit. There are people who claim to be healed by me, but I tell you that the credit is God's. I'm merely an instrument, and God's blessings flow through me to heal whomever Hes chooses to heal. But it happens.

Being Healthy in All Areas of Life Minimizes Suffering

2002.09.01/ USA (E)-94

Q: My question is about physical illness and physical pain: Are they tests or lessons that we go through?

M: They're karma, but we can minimize them at any time. Number one, do spiritual practice: Get in touch with your healing power every day. Number two, maintain a healthy lifestyle. Number three, be happy at all times and see the positive aspects of all events. Number four, pray and meditate more and more each day to strengthen your physical, emotional, mental and spiritual being. You have to live healthily. And the Vegan diet is the healthiest diet of all. That helps.

5 The Self-healing Quality of the Light and Sound Meditation

"How does water cleanse the body? It just does. When you pour water over your body, put on a little soap and then rinse with water, the dirt goes away. Similarly, our minds are invisibly contaminated by bad thoughts, by negative thinking, and if you continue using the Sound at a higher vibration it will eliminate the lower vibration, just like some electronic work. This is metaphysical, but it does cleanse; that's why you become better and better…"

5-1 Health Knowledge Originates from Meditation

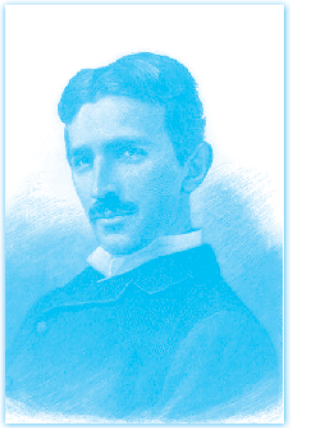
Science and Beyond – A Scientist Who Studied "Emptiness" – Tesla

1994.01.01/ Thailand (E)-75

There was a great Western scientist named Nikola Tesla (1856 – 1943), who proved through science that what we experience during meditation is the real emptiness. People refer to it by different names such as God, the Kingdom of God, the Buddha Nature, energy, or the quantum theory. It's real; the void does exist.

When we meditate, we empty ourselves of everything and enter into this real emptiness, the real substance of all things. From the void comes substance, which flows into our inner selves and makes us better and better and more intelligent. That was what Tesla was getting at. The real emptiness within is where all things come from. That's where you and I come from. Since we've already solidified into this form, we might just as well enjoy it.

Tesla proved, as many other scientists have, that all things aren't solid the way we think they are. The Buddha also proved that our bodies are an illusion. They're nothing mysterious. It's all very scientific. When we look inside, we find nothing; we find no physical form, no substance; instead, we find a real existence, a real energy. That's where we come from.



Nikola Tesla

If we don't regard ourselves as corporeal bodies, then we realize that that's where we come from. That's the real energy from which everything comes. That's what Tesla said. If we can communicate with this real emptiness, real substance and separate it, we can make every use of it and make anything out of it. We can run cars, airplanes and everything else free of charge without having to use petroleum or abuse the world's resources.

Perhaps in the future, we'll have more scientists who will prove that meditation is real. They can use scientific means to get the real substance out of the emptiness while we use our mechanical body and intelligent brain to derive energy from meditation. We'll then realize that that's where we come from and where we shall

return. We'll understand that we're originally and essentially not a physical form. We have to use a scientific explanation to clarify the mysterious aspects of spiritual practice – that these things really aren't mysteries.

A Glance at the Way of Healing Beyond the Physical World

1985.08.03/ Formosa (E/C)-76

Masters are just more highly developed scientists. They know how to change the energy in the atmosphere and make you become different.

I would like to tell you something about the other worlds. We have many bodies and there are different names for them; let's just say the physical body and another kind of body, the psychic body. People who drink wine, smoke, take drugs and so on are doing damage to their spiritual bodies, their material bodies and also their spiritual bodies. And after they die, the people in Heaven have to heal them, cure them and help them like medical doctors do here.

After a long course of such treatment, these people recover and reincarnate as human beings again. They undergo many experiences like this until they learn their lessons, and then they seek to practice spiritually, and thus they can become higher.

On another planet we call "Venus," they have many small "hospitals" like this for different kinds of people. And the people who live in that Pure Land are very highly intelligent, very spiritual, of a very high level. Almost all of them are nearly Masters; most of them can become Masters. And they don't use medicine or equipment to heal such patients. They use various kinds of energy, rays or light to heal them. Just like here in this world we sometimes use different types of laser rays to heal people, to treat cancer.

These people are like higher scientists, better scientists. Masters are just more highly developed scientists. They know how to change the energy in the atmosphere and make you become different. Just like if you're a good scientist in this world, you can change sunlight into energy, into electricity.

"Venus" is just one of these Heavens. Don't be attached to the name. Because there's not only one Heaven; there are many Heavens where people are being cured like this. Many sentient beings of other Pure Lands also help us all the time. They use light energy to help the patients there, the people on Earth and the beings in hell. They help many poor and desperate people, those who are praying and those who are suffering.

Medical Knowledge Originates from a Higher Level of Consciousness

1998.05.09/ Korea (E)-77

All knowledge of the medical properties of herbs and the art of meditative exercises, including Tai Chi Chuan [Martial Art] or Hatha Yoga, originated from a higher level of consciousness. When the yogi meditates, he sometimes does it naturally by himself. In some level, not the highest level, suddenly the body will move or something like that. That's why you see temple dances and so on. These are all from meditative experiences. Later people write it down and then it becomes popular in this physical world.

All knowledge of the medical properties of herbs and the art of meditative exercises, including Tai Chi Chuan or Hatha Yoga, originated from a higher level of consciousness.

Similarly in music, the flute, the harp, et cetera, are all from inside. Then people later came back and tried to imitate them just to communicate with each other in the old times, to know each other's level and also as a souvenir. That's why the outer music amuses people and heals people, too. Sometimes, when you're tired and you can't even meditate alone, if you listen to some music and meditate at the same time, or leave it on in the background or listen with earphones, you feel calm after a few hours; but the Quan Yin will calm you after only ten or twenty minutes.

5-2 The Self-healing Quality of the Light and Sound Meditation

The Origin of Resounding Temple Bells and the Real Meaning of "Quan Yin"

1993.06.12/ Thailand (E)-73

In most countries of the world, the ancient traditions were very glorious, very noble. That's because we came from a very glorious origin. In the old times we could easily communicate with Heaven. We could see all kinds of glory of the Heavenly beings, the Buddha Land residents. We could hear the teachings of Heaven in the form of speechless communication. This kind of communication very much resembles our modern classical music. Except that when we hear this musical melodious teaching, we soar into Heaven; and our treasure of hidden wisdom and creative power opens.

It's much better than the physical music of our world. I use the word "music" because there's nothing better to compare it to. Otherwise, we can say it's a kind of very powerful energy that draws us upward into the higher dimensions of the universe. Our Quan Yin Method is named after this

quality of the Heavenly teaching because "Quan" means observation and "Yin" means this higher musical sound.

In the old days, when we still had a very convenient connection with Heaven, we always heard this music. So we tried to make many musical instruments that have lasted until today; and we have many kinds of imitations of the Heavenly teaching, such as church bells, the harp, the flute, the piano, the zither, et cetera. So when we go to church we see all kinds of musical instruments, when we go to the temple we also have different kinds of musical instruments. When our relatives or friends die, the church services or temple services resound with musical accompaniment. That's the left-over from the age-old glorious Heavenly tradition.

A long time ago, there was a king in China who was very compassionate. So he asked one of his wise advisors what would make people in hell feel more elevated and happier. So the wise minister said that if they could listen to the sound of a big bell, they would feel elevated, feel good. So, the king ordered the construction of big temple bells and then told the people to sound them every day because the people in hell actually couldn't hear the inner bell so at least they could then hear the outer bell to remind them of the inner musical melodious teaching. So, this tradition came from

a very compassionate person, and when people pass away, we still try to accompany them with different kinds of music, hoping to comfort the souls of the departed.

Now, if man-made physical music can comfort the people when they departed from this world and can comfort the beings in hell, then we can imagine how much greater comfort we could get while we're still living and if we get direct, original music from Heaven.

Most of the time people exist only on the physical level. That's why they don't hear the Sound, they don't see the Light.

Elevate Yourself to Experience the Light and Sound

1997.08.26/ U.K. (E)-78

In the physical world we have only physical sounds like a bird singing, the musical notes from instruments, the noise from cars and so on, which strike the ears physically. In the spiritual world, however, we don't need all these physical instruments to make or to hear the Sound.

It's not that we need to hear the Sound. We need to elevate ourselves to where the Sound is, or where the Light is; the higher the better. It's not in your mind. The soul has to be elevated out of the body, out of the physical world. Sometimes you're still here, you live in this world, you're doing your

work, you hear the Sound and see the Light, and you think you're not in the spiritual world. You are, though, because the soul is not the body.

The soul exists outside of the body, outside of physical bondage, and merges itself into the spiritual world. That's why you can hear the Sound and see the Light. At that time you exist on both levels – the soul level and the physical level. Most of the time people exist only on the physical level. That's why they don't hear the Sound, they don't see the Light. Normally, we're not physical. That's why we can liberate ourselves out of the physical dimension and then we can hear the spiritual world.

How the Sound Purifies the Body, Mind and Spirit

♥ Just Like Water Cleanses the Body

1997.05.09/ Australia (E)-79

Q: On the nature of purity, it's easy to understand that being kind, loving and compassionate and loving beauty is pure, but I don't understand how sound can purify.

M: Just like water cleanses the body, the Sound purifies the spirit.

Q: Is purity also a vibrational frequency?

M: Yes, it kind of filters the negative influences that sometimes enter your being, your magnetic field through contact with the world or contaminated situations that you inherit from the situation or environment, or "past life leftovers," so to speak. It filters these out just like a filter or like water cleanses the body.

Just like water cleanses the body, the Sound purifies the spirit.

Q: How?

M: How does water cleanse the body? It just does. When you pour water over your body, put on a little soap and then rinse with water, the dirt goes away. Similarly, our minds are invisibly contaminated by bad thoughts, by negative thinking, and if you continue using the Sound at a higher vibration it will eliminate the lower vibration, just like some electronic work. This is metaphysical, but it does cleanse; that's why you become better and better. It doesn't matter how; as long as you're cleansed, it's fine.

Not everything can be explained with worldly language, but as long as the result is there, you know it's like that. How? We have to know inside, not through language. As long as it's clean, and we feel better and better, purer and purer every day, then we know it works.

Just like with water, we don't know how it cleanses, but it does cleanse. As long as you pour

water on your body, later on you'll feel clean. So, the result speaks for itself. We feel better and better, purer and purer, simpler and simpler every day. The proof is that you don't want to be famous anymore or to have money, and you don't really feel attached to worldly, material comfort anymore. You do have it and you do know how to take care of yourself, but it doesn't bind you like it did before. This is the way the Sound cleanses us and makes us feel increasingly pure and liberated.

Q: Does impurity set up a certain vibrational frequency in the structure of the physical body, and then these sound waves come in and vibrate at a different frequency? Do they alter the frequency of the structure of the body?

M: Yes, you can say it like that, but actually the way it works isn't material. We're not actually the body; we're also not the computer brain; we're the spirit. So, if the Sound with its higher frequency enters or reenters our being, or reopens to us, then we're just elevated above all the contaminated situations. That's how we become purified more and more every day.

Actually, it doesn't "purify;" it just lifts us up, lets our consciousness become higher, and then we don't think of bad things or have negative thoughts anymore. The negativity can't reach us anymore. Well, this is metaphysical. As long as it does cleanse, it's all right.

Maybe you can use science to prove it, but then you still can't say *how*. It just looks that way, but it might not be that way. Sometimes people try to explain too much and it isn't the way it really is. It's more invisible; it's more metaphysical.

Q: So, will continued meditation provide the answer just through experience?

M: Yes, by its fruit shall you know the tree. If it yields apples, then there's no doubt that it's an apple tree and you needn't keep arguing, "How can you say this is an apple tree?" Because it bears apples.

♥ Renewing Each Cell of the Body

1991.05.05-12/ Formosa (C)-80

By practicing the Quan Yin Method we change our spiritual condition, concepts and wisdom, and also our bodily organs and cells, which become refreshed and purged of toxins. If we have no time to meditate, these changes won't take place.

If we're busy working hard for the multitude, or when we're too exhausted, these changes aren't discernible. Otherwise, each time we meditate, all our cells are renewed; so we say we "return to childhood". We become younger not only mentally,

but physically as well. We feel healthier, our bodies become more supple, and our skin more tender. As all toxic substances are eliminated, we look better and better each day.

Except for the Quan Yin Method, I haven't noticed any other method that can bring about changes that are so fast and marvelous. As you all know, there are many forms of exercises and tonics in society that claim to make people younger. However, the results have been unimpressive; even the people selling the tonics grow older themselves.

I Can Only Invite You to Experience Them

1993.03.27/ USA (E)-81

The Light and Sound of God come when we're in deep communion with Hirm, when we sincerely want to go back to where we came from. The Light comes like a flash, like lighting, like thousands of suns, like colorful rainbows, like a beautiful electric shock. It thrills your whole body; it thrills every nerve, every cell in your body, renewing your body, spirit and mind and making you become like a newborn baby. You become innocent, but intelligent; you become patient but very wise, very active and very fast reacting.

The Sound is just like a kind of condensed light, but more concentrated, more powerful. Sometimes if you sit in mediation after initiation or when you're in very deep prayer, it can happen that the Sound vibrates, comes like thousands of musical instruments at one time. But it doesn't deafen your ears at all, and it doesn't hurt your eyes when you see thousands of suns inside. It doesn't hurt your ears when you hear thousands of kinds of violins or a great orchestra from Heaven playing this tune. Then you're uplifted to the Heavenly abode and you experience different dimensions of the universe, and come to know a different power, which begins to emerge within your own being.

That's just about as simply as I can explain it to you; otherwise, these things aren't at all related to human experiences. We never experience such things in human terms and human existence. Therefore, it's difficult to tell you about them in words. I can only invite you to experience them.

It thrills every nerve, every cell in your body, renewing your body, spirit and mind and making you become like a newborn baby.

5-3 How One Feels While Enlightened

As If a Mountain Has Fallen from Our Shoulders

1993.04.29/ Belgium (F)-64

Q: What is enlightenment on a physiological level?

M: Not much, but we feel as if a mountain has fallen from our shoulders. Many of our illnesses, mental and physical, will also depart and we'll find ourselves suffering less at the physical level.

Illness Seems to Ignore the Enlightened

1993.03.16/ Australia (E)-82

Q: As You said, enlightenment causes us to ignore everything such as wealth, illness or a higher position in society. I agree with Your point of view about ignoring wealth, but how about illness? We suffer every minute. Illness causes incredible pain and misery. How can we ignore that?

M: We just don't feel so much suffering the way we did before enlightenment. That's all. We tend to our body as much as we can, we give it as much comfort as it needs, we give it medical care, and so on. But should we have to suffer from illness, our patience, our power of endurance increases, and so the illness doesn't bother us much. I'm not saying that we ignore it completely, but it doesn't bother us that much.

And after enlightenment, many of our illnesses just disappear. It's not a miracle. It's because our super-power Self awakens and regulates some "misconstructed" parts in our bodies and destroys them. Many people have found themselves with no more cancer even though they were already put on the operating table and the anesthesia needle was already inserted in them. But then the doctors found, to their amazement, that there was no more cancer so they were just pushed outside the operating room again. We don't ignore illness; it just seems to ignore enlightened people.

And after enlightenment, many of our illnesses just disappear. It's not a miracle. It's because our super-power Self awakens and regulates some "misconstructed" parts in our bodies and destroys them.

The Best Way to Cure Illnesses

1991.06.30/ Formosa (C)-83

Our meditation is the best way to cure illnesses, including mental illnesses, karmic illnesses and physical illnesses. All these can be healed. Why are they all cured when we meditate? It's because

we've returned to our original Self; forgetting our worldly identities such as Mr. Wang or Mrs. Liu, we have resumed our original form. Our original Self is never born, nor does it die, and it is neither filthy nor clean. Therefore, when we return to this original source of not living or dying, our body also becomes more inclined to not living or dying. However, because we don't meditate enough, naturally, we cannot make up for the causation of life and death. Otherwise, we can become immortal and forever young.

A Time to Relax

2002.12.25/ USA (AL)-84

Q: I've found that if I'm too serious, for example, when I just started practicing and it was time to meditate, I used to say, "Oh, oh! It's time to meditate!" My mind felt kind of stressful. But if I think, "Ah! It's time to see God!" and recite the Holy Names and concentrate, then it goes smoothly.

M: That's right! Yes. Make it like a pleasure. It is a pleasure!

Q: I even apply this to my work. For example, when I feel exhausted because of my work, I feel too tired, and have no more energy, but then I ask myself where the energy comes from, and remind myself that it comes from the universal source, not from my body, then I suddenly feel myself filled with an inexhaustible strength. I don't feel tired, and even if I do, I still recover quickly. Therefore, I think we have two choices; either we choose this humble "I" and are very limited, or simply think, "I'm nothing. I'm nobody. It's the universal power that does things." This way I feel very good. I see no problem.

M: Yes. That's right. When we sit, we should relax. That's right. We should thank God for giving us time to rest. The other yoga schools usually refer to meditation as "a time to relax." Nowadays, if you read newspapers or magazines, the regular ones, you'll find them mentioning meditation, or when they talk about how to live longer and healthier, they'll somehow mention that we must find time to "relax," rest or meditate. They do mention meditation.

Meditation is very popular now. They don't say "meditate to find God," but "meditate to relax, to become healthier, feel better, live longer and be successful." That is, to be successful in every aspect, we must choose a time during the day to rest, not to sleep, but to meditate, or breathe in, breathe out, or whatever. Everyone knows about it now because science has proven it. If we choose a time during the day to rest or meditate, our bodies become healthier. One of the best methods is meditation;

that is, choosing a time to meditate every day. Now all the magazines, even the lousy ones, mention this. Meditation has been accepted by science and people worldwide.

It's a time for us to treasure. We've worked all day, busily taking care of the world and others. So whenever we meditate, it's a time for us. We must love ourselves first – love others but also love ourselves. Whenever we meditate, at that time we concentrate all the treasure onto ourselves alone in order to nourish our body and mind.

The most precious time for you since the moment you were born and until you die is meditation time. It's the best thing that you can do for yourselves – meditation. While you do it for yourselves, others naturally benefit as well. Your family, relatives, dogs and cats also benefit. Trees and flowers benefit, too.

So when we meditate, the people and all the things around us benefit, but we're the ones who benefit the most. It's the best thing that you can do for yourselves, the best medicine to nourish your bodies, the strongest energy to nurture your brain, the best book to develop your wisdom. No matter how beautiful a car you have, how big a pearl you get, and no matter how expensive they are, they're not as precious as the time you spend meditating for yourselves. That's the most precious gem in the whole universe that you can offer to yourselves.

Ignore the Body During Meditation

1997.12.25/ USA (E)-85

When you meditate, don't worry about the energy. You shouldn't pay attention to any part of your body because when you think like that, you stop the energy. Let it flow freely. Sit with about one third of your buttocks on a cushion. Then you can sit straight like this. If you sit like this or like that (Master slumps forward with Her shoulders, moves from right to left, then leans far back against Her chair cushions), sometimes the energy doesn't flow correctly. If you sit for a long time and you don't sit correctly, the blood circulation can't flow, which causes blockage in the body, and then pain.

Also, if it's cold, you have to keep yourself warm. Sometimes it's rheumatism. Next time, before you sit, maybe you should put something warm on your back first; keep warm from the shoulders down. If that doesn't help, you should apply sesame oil. That should help.

Whenever we meditate, at that time we concentrate all the treasure onto ourselves alone in order to nourish our body and mind.

International Retreat in Thailand, 1997

Hong Kong, 1994

Elevate Yourself to Experience the Light and Sound

By practicing the Quan Yin Method we change our spiritual condition, concepts and wisdom, and also our bodily organs and cells, which become refreshed and purged of toxins. If we have no time to meditate, these changes won't take place.

~Supreme Master Ching Hai

(See Chapter 5-2, The Self-healing Quality of the Light and Sound Meditation)

6 Optimistic Prospects – Being Healthy with the Earth

"We have many advanced technologies, medicines and ways to end suffering in the world right now – even at this minute. There's no need to have hunger, suffering or incurable diseases anymore... but sometimes society as a whole chooses not to do so..."

6-1 Alert — Even a Little Damage Affects the Whole

Supreme Master Ching Hai delivered this talk to Japanese disciples on September 8, 1994 while passing through Tokyo's Narita International Airport prior to the United Nations International Conference on Population and Development (ICPD), held from September 5-13, 1994 in Cairo, Egypt.

1994.09.08/ Japan (C)-86

The Essential Ways to Complete Health in Body, Mind and Spirit

Today, many of our brothers and sisters have forgotten their original duties, forgotten their Buddha Nature or God quality, and instead have done many harmful things to the world and the universe. If everyone were doing so, and doing nothing to counter-balance this trend, our world would be in great calamity.

Countless mishaps have already occurred, but more disastrous events are yet to come. Until now, these calamities have mainly affected one country or part of a country. However, should everyone continue disregarding spiritual practice and doing bad deeds, neglecting other people's lives and feelings, and ignoring human rights, greater disasters will occur that may even affect the whole globe. Without even using miraculous powers, we can see into the future and know this because it's logical, it's cause and effect.

Many so-called clairvoyants and prophets have anticipated that numerous grave disasters would occur simultaneously in the world. In various countries and ages, people have had the same vision. Those individuals could truly see into the future and were not remarking casually. However, perhaps we're now practicing well. Our practitioners are in many countries, establishing group meditation centers, and thus gathered together, our power is very strong. So, I think the world can still be saved. If we sincerely pray together and practice together, we can generate an enormous atmosphere of peace, which will have a great effect.

This influence is not limited to a specific place. For example, there may be no river in your land, but there may be rivers in other places, and the water in the rivers and seas may evaporate and then become rain. Subsequently, your land will also be affected.

To give another example, you may run into trouble today on the road or in a certain place by

having a car accident or other types of misfortune. Then, you might meet two very compassionate people who care for and help you, making you feel loved, safe and comfortable. Later, you leave when everything is alright, or after spending a week in the hospital, and that loving feeling is still affecting you. Whomever you see thereafter, or in a conference with many people, you will be very loving and patient toward, and then those whom you treated compassionately will continue spreading the love outward, also treating others with love. And in turn, those whom they treated lovingly will spread this love to more people. The transmission will thus go on and on, just like a drop of oil spreading outward continuously.

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

Many undesirable things happen in the world because people are unhappy and lack love. For instance, we often read remarks in psychological books or in the newspapers: Most of the more troublesome and violently inclined people are those who were mistreated or neglected in childhood. Without receiving any love, they grew up in a bad mood and developed a negative personality.

Many undesirable things happen in the world because people are unhappy and lack love.

Our meditation centers provide places where people can rest and calm down. Sensing their tranquility, they know these places are safe. No one annoys or abuses them there so they become more peaceful and calm at heart. Consequently, they no longer feel afraid, nervous or threatened. Besides, we can also teach them to communicate with the Almighty Power within, and gradually they realize their real greatness and improve. They definitely feel increasingly serene and peaceful.

These places of spiritual practice are necessary for people to introspect and seek their peaceful corner within. This is why your lives get better as you practice. You feel increasingly intelligent, realize more and are more relaxed, so it's easier to forgive others and be more compassionate. Previously, you didn't know the way to nurture yourself so you felt uncomfortable and weak in both body and mind.

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's much better to have a

brief rest each day than to take a week off after a long time. Our two and a half hours of meditation is our everyday rest period. Besides resting, we thus also save our lives! The Light and Sound purify our minds and bodily cells. So the more we practice, the younger and more comfortable we feel. Most illnesses disappear.

I recently read in a magazine that they're now using a special type of sound to heal cancer. They've started experimenting on it, and it seems to be effective. Having read this news, I felt that our "contemplating the Sound" method is really the best. Many fellow initiates, having practiced the Quan Yin Method for a time, have unknowingly gotten rid of cancer! However, this is only a natural bonus effect. We don't practice for the sake of healing. In another sense, however, we're also practicing for healing! Our illness of ignorance is the worst, from which many other illnesses are born.

For instance, being ignorant, we enjoy all kinds of pleasures such as eating meat and consuming alcohol or even drugs. We think these things will bring us pleasure, while in reality we become ruined both physically and mentally. This is a result of our ignorance. We ignorantly take drugs and poisons and become ill, suffering from disordered livers, lungs and hearts, cancer and so on, all because of our illness of ignorance. Originally, God sent us here to bless the world so that the world would evolve and become more beautiful, as if we were in Heaven. However, the outcome is that after we enter this "tool" (the human body) we abuse it instead of using it to implement God's will. We destroy the tool given to us by God so we feel very uncomfortable.

When an ordinary person is very ill, he's sent to the hospital, not only for medication, but also for rest. His body then generates a resistant energy to cure the disease. Usually, after taking medicine we feel heavy and sleepy. The purpose is to let us rest more so that our body will yield resistant power. We're thus cured naturally, and medicine isn't the only effective substance.

So even though we aren't sick, we rest every day, taking the Heavenly prescription, the internal Light and Sound, in a dosage of several hundred liters each day (Master laughs), and of course we feel better! We have rest and medication, so naturally we become healthy and sound both physically and mentally. So the more we practice, the more we feel that it's hard to quit. We simply enjoy it more and more, like a kid who's 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's better late than never. If we have our own kids, we should hurry up 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're full of patients who eat a lot of meat and drink alcohol. They aren't poor people; they're rich people, experts in food and wine, who end up in hospitals. Also, they recover very slowly, even when their illness is a minor one. On the contrary, Vegans who lead a simple life like we do can recover from illnesses very quickly. Besides, they don't experience any side effects or adverse reactions after taking medicine.

If we've begun to practice only very recently, our systems may not have adjusted or improved very fast. We can't change fast enough at the initial stage of our practice, should our illness be too heavy, so we're occasionally sick. If we weren't practicing, however, the situation would be even worse.

The Light and Sound are medicine and food for the body and soul, changing and renewing our body's cells. So 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 they're reliving their youth. If their lives aren't bustling and nervous, the change will be even more apparent.

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

Here's a very logical example: Don't you look very pretty when you're happy or in love? Or when your family is warm, comfortable and peaceful, you look cheerful, pretty and bright. When we worry about our job, we're obstructed in business, our lover runs away or we lose in gambling, our faces always show it.

Sometimes, people say, "I'm so mad I could die. I'm annoyed to death. I miss my lover!" They're not dead yet, but they look very much so! These are only worldly distress, 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 withers and becomes frustrated and upset, and this inevitably affects our physical body.

The Chain of Effects Caused by Environmental Destruction — Worry Over the World Prompted by "Legalizing Abortion"

Over the last few centuries, we've done much harm to our planet. Sometimes, our actions look

like we're helping the world, or making the world progress, but the price is too high! We human beings are too ignorant. Just to earn money quickly in business, we disregarded the future consequences. So, now we'd better slow down and consider our situation, and that of the next generation and the background of the world.

We've 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, and then it's all right! We may also change our meat diet to a Vegan one because meat-eating has used up most of the Earth's resources.

Each year, many forests are destroyed just to raise livestock. To raise 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 can't be used again for a long time. After the trees are felled and the earth is trampled by animals, you have to wait many years to plant things again.

Also, with the trees gone, the exposed rich soils are washed away by heavy rains; erosion gets out of control, and the land becomes barren and dry. There's a chain reaction of one affecting the other, and the destruction is not limited, but affects many aspects of the environment. Pure water sources are used for animals to drink and take a bath, leaving only filthy water for us, and in insufficient quantity as well.

We've abused technology and damaged the protective layer of the Earth's atmosphere. This has also affected our planet as Earth is getting hotter. It's hot and there's less rain and fewer shade trees. Without rain, trees can't grow, and without trees there's less rain. So the climate is becoming hotter and changing unpredictably. All these phenomena end up affecting our body, affecting our children, our business, our mentality and other aspects of life, and eventually affect the moral state of our Earth.

Without sufficient food, prices soar and many people aren't able to afford it. Businesses also go bad, which results in bankruptcies. People without money might go robbing, or become homeless and do evil deeds. They could even harm themselves and their families.

The consequences of our actions have already affected our children morally. Therefore, the United Nations and many countries are getting together and resolving to kill infants by promoting abortion. As the number of people has increased, and food has become insufficient, they want to kill people now. To say it bluntly, they're killing people for food, and this is really happening.

It's because they sense the danger; food is

getting less abundant and the population is on the rise. People don't change their way of living – to become Vegan, to refrain from cutting down trees anymore, and to plant them instead, to stop raising livestock and plant crops instead. On the contrary, they're slaughtering children.

So 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" because it affects the whole world, the next generation and your innocent children. You can see that this is terrible; the damage is enormous.

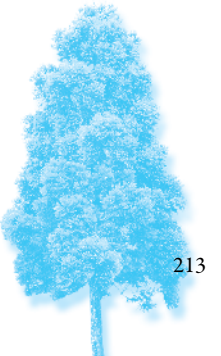
We have to solve this problem from the root. We water plants at the roots, not at the leaves. Yes, the more we eat meat, the more we have to produce meat. Raising animals requires vast areas of land and plenty of water for the grass to grow. The more trees we cut, the less water we have; and then the water is used for animals and people are left without. Without water, we can't plant crops so we have less fresh produce. When the supply drops, it'll be more expensive. When the population soars and food production decreases, wars are inevitable. There's more violence such as robbery and killing – just to eat, just for food. Finally, people think of murdering – murdering children to save their own skins.

Previously, no one ever even thought of abortion, but now they try to legalize and publicize it. I feel that the United Nations and many other countries ought to think in a more logical manner, and find a more effective and correct method instead of just killing children. If this situation persists, it's not enough, no matter how many lives you take. Many people have prophesied that in the future some countries will need to eat human flesh to survive. They'll have reached the stage of eating the meat of dead people. However, there's a way to change the future.

We can change our world. We can save our world instead of killing others for our own survival. We should rebuild our way of life – live a moral life, be Vegan, cultivate ourselves mentally and physically, and there will be immediate results. Our world will be changed at once! If everyone planted trees instead of cutting them down, we'd be saved very soon. Within ten years, the world would never be the same, without any problems. Truly there's hope, but only with everyone's cooperation.

Live a moral life, be Vegan, cultivate ourselves mentally and physically, and there will be immediate results.

For example, you disciples listen to what I say and you further influence other people you know. However, if a certain piece of land doesn't belong to us, we can't 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's no point in worrying about Doomsday. We're killing



each other already before Doomsday ever arrives. Since the beginning of Creation, we've never heard that wars are for killing children! It means that our moral standards have been degraded to their lowest point yet.

Nowadays, if you kill a person the police will arrest you and put you in jail. You have to compensate for the lost life with your own life. However, they're now trying to legalize the massacre of children, and no one seems to think that this is immoral. It's really incredible! I hope the United Nations and the participating countries will keep their minds clearly awake.

Otherwise, it's really terrible to put the future of the next generation and the whole world in their hands and let them decide for us! If they're not enlightened and incapable of logical thinking, you can imagine how serious the situation is! When there's a cause, there's an effect. God isn't going to stand on one side watching them decide the life and death of the people, the children of God. God definitely won't allow it.

Those in Power Should Encourage People to Become Vegans

We often accuse others, saying, "He kills! He's a murderer!" Everyone scolds such a person and hates him. We're also disgusted by the killing caused by wars. However, murder has now become a natural course of events, and the murdered victims are babies, infants. This is truly horrible! It's different if it has to be done due to compelling situations. However, they're now doing it openly, without any urgent reason; just because the food supplies are insufficient. Babies have to be killed simply to ensure the adults' food supply.

I hope abortion isn't legalized. Try your best to think of a way, and don't let this happen. We can write to them using about the same content as my speech today. Each of us may accordingly write to the United Nations, to the President of the United States and to the relevant nations, asking them to find another solution instead of employing this undesirable method!

Perhaps they'll listen to our advice or perhaps not. I hope they'll listen. Otherwise, even if we kill all the children to save the adults from starving, the retribution of the karma incurred will be even worse.

It's strange! I don't know what the people of

the world are thinking. They can't even solve such a simple problem. I'm 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're wealthy, and they have people to inform them, to submit the material to them. They should know better than us. They're obliged to manage the country and work for the people so they should know about these facts. It's very simple; they should just encourage people to be Vegans, and they themselves should also change to a Vegan diet. This way, the world will soon be saved, 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're 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. This is the right thing to do for ourselves and the next generation.

Lately we've received many warnings. There are natural disasters and earthquakes everywhere. Furthermore, we're terrorized by killing among humankind. Humans are powerful. They can be Buddhas or they can be demons. As Buddhas, they can save the whole world, and as demons, they can destroy the whole world.

Until now, we've been afflicted with many problems. Some mentally unbalanced people have created wars, or invented bombs, many of which destroy the world's wealth and people's lives. Sometimes we think a bomb is nothing, destroying a city is nothing, et cetera. 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's a tremendous burden on the nation's economy

So, there are natural disasters, earthquakes, typhoons, bombs and strange diseases. Don't say the whole world is destroyed. It's extremely disastrous if only a third or a part of the globe is affected. The situation will deteriorate with a chain reaction.

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

This planet Earth is very precious. Should God wish to punish it, destroy it, there's nothing

we can do but comply with Hiers will. However, if it can still be saved, then we should save it because this world is a very good school, where many souls can come to learn and grow.

6-2 The Way to Become Healthy Along With The Earth

Be Frugal and Cherish Resources – Master's Reminder

♥ Cut Down on Power Consumption

1991.09/ Formosa (C)-87

I always consider the economic situation and circumstances of each country I visit and do not ignore these aspects just because I'm wealthy. Of course, I have enough money to install hundreds of heaters and air-conditioners, but my house has no air-conditioning. When we were building the old wooden hut in Hsihu, a resident disciple kept trying to persuade me to install an air-conditioner, but I refused. I didn't want one because no one else had one. A little heat cannot kill us; it's coldness that's dreadful. Coldness consumes our energy and makes us tremble all the time. As a result, we can't concentrate on our work, and that makes a difference. Occasionally, I turn on the electric heater when my physical condition demands it. For instance, when it's cold during the night, I turn on the heater for a while and then switch it off; I don't keep it on the whole day. Besides, I always choose one that consumes the least electricity. They bought some 400-watt heaters for me, but I dare not use them because I don't think they're necessary. For me alone, 300 watts is more than enough, and I use it only because I can't find a heater with a lower power consumption rating. Each time they buy an electric appliance, I always check the wattage. Here I've become an electric power expert. Whenever we buy an electric appliance, I always check the required wattage first.

Today, they brought me three heaters from abroad, and the first thing I checked was the wattage. A resident disciple assured me that the consumption would not be high, but I insisted: "It will definitely be high! I know the electrical appliances made in that country require high wattage." And indeed I was right. I found that they were all 1,500- and 1,000-watt units and said, "Return them; I'm not using them." I dare not use even 400-watt units, not to mention those consuming 1,000 watts or more! I can make a fire with timber. The only exception is when it's too

cold at night, or when I fall ill. My body can't stand the cold, and to preserve this body to serve everyone, I have to use it for a while. Otherwise, I rarely use it.

Whatever I teach you, I really practice myself. Please cut down on power consumption; otherwise, it won't last long. The first ones to suffer will be us. Don't use it as lavishly as you can, and think that it's good for us; it might not be! We have an idiom in Au Lac that says, "Eat less and you'll have enough food for a long time." My grandma taught me this, which means if we eat all the food today, we'll have no food for tomorrow. The reason I'm telling you this is not because of money. We can afford the electricity bill today, but please be more moderate in using electricity.

♥ Using Ginger Frugally and Cherish All

1991.12.24/ Formosa (C)-88

When you cook, you use too much ginger. It's not only wasteful but also not delicious. Money is not the only thing you waste; you waste many other things as well. Fields where ginger has been grown cannot be used to plant other crops for several years. I hear that it's because the soil has become too pungent. If you grow carrots in such soil, they will become pungent carrots. (Master and everyone laugh.) (Fellow practitioner: No other crops can be grown for six years.) Wow! After growing ginger, the soil cannot be used for six years. Can you imagine that? Therefore, it's very wasteful; it's not just a matter of money.

We must not spend lavishly just because we have money. No! The materials in this world are to be shared by the world.

If every one of us can do things considerately and frugally, we will not be the only ones to benefit. The whole country and even the universe will, too. Therefore, we must not spend lavishly just because we have money. No! The materials in this world are to be shared by the world. It's because people don't think considerately, but act wastefully instead that there are people starving to death in the world. Some developing countries sell their food at low prices to developed countries, and later domestic food shortages cause starvation among their own people. Therefore, when some people are too wasteful, others suffer from insufficiency.

The ginger that we use in cooking is used as an herb in other countries. Drinking a little bit each time or using a little to prepare ginger soup will keep us warm for a whole day. It takes a long time to grow ginger! Ginger is mostly planted in the mountains, where farmers have to carry fertilizer up the hills, and plant the ginger in lines on the slopes; it's a very laborious and difficult task.

The more we waste, the heavier is our karma because people have to work extremely hard to grow

it, with sweat and tears! If we waste too much, in excess of our blessed reward, we have to pay for that excessive amount, for other people's karma, effort and pain. When you sometimes eat very complicated or highly processed food, you don't feel good in your meditation that day. You don't have to wait until you've violated the precepts or eaten meat. Just by eating excessively processed food, or food requiring much preparatory work, we're also hindered. Because people are very tired from working, their grudging atmosphere goes into the food.

Since ancient times, spiritual masters have advised us to live a simple life, as simple as possible. Of course, I'm not saying that you only need to eat brown rice seasoned with salt every day. (Master and everyone laugh.) What I mean is that, in every aspect, we must try to be as frugal and simple as possible. This is good for us, our country and the whole world.

Since ancient times, spiritual masters have advised us to live a simple life, as simple as possible.

Begin with Individuals and Small Actions

♥ Love and Enjoy Nature

1993.09.11/ Hong Kong (C)-6

I do not teach you these things because of money. For example, sometimes I teach you how to pick fruit, take care of trees and spray unhealthy trees. Trees become sick sometimes. Worms grow inside and devour them and then the trees fall. Therefore, you must take care of the trees when you have time. Those who know how to do it should teach those who don't. Work together. Each one of you can tender a few trees, and when fruit grows, we can pick it.

Every action by a spiritual practitioner carries symbolic significance. When we act with the intent to preserve, this power of loving concern will spread from our corner of the world to the whole planet. The Earth will be conserved, crops will be protected, the global economy will be sustained and everyone will have food to eat. The world will have adequate resources and sufficient food for everyone. We don't do this so we can save a lot of money; in fact, little can be saved in this way. It's merely a symbolic action. Having the spirit to conserve and the heart to contribute demonstrates the power of conservation and positive strength that we want to share with the world. If this power of conservation pervades every corner of the globe, the world will be much safer.

When everyone is engaged in destruction and no one makes any effort at conservation, of course, the positive power will diminish until no protective power is left and only the negative, destructive power prevails. Therefore, we must try to maintain a balance. We may be few in number, but our power is great. We spiritual practitioners can focus our minds to such an extent that even though we're doing only a little bit, the outcome is comparatively more significant and the impact greater than our efforts.

Therefore, don't say, "Well, it's merely a few acres of land. How much benefit can we bring to the world? Why should Master take all this trouble?" When each person does a little bit, the combined effort is enormous. In the world outside, everyone causes a little bit of damage. All actions should begin from individuals. So, when you do a positive deed, bear in mind that you're doing it for a symbolic purpose.

When we do it, our protective power can offset the destructive force in the world. Even though we cannot completely compensate for past actions, at least we can try to maintain a balance. Otherwise, if everyone is being destructive and no one is committed to conservation, the world will become a desert sooner or later. Now there is less and less forested land; the same is happening here around us. All the surrounding mountains have become bald like a monk's head. Therefore, we must balance it a bit symbolically. If we had not preserved the forests here, this place would have become barren. Do you think it would have looked nice? Fortunately, we still have some green and richly forested areas here. In the summertime, you can sit under the trees to read, meditate, cool off, chat, rest or lie in hammocks. Had we not taken good care of this place, the trees would have become sick, withered and finally died. The whole place would have become as bare as the mountains over there. How would you have felt then? Wouldn't it have been a lot worse than it is now?

♥ Pitch Your Tent on Soft Leaves

1992.06.25/ USA (E)-89

So when you park, try not to hit a tree! And don't cut it down just because it doesn't suit your car. Go find another place. The trees are there for beauty and protection. They're good for your car. When it's summer it's not too hot, and when it snows a lot, they stop some of the snow, and it scatters all over instead of all falling on your car. They're very good. And the wind and all that, it's good for your car and good for you. Don't try to cut all of them down, or you will destroy the forest. We should try to preserve them, and meanwhile we can use them. That's why I think this car park is the

best; you can park. And later, if it's necessary, we can sprinkle some gravel on top of it. But if the earth is hard enough, and it doesn't cause trouble, we should just keep it like that. Otherwise, it might look ugly, criss-crossed and different.

Also, when you pitch your tent, please don't clean up the dry leaves. They keep your tent protected from the moist ground, and also keep your tent soft like a carpet. So they are very good for you. Then when you take your tent away, the earth won't be left naked and the rain won't flow down with all the earth. And later we will have mountains no more.

So just keep the leaves; they're clean. The leaves are very clean, soft and beautiful. For your feet, they're very soft, like a carpet. I saw in many places where you camp that you clean away all the leaves. This is very unintelligent! We should try to enjoy nature and preserve the natural environment. They're always good for us.

That's why I don't allow people to cut trees where it's not necessary.

We All Have to Protect the Natural

Environment

♥ Preserve Trees and the Things We Enjoy

1992.06.25/ USA (E)-89

The weather has changed, in many places drastically, because people have cut down too many trees and they can't grow fast enough to replace them. The weather has changed, and the rains are being all washed away instead of being preserved in the earth. The trees attract rain and also keep the water; it flows slowly down and preserves the mountains. It also preserves the streams and rivers. If we cut down all the trees, we'll be short of water, and the weather will change drastically. That we could not bear.

That's why many places and many countries are short of water. Sometimes it's because they cut trees at random, not considering how it will be afterwards, in the future. Because our children still have to live on; they'll go on living after we die. After I die, this center will still be here and your children will come. So it's not for one or two days that you use places; you have to keep them for the future. We have to preserve things that we enjoy. We have to think ahead into the future, and not just say, "Oh, I can use it today or tomorrow. I don't care," and damage everything. That's how people damage many beautiful places, cut so many trees

and kill so many animals.

Animals are there for a reason. They're also inhabitants of the Earth; we have no right to kill them. I've heard some people say that their research has found that animals sometimes heal people's sickness, probably because of their love. That's why many people like to keep dogs and cats, despite the inconvenience and the attachment that they bind people with. But because they're so loving and probably so soothing somehow, people feel good and keep them.

The same with trees, water and forests – they also heal. Don't you feel better when you walk a little bit in the forest? Your eyes feel better and your lungs feel good, your skin feels smooth and your mood is calmer. That's all due to nature: The trees and the air that they breathe out to give us oxygen. Therefore, it's very necessary to keep nature intact as much as we can.

♥ Daily Chronic Destruction Is No Less Risky Than Wars

1993.09.11/ Hong Kong (C)-6

Our planet is suffering from severe devastation in this age as trees are being cut down and mountain forests destroyed indiscriminately. Many beautiful places have been ruined and reduced to deserts. New deserts are emerging every year. Take a look at the statistics and you'll know. Consequently, the Earth's climate has changed drastically. It has become peculiar with the occurrence of many typhoons and earthquakes, and sharp fluctuations in temperature. Mercury readings soar high in places with normally cold climates and plunge low in places with warm climates. Our bodies can hardly adapt to the changes.

For instance, we may be accustomed to living in Hong Kong, where the weather turns cool in September and October, and becomes really cold in November and December. Our bodies have already adapted to these annual variations, and a sudden change brings physical discomfort. We may become ill and have lots of trouble.

Human beings have enormous destructive power. They care little about society or the future, and are concerned only about their immediate personal benefit. Therefore, a considerable part of

the Earth's resources have been destroyed, which in turn has affected the world economy. Should a torrential downpour occur where no effort has been made to conserve soil and water, there will be no trees to absorb the rain permeating the soil, and it will later be released slowly like a river. The result is a flood disaster. When floods occur, many houses are destroyed, crops are submerged in water and the global economy suffers. Recent floods in the United States have incurred losses totaling billions of dollars, and the U.S. has yet to completely recover from these disasters. This is all caused by humankind's destruction of the environment.

If every group, unit and individual can act like our group and care lovingly for Mother Nature the way I teach you, then our world will be different. We may think that only extremist countries wage wars that destroy our planet and jeopardize human lives. But in reality, they aren't the only ones; even small groups, small units or individuals can destroy the Earth. They do it bit by bit every day. This is chronic destruction. War causes one-time damage, and the after-effects disappear in a few decades. When people realize that war brings no benefits, they call for a cease-fire and begin reconstruction and restoration efforts. However, the chronic destruction that goes on daily throughout the world is difficult to restore. It causes damage and creates risks that are no less than those caused by war.

♥ Would Allah, Buddha or Jesus Be Greenies?

1993.03.16/ Australia (E)-90

Q: If Allah, Buddha or Jesus were alive today, would they be Greenies? A Greenie is someone who is environmentally conscious.

M: Partially, perhaps, yes. We should protect the Earth's greenery as much as possible for our own benefit. But we should not become nature worshippers, whereby every tree is worth more than a human being. Trees are for human beings. So in case we need them, we should preserve them as much as our space, time and the population allow.

In that case, probably Jesus, and Allah or whoever, would vote for that. I am also a nature preserver myself, and all our practitioners are not allowed to cut trees unnecessarily. But if necessary, we cut them in order to build in that space a better institution for other people. So we cannot always preserve nature without concern for human comfort. We had better see to the situation: where we should preserve and when, and how much.

Medicines and Methods Can End Suffering Now

Raising Awareness of the Love Within Besides Being Vegan

2000.05.12/ Korea (E)-91

Q: I think a lot of the karma in this world comes from the killing and suffering of animals. If we slowly disseminate information about Veganism it will take root and then slowly over time, fewer animals will be killed. And this will produce better karma for the planet as a whole and that will probably improve a lot of other things.

M: Everyone does that already. Nowadays almost everyone on this planet is aware of the benefits of Veganism. Our job is not to promote the Vegan diet, but the Vegan diet comes as a requirement for spiritual yearning. And whoever desires to know God will accept the Vegan diet as well.

Q: If people don't accept God, at least if they accept the Vegan diet, will that improve things?

M: Not much. There's a motive behind the Vegan diet. If they don't open up the love within themselves, eating a Vegan diet is just an empty act. So spiritual support is behind all the things we do, but not all the things we do have a spiritual motive. So open up your love to people. All I do is just raise their awareness of the love within them, and once they yearn to know that, everything else comes more naturally.

Q: Yes, that's a much more beautiful and noble aim.

M: Otherwise, you can also tell people about the benefits of being a Vegan; that is, a healthier life, saving the planet and so on. It's not what you do. It's the energy of the motive.

Q: I once saw in a dream something like cows and pigs, and my feeling is that they wanted me to do this because it would help them.

M: OK, then you can try. You can go on TV and talk about it. Some of us can do different things.

Q: At least these pigs and cows are also beings, aren't they?

M: Yes, Maybe they have an affinity with you and you're their savior, so why don't you do something?

Q: That's great. Thank You, Master.

If they don't open up the love within themselves, eating a Vegan diet is just an empty act.

M: You're welcome. Each one of us chooses another direction to go in, and if everyone is doing something, it's fine. Some of our brothers and sisters also produce Vegan food and the like, and that's also good. The thing is that if you suggest that I should go on TV and just talk about Vegan food, that's how I lead people's minds into thinking about it, and then, whenever they approach me it's just all about Veganism. Whereas that's only a corner of my job, so if I make it into a major issue, of course it will also help, but it'll be very slow. And I might die before I rescue anyone's soul.

Any of you can do it if you feel like doing it. Some join stop smoking groups, and some give advice on the Vegan diet; it's fine.

Wisdom and Enlightenment Are the Roots of the Solution

1992.06.26/ United Nations (E)-92

Q: Thank You, Master Ching Hai, for sharing Your wisdom with us. I have a question about the escalating world population and its accompanying problem of further environmental abuse and the further greater demand for food. Would You like to comment on the escalating world population? Is this a form of world karma? Or is it going to create a certain kind of karma in the future?

M: It's not that we're really overpopulated. We're just not spread out evenly. People are just condensed into certain areas of the world and don't want to move to other areas. We have many vast areas of wild land that haven't been used, many virgin islands, many vast plateaus, which are only green with forests and there's nothing there. People just like to concentrate in New York, for example, because it's more fun here. But if a government were able to create jobs in different places, people would also go there to work. People just condense in some places because it's easier to find employment or safety there. If the safety, security and employment opportunities presented themselves in other places, people would also go there. They go for security, for their livelihood. That's very natural. So, it's not that we should fear overpopulation. We should instead organize to give the people of the world more benefits from employment, housing and security. Then everywhere will be the same. We'll never be overpopulated.

And about your question concerning food, you should know better because in America, we have so much information on how to preserve the world. The Vegan diet is one of the best ways to preserve the world's resources, to feed the whole

Because what we do in many parts of the world is waste natural resources; it's not that we don't have enough.

population of the Earth. Because we waste a lot of Vegan food, energy, electricity and medicine to raise animals, whereas these could be used to feed other people directly.

If we spread out all the food evenly, the Vegan diet will help in this process, not only for ourselves, not only for the animals, but for the whole world. One of the researchers in some magazine has already said that if everyone eats Vegan, the world won't be hungry anymore. And we also have to organize. I know a person who can make rice grain into nutritious food and even milk. We talked about that last time. He said that spending about 300,000 dollars, one can feed 600,000 people in Sri Lanka – the poor, the undernourished, the mothers, and so on. It was fantastic!

Because what we do in many parts of the world is waste natural resources; it's not that we don't have enough. God wouldn't put us here to starve. Actually, we starve ourselves. So we have to rethink, reorganize and that requires the blessing of many countries' governments. They have to bless us with their absolute honesty, cleanliness and dignity, and with the will to serve other people instead of themselves. If we have this blessing from all the countries' governments, we'll have no problem.

We need to have good leadership, good economic organization, ruling talents and honest governments. But these things can come about more rapidly when these people become spiritual. Then they'll know the discipline and the precepts. They'll know how to be honest and clean, and how to use their wisdom. Then they can think of many things to do and ways to reorganize our lives.

Q: That seems to be very difficult because as I see it, much of the environmental abuse today has to do with the growing population's demand for more living space, for homes, for living the way we want to live in the twenty-first century. Consider, for example, the jungles in Brazil – the environmental abuse there, the destruction of the rain forest. The land is being defoliated and that results in floods, and these problems aren't unrelated to the problem of overpopulation.

M: Yes, of course, all things are related to each other in this world, and the only solution is to solve it from the root, not the branches. And the root is spiritual stability. (Audience applauds.) So all we have to do is try to spread this spiritual message, what we know, and keep to the spiritual discipline; that's what people don't have.

I'm very happy with all of your intelligent questions. People do these things because they aren't wise enough, like abusing the land that you mentioned. So the root is wisdom, spiritual practice. Get enlightened.

Technologies, Medicines and Methods

That Can End Suffering

1996.12.28/ USA (E)-93

♥ The Message of the Film *Phenomena*

It's possible with spiritual knowledge to be anything you want, to have anything you want, provided you want it enough, and know that you'll get it.

Most of the time people say, "OK, I don't think I'll get it, but I'll just ask Hirm anyway." That's what prevents us from having what we want because we already expect that the Guy won't give it to us. That's also OK. If you have enough to eat, fine. If you have enough clothes to wear, it's OK. There's no need to want too much, which is also fine. But it's not impossible. I just wanted to tell you.

So many people have already proven it to you. By the power of the mind alone, they can move objects, they can walk on fire, they can walk on water, they can put knives through their heads from ear to ear and nothing happens, not even one drop of blood comes out. Even with the power of the mind alone, astral power, you can do that.

There's an American film called *Phenomena* with John Travolta that describes a man with the power to move objects, the power to know events that are happening in faraway places, who can predict things or read other people's messages through the air. Many people, even though they saw it, didn't believe it. They didn't believe it was just mental concentration and wanted to operate on his brain in order to find out, for scientific research, what the difference was in his brain between him and someone else, a so-called ordinary person.

Many scientists believe only in the things they can touch and prove. So sometimes it's difficult for geniuses to survive in this world.

There's no difference. They can operate until all the nerves are cut into a thousand, billions pieces, and they'll find no difference. There's a slight difference between one human and another human, but there's no difference as such if you concentrate your mind, just use the power of concentration. If you operate on the physical brain there's not much difference.

So it's even dangerous to be talented, to boast of your psychic power. It's not safe because other people aren't ready for it. They don't know more than material existence. Many scientists believe only in the things they can touch and prove. So sometimes it's difficult for geniuses to survive in this world, and many geniuses have come and gone unnoticed, unrecognized and even been harmed by society just because people are so ignorant. They don't know what the genius knows so they don't believe, and they seek to harm him or her, or they sometimes seek to prove it materially to the extent of hurting the genius, the talented or spiritual being

for that matter.

♥ Please Be Nice to Geniuses and Extraordinary People

I remember that America had a very famous psychic, Edgar Cayce, and some people didn't believe that he had the power of concentration so that he could leave his body and go into some other person's body or search into something else somewhere else. So they tried to experiment and stick needles into his fingernails. They stuck needles into his nails, just to make sure that he didn't feel anything. My God, he didn't feel it at that time, but when he woke up, he felt it, poor guy.

So that's how society treats geniuses or extraordinary people sometimes, not only in Jesus' time. In any era, humans sometimes do weird things. It's nothing surprising. I can tell you about many other instances like that in other countries, but enough of that. There's no need to dwell on this matter; it's so depressing.

Actually, according to some research and in my opinion, we have a lot of advanced technologies, advanced medicine, advanced ways to end suffering in this world right now – even at this minute. There's no need to have hunger, no need to have suffering, no need to have incurable diseases anymore. We're already so advanced – we've found many substances to combat even the most deadly diseases. But sometimes society as a whole chooses not to do so, just to protect the economy, I think. You know better than I do.

So it's not that God doesn't give us everything, it's not that God can't do impossible things. It's we who are the obstacles because our faith is sometimes so thin. We can't believe that if God gives us a means to cure a disease, then Hes will give us another means to sustain the medical system and not let it go bankrupt. If God gives us a means to find free energy, free electricity, then Hes will give us another means to sustain the whole of industry, and not let people go without work. They'll find other work somehow; they'll find other things to do. We should live a simpler life with fewer wants. Then we won't have to struggle so much, working and earning money.

There are many geniuses who can prove to us that it's workable, that this world can become a paradise, even materially, in one instant. So it must be that the faith of the people of this world is so little, so thin that they're afraid to take any chances. For example, if all the sick people were cured very easily, then what would become of the health care system, your famous theme? Even just talking about health care, people go berserk, not to mention real

medicine, real miracle cures for the people.

Anyhow, maybe I'm talking too much. You don't have to believe it. I have the right to say anything I want, and you have the right to believe whatever you want. We both have the right to do things the way we want. I say what I believe, but you don't have to believe what I believe. You can believe it or not believe it; it's up to you, or you can do research on my suggestions, my comments and then find out for yourself whether what I say is the truth or not. But at least I tell you something, and then you have the chance to prove whether it's correct or not. If I didn't tell you, you may not even know that it exists. You wouldn't even have the chance to prove your IQ. So do some research.

All things are related to each other in this world, and the only solution is to solve it from the root, not the branches. And the root is spiritual stability.

Creating a Compassionate and Vegetarian Global Village

The Worldwide Effort to Share Master's Merciful Message: "Alternative Living"

Concerned about repeated outbreaks of epidemic diseases among animals and humans, Master has offered the world a fundamental solution to the problem by personally designing a friendly but convincing leaflet entitled "Alternative Living" to remind people to choose the vegetarian diet and stop killing in order to overcome global medical crises and save our fellow beings. Master has also instructed all initiates to share this message with their brothers and sisters in every corner of the world. In response, the practitioners have initiated an all-out effort to share Her words of love.

For detailed reports, please see *The Supreme Master Ching Hai News*, issues 165-173. Updates: http://www.godsdirectcontact.org.tw/eng/news/173/

APPENDIX

Supreme Master Ching Hais 2006 New Year's Talk / Abridged

Governments Should Educate Citizens to the Hazards of Meat, Alcohol and Tobacco

Spoken by Supreme Master Ching Hai, Surrey, United Kingdom, January 8, 2006 (Originally in English)
Published in The Supreme Master Ching Hai News 164

Master In the future, I think the governments of all countries will do something similar with food to what is being done now with cigarettes, where a warning is printed on the outside of the package saying things like "Cigarettes can kill" or "Cigarettes cause lung cancer and shorten your life." If they do that, then many people will stop eating meat and all will be vegan in the near future.

So I suggest that the leaders, organizations or governments should warn people or at least make it compulsory to put something like a dead cow inside the shop. Or have a film running with the whole picture of the butchering process; that would be even better, to let people know what it is that they're getting and what they're actually paying for.

Otherwise, I feel like it's a lie to just sell a person a piece of meat that doesn't have a form anymore. For example, chicken is sometimes sold whole, but most of the time they just sell half of it or pieces that don't look like anything. You don't see the way they chop off the head of the chicken while it's alive. You don't see the way they hang the cow from one leg and let the blood drip one drop at a time to the floor. You don't see the way they cut the pig's throat while he's still kicking and that they sometimes miss and have to cut again. People don't see that. Remember I have a show called *The Real Heroes* [DVD 760]?

Disciple: Oh yes, that was about this very subject. The British government is also currently trying to ban smoking in public places.

M Yes. Surprisingly, Ireland did it first. Can you believe that? This is a country with a lot of pubs and people who drink, but they still had enough common

sense to do that. Other countries are also moving slowly now, with many more that have already followed suit. Bravo, Ireland! Good for that country. I really feel very proud of that because smoking is no good for anyone; that's been known for a long time. It's OK to put warnings on the packets, but people still buy them. So banning smoking in public areas at least protects the ones who don't smoke.

But it's still terrible sometimes. For example, in my hotel, I stay on a non-smoking floor, but I still smell smoke in the bathroom. Why do the next-door guests sneak in and smoke? They don't have much respect because every day it's like that. People might think that if they go into the bathroom it's good enough, but then the smoke still flies into my bathroom because they turn on their fan and the rooms are connected with each other. And sometimes people actually like going into a non-smoking room to smoke. They just feel rebellious or something.

So you not only have to ban it, but also impose a penalty. For example, if you smoke in the lavatory of an airplane, the penalty is $2,000. This could go for everywhere, even in hotels. If you're caught you should pay the penalty. That's the way it should be reinforced because just talking is not enough. People are not that disciplined or morally honest.

Also, they should put a label on alcohol like, "Alcohol can damage your brain and cause considerable illness" or at least "Alcohol kills." It does kill! Drinking and driving kill many hundreds of thousands of people every year around the world. Everyone knows that.

Even so, being killed isn't the worst thing. Some people would rather die than be maimed for life, which creates a burden for the family and society and causes suffering and sorrow for the individual and the people concerned. That's even worse than death. Of course, we don't want anyone to die like that, but wouldn't it be worse if you had already lost your arms, legs or brain but had to lie there because you couldn't die and couldn't live? That's a burden for society and the taxpayer's money. And it causes a lot of sorrow. But if you have to nurse a person like this day in and day out, can you imagine how much psychological strain that will put on the family members? Isn't that worse than death?

And then, for the children whose father or mother is affected, it's just like having none, or worse than having none. They go to school and everyone asks them and they feel bad, embarrassed and sad. So there's psychological damage to the child whose father is lying in the hospital or in the house like a vegetable. Kids don't know how to explain and then other kids make fun of them, or make fun of the father. Can you imagine these things? So it's not just about dying.

We don't support death by being killed in drunken driving accidents, but in many cases it's still better than the alternative because the effect is immense, not only for the victim; it's also terrible for the family and friends. Even talking about it already makes us feel bad, to say nothing of the situation if we or our family members are the ones who have to suffer it.

So I think that the governments haven't done the best they can. They can label every dangerous thing at least for the kids to read. Now they ban kids by saying, "Don't drink alcohol," but the child doesn't understand why. If every bottle he picked up said, "Damages your brain," or "Reduces your intelligence" or "Impairs your judgment in every way," at least the kid could read it and say, "OK, that's why." If it's just mentioned on television or printed in the newspaper once, he won't read it. And they don't run these ads every day on television for the kids to see that alcohol is bad. They just tell our kids, "Don't drink." And you know kids: They're strong and rebellious. When you say no, they sneak and do it some other way, like they try to do it themselves or steal it or dare each other to do it. Or they'll break into the pub to get it. It's no good. Why don't they put a label or at least a warning on it? Tell them why, just like they do for cigarettes. At least some people have come to their senses, or the kids know from the beginning that it's really bad.

D: Master, I think the government doesn't really try 100%; they're worried about the economics because the cigarette tax is a big source of income.

M But they did try; they put a warning on the cigarettes. Why don't they do that with alcohol? Is it economics again? The government can get tax revenue in many other ways. If you stop making war and don't produce any more weapons that cost a lot of money, you can feed the whole world free of charge.

So the government should put a warning on everything that kills, be it liquor or anything. That's what they should do because they're the leaders of the nation. They are obliged to protect the people instead of waiting until people are sick or dying and then get a lot of taxpayer's money to try to cure them, which sometimes is not even possible because by then it's too late. And even if they manage to cure the illness, the patient has already gone through a lot of suffering and the family has undergone a lot of trouble and emotional and psychological pain.

So I don't know what all the leaders of the world are doing, what they're busy with. They should take care of the root problem: Ban cigarettes and also impose a penalty if the people break it, just like breaking the law. If someone stabs someone else in the back, they put him in jail at least for a while. So if someone blows smoke

into your nose and causes you slow cancer or sickness, they should also go to jail, or at least face a penalty so that the person stops it. It's a different kind of killing, a different molestation with different harm. But it's still really physical. It's like stabbing someone but just different because it's invisible, slow pain. Everyone knows that second-hand smoke is also very bad. It kills a lot of people, inflicts a lot of pain, makes a lot of people sick and strains the national social security system. Everyone knows that, but they don't do anything.

What's the use of worrying about the economic setback of warning people not to buy cigarettes or worrying that people will buy fewer cigarettes if you provide a warning, when you use the income from the cigarette tax and pay it back to the patients anyway?

D: There's research saying it's more expensive.

M Yes, it's more expensive, number one. Number two, it inflicts a lot of pain. It's not just the money! It causes a lot of physical pain as well as emotional pain, and it damages the nation's intelligence. There are so many brains out there that have been damaged by smoking and alcohol, when we could use that to build the nation, to build a more peaceful, more intelligent and more reasonable world.

Before, around a hundred years ago or so, alcohol was banned and was forbidden to drink. I don't know why they let that go. Everyone knows it is poison but they still allow it to be bought openly. They say that only adults can buy alcohol, but how do you keep your children from drinking it at home when you have a bottle of whisky and you're hanging around all day drinking? Or some day you're sitting with your friend and it looks so cool, on the rocks or whatever, and talk happily together and drink. And that creates a very strong picture for the kids to think, "Oh, whisky makes you happy."

Or when there's a romantic occasion, you sit together and drink whisky or drink some kind of alcohol and the kids say, "If I want to be romantic I have to do the same as Mom and Dad." And then you invite a girlfriend to come around and you talk her into drinking alcohol together so as to fit in with the picture of romance that you see in films or in your house.

If the society is teaching these garbages and yet expects the world to be orderly and peaceful and the children to be obedient, nice and intelligent, and to graduate and be good citizens: How can kids survive in this world to become good citizens when they see the bad examples we adults show them?

So we have to speak up. And your word does make a difference. You just have to say it. People can take it or not take it, but at least you say it. That's the

way it should be. If not on the label itself at least in the restaurant it should say, "Alcohol kills." Why confine it to just cigarettes? Cigarettes kill even less than alcohol. Alcohol even has a more immediate effect. Someone gets drunk, he goes out and someone else just provokes him. So they fight and then they kill each other or they're stabbed or wounded so that they damage each other's bodies. It's even more immediate. So why not put the warning on the alcohol bottle? I don't understand this.

Also, it damages your brain; everyone knows that. And the brain doesn't grow back. If you drink very little alcohol and you haven't had any at all for a span of time, then it gives that brain-damaged area time to grow back, but it won't grow back forever. If you keep killing it, it won't grow again. And if you drink very strong alcohol, you become brain-damaged forever. Whatever part it goes into becomes damaged and the nerves won't grow back. Many people know that. Nowadays, if you watch TV or read newspapers, you can't say you don't know. So why not put a warning label on alcohol bottles?

Then later, you also have to put it in meat shops, on everything that kills. Every piece of meat should have printed on it, "You are living on dead bodies," or "Some being has been killed brutally for your meal today." Then at least the person buying knows it and they have a choice. They should also put pictures of dead or brutally murdered cows all over the walls of the butcher shop. Then at least the consumers know what they're paying for. It's not an honest job to sell something and then blindfold the people who buy it. That's like cheating; it isn't honest.

D: Sometimes a piece of meat doesn't really look like meat; they make it like ham or sausage and the children just eat the sausage but they don't know where it comes from.

M Yes, they don't know. I know one person who had a nephew only four years old who didn't like meat at all. He liked only things without meat, but the parents kept forcing him to eat it. Sometimes he even got sick so I said to that friend, "You have to convince the parents to let him make a choice." I don't know what has happened since then, but I tried my best. Increasing public awareness can create a paradise on earth.

So you cannot tell everyone in the world, but tell whomever you can. Do your best. If we all try together, it will bear fruit. Air it on TV, radio, in pamphlets, leaflets and everywhere: "Be a Vegan. At least today, save one innocent life." And print a leaflet with a cow hanging on the ceiling from one leg. Print that one; let them have a look at how they kill cows.

D: Master, the Vegetarian Society in the UK does quite a lot of work on that. They have special programs for the schools and a T-shirt with a face.

M Yes, I know. So just print a picture with a cow hanging from the ceiling and the butcher with a knife; that will be worth more than a thousand words. That will really hit someone, I hope, and do something. If you can't rescue them spiritually because the humans won't listen, at least rescue some poor animals.

What else should we do to clean up the planet? Place warnings in the schools as well. Put signs everywhere that say things like "Drugs kill," "Drugs make you less intelligent," "Drugs make you addicted and dependent," "Drugs deplete your money and impair your sexual function." They do! So why don't we just say all these things? It's really true. Drugs make you weak and dependent and pale and bad-looking and smelly and old and sick. Why don't they write all those things in the schools? Don't just say, "Ban drugs." We have to explain all this as well because not every kid can read all about it; they're too busy learning in school. And if the teacher doesn't say anything, or only says it once or twice, it's not enough.

You have to put slogans and things like that everywhere: about drugs, about alcohol and about meat, saying, "A living being has been murdered for your dinner today." Put that on a piece of beef or pork and see how many people still want to buy it. Let them think. Because to kill a person is called murder and to kill an animal is also murder. If the animal just runs around doing no harm to you and you go and kill it, that's deliberate murder. What else could it be? So we should say, "Someone has been murdered for this piece of meat in your meal." And then see what they think about that.

In the future, the world will get cleaner if the governments really do their job, if they have more morals and are stronger instead of just worrying about the economy. Because it's bad calculation if you collect taxes but then have to pay for the patients. And you inflict suffering, not just the pain of getting better since many people don't get better. Even if you give them a lot of medicine and treat them with the best equipment, they don't recover. So instead of that, just don't sell cigarettes, or put something on the cigarettes and alcohol so that fewer people get sick. Then we won't have to pay for their medical bills, which costs even more than the taxes we take in. It's a loss of business, no? So any intelligent government should calculate and then they'll know what makes even the best business sense. Besides, warning people and protecting them is really the government's job. It's their duty to take care of the people's health and safety.

There are so many things that are good for you to follow in my example, my footsteps and my teachings. And I don't even forbid you anything. You can wear

nice jewelry, which I even design for you. You can wear nice clothes when we have a party. We don't always need that, but we can do it if we want to. If we don't have to, we don't need to. We're comfortable as we are. We're beautiful inside out. So we don't even need to wear certain clothes to look good, but if you want to I don't forbid you anything. I don't make you become an ascetic, only Vegan because of compassion. The more beautiful you are inside, the more beautiful you are outside anyway. Your taste in clothing and everything is getting better each day.

In the very old times, for example in China, the king was the spiritual Master, like King Yao and King Shun were Masters, and the kings took care of the people as if they were their own children. The people at that time didn't even need to lock their doors and they didn't pay taxes to the king. They didn't need to do anything for the king at all, and that's the way it should be.

So, the governments should give us an award: "You're doing good. You're helping us." We're even free of charge; they don't have to pay us! Because the government has to pay the police or army to suppress the criminals and protect the people. We're doing just that without getting paid, without clashing with the police, without harming anyone, without having any weapons to harm anyone to begin with. So how can we be bad? How can any government not recognize this? The affairs of this world are still backward but of course God doesn't hold a grudge against anyone; Hes is still helping everyone to go up, up, up.

Otherwise, imagine if everyone did what we do. Even if they didn't eat Vegan, maybe just no alcohol, no drugs and no cigarettes to begin with, we'd be cleaner, healthier and save a lot of money. And everyone would be happier; they could have a good house, good car, good health and good family and this would set a good example for the children in the schools. If we take away the alcohol, meat and cigarettes, the family will already be much better and school will be a better place.

So the effect of a clean life is really big; it does affect everything, not just one person or one family; it affects the whole society. That's why I think the world should do this. If people just follow our example, they don't even need to study meditation with me or all become saints. I don't need to teach them, and they don't need to come see me. All they have to do is live a clean life. They can pray to God or pray to whomever they want, but their virtues, their good life will affect the whole world, and the whole world will become a paradise with no need of me.

Why doesn't the world see this? Why don't more leaders of nations reinforce this kind of clean living, this happy, peaceful Heaven for everyone? If they really want to take care of their families, then that's the way. At least reinforce it, set an example because that's what you have power for: You can change the world, or if you're the leader of a nation you can at least change your nation.

Just do it step by step and it will be easy. Meanwhile, we can hope and dream about a clean society and the things that the governments of the world should do and perhaps will do. It's already beginning.

Because I still think the root of the problem is drinking, smoking and drugs. From there, everything goes bad. Once you lose your mind, you might do anything. There's a story from the Buddha's time where someone said to a man, "OK, you have to keep all the Precepts: Don't kill. Don't steal. Don't commit adultery. Don't tell lies. And don't drink." And the man said, "I can keep the first four, but the 'Don't drink' I can't." And then he drank, and he killed, and then told lies, and all kinds of things happened because he drank and got drunk. When he was drunk, if anyone got in his way he just killed them. If they tried to stop him, he would just kill because he had already lost control; he didn't know what he was doing anymore.

So I just hope that in the future all governments will do that. First, write warnings about alcohol and post them in every alcohol shop. Next, write meat or fish warnings that say, "Some being has just been murdered for you" at least to tell them the truth, to tell people so they have a choice because the people may not know. They know that they eat meat, but they've been eating it every day so they don't even think. The majority of people aren't taught by anyone and so they only know about the advertised "good" meat and strong alcohol and so on. It's all lies. So, if you make them understand that this is a choice they make, then they might think. You don't have to be forceful and say, "You have to be Vegan." Just give people knowledge about why they should be Vegan: "There is an alternative. You don't have to kill to stay alive." Then the person can choose because they know it's a wise choice, but they have to have the knowledge to choose it.

The Unacceptable Toll of Meat, Alcohol and Cigarette Consumption on Human Life

Below is a statistical analysis of the heavy cost for humankind of consuming meat, alcohol and cigarettes. Are we willing to allow these behaviors to continuously destroy the fabric of our personal lives and society, making planet Earth a miserable habitat for both humans and animals?

The High Cost of Meat Consumption

Human Lives (Year 2002)

Cause	# Total Deaths	% from Eating Meat	# Meat-related Deaths (Unit: million)
All causes	57.03		
Cardiovascular disease	16.73	85 [1]	14.20
Cancer	7.12	60 [2]	4.27
Infectious diseases	10.90	61 [3]	6.60
Diabetes	0.99	50 [4]	0.50

25.57 million

Total Years of Life Lost = 162 million

Source: World Health Report 2004, World Health Organization [5]

Medical Costs (USA only): $30-60 billion per year

Source: "The medical costs attributable to meat consumption," *Preventive Medicine.* **1995 Nov.; 24 (6) : 656-7 [6]**

Animal Lives: 424 billion

Source: 2005 FAOSTAT, Food and Agriculture Organization, United Nations [7]

The Real Cost of Alcohol

Life
- 1,800,000 deaths per year worldwide
- 60 million years of life lost per year [8]

Heartbreak
- Child abuse: 50% of cases
- Violence toward loved ones: 30% of cases
- Violent acts: 40-80% of cases
- Suicides: 20-50% of cases [9]

Brain Damage
- Alcoholic blackouts: forgetting all or part of what occurred while drinking
- Sleep disorders: fragmented sleep
- Amnesia and dementia: learning disabilities; recent and long-term memory loss; impairment in visuospatial, abstract and conceptual reasoning
- Brain volume shrinkage

* Temporal cortex (hearing, comprehension, speech)

* Hippocampus (memory, navigation); cerebellum (coordination, equilibrium) [10] ; subcortical layers (long-term memory) [11]

Organ failure
- Eyes (tobacco-alcohol-related amblyopia [lazy eye]), heart, liver, kidneys, esophagus, stomach, small intestine, pancreas, nerves, blood cells, muscles, bones, sex organs, endocrine glands

Birth defects
- Mental retardation: leading cause in Western countries
- Fetal Alcohol Syndrome: stunted growth; facial deformity
- Sudden Infant Death Syndrome
- Miscarriage [12]

The True Price of Cigarettes

Life	• 5,000,000 deaths per year worldwide • 61,000,000 years of life lost per year [13]
Health	• Lungs, pharynx, larynx, cardiovascular system, brain, skin, oral cavity, gastrointestinal tract, pancreas, blood diseases • Loss of sight, hearing and sense of smell • Lack of energy, poor concentration, depression • Bad breath, loss of teeth and hair
Loved ones	• Harming others through secondhand smoke • Children have a higher risk of asthma, sudden infant death syndrome, bronchitis and ear infections [14]

NOTES

1 "A low-fat, plant-based diet lowers the heart attack rate by approximately 85%, and the cancer rate by 60%."

William Castelli, M.D., National Heart, Lung and Blood Institute, director of the Framingham Health Study (USA), the longest running epidemiological study in medical history with approximately 10,000 subjects, 1,200 published papers since 1948.

"The vast majority of all cancer, cardiovascular disease and other forms of degenerative illness can be prevented simply by adopting a plant-based diet."

T. Colin Campbell, Ph.D., director of the Cornell-China-Oxford Project on Nutrition, Health and Environment, and former Senior Science Advisor to the American Institute for Cancer Research.

"If you change to a vegan diet you can reverse heart disease. You can prevent it. You can, I believe, prevent most cases of cancer if you combine dietary changes with avoiding tobacco. You could prevent probably 70% or 80% of cancers, just by those steps alone. And, obviously, there's a whole host of other diseases that you would be able to live without."

Neal Barnard, M.D., President,
Physicians Committee for Responsible Medicine

2 Same as above

3 "Risk factors for human disease emergence," *Philosophical Transactions of the Royal Society of London B: Biological Sciences.* 2001 Jul. 29; 356 (1411): 983-9, http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11516376&dopt=Citation

Note: Here "61%" refers to infectious diseases *originating* from animals; that is, of 1,415 human infectious diseases, 61% were adapted from animals, generally through hunting or farming. For instance, AIDS came from the long-term hunting of monkeys. Thus, the figure 61% provides a general estimate of deaths due to meat-eating *in the past*, when diseases were adapting to humans.

With respect to current meat-eating practice, the result is 75% of *emerging* diseases arising from animals due to increasing population dynamics. When animal populations increase, disease-causing microbes mutate more rapidly and cause epidemics, which result in sudden, catastrophic diseases. Over the past decade 92% of the *deadliest* disease outbreaks have arisen from animals. (See "Animal Health at the Crossroads," *National Academy of Science*, July 2005, www.nap.edu/reportbrief/11365/11365rb.pdf). Over time, the following devastating diseases have resulted entirely from meat production:

Diseases	Million deaths/year	Source
HIV/AIDS	2.78	Bushmeat (monkeys)
Influenza	2.17	Pigs, chickens
Tuberculosis	1.56	Cattle
Measles	0.61	Cattle
Whooping cough	0.29	Pigs
Total	**7.41 million lives**	

In addition, many insect-borne tropical diseases such as malaria (1.27 million deaths per year), African sleeping sickness and dengue fever rely partly on livestock hosts, and many diseases that cause diarrhea (responsible for 1.79 million deaths per year), such as hepatitis and cholera, are spread through infected meat or water contaminated by livestock manure.

Such afflictions occur mainly in children living in rural areas, where they are seldom reported. According to the World Health Organization, these illnesses may actually occur 300-350 times more than the reported figure. Children under five suffer some 1.5 billion episodes of diarrhea per year, leaving two million dead. Although the first instance may not lead to death, it puts the victim at further risk, contributing to malnutrition, which may cause immune deficiencies; these in turn make infants and children more likely to contract other diseases, including food-borne illnesses. In general, 30% of the world's population suffer from food-related diseases annually, largely from consuming meat or water contaminated by livestock. Scientists' estimates of animal agriculture's contribution to this problem vary from 5% or 95%, although it is assumed that meat production and consumption are responsible for millions of deadly infections every year.

(www.fao.org/documents/show_cdr.asp?url_file=/DOCREP/006/Y4962T/y4962t01.htm)

4 http://www.ajph.org/cgi/content/abstract/75/5/507?ijkey=iQuiFSn4TiaFg
http://www.pcrm.org/health/prevmed/diabetes.html

5 http://www3.who.int/whosis/menu.cfm?path=whosis,burden,burden_estimates,burden_estimates_2002N,burden_estimates_2002N_2002Rev,burden_estimates_2002N_2002Rev_Region&language=english

Note: Years of Life Lost = number of years lost by premature death

Studies have shown that vegetarians have a lower incidence of many illnesses such as Alzheimer's disease

(http://www.pcrm.org/health/prevmed/diet_alzheimers.html).

A vegetarian or semi-vegetarian diet rich in fruits and vegetables is often prescribed for almost all medical conditions. For instance, hepatitis patients are always instructed to reduce meat intake to prevent severe brain damage from liver-related brain disease.

In addition to disease, half a million people die yearly due to starvation, and it is common knowledge that a small decrease in meat consumption in a country such as the U.S. would result in more than enough surplus food to feed all the starving people in the world.

Additional casualties of the meat industry include some of the 730,000 annual victims of violence and war, conditions which generally arise amid scarcity of agricultural land; and it goes without saying that vegetarians do not typically engage in killing other humans.

6 http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=8610089&query_hl=10&itool=pubmed_docsum

7

Species	# Slaughtered (Unit: million)
Cow	324.00
Pig	1,300.00
Goat	369.00
Horse	7.40
Camel	1.40
Rabbit	869.00
Sheep	540.00
Chicken, Duck, Turkey, Goose	51,800.00
Fish	369,000.00
Total	424,210.00

Source: 2005 FAOSTAT, Food and Agriculture Organization, United Nations: http://faostat.fao.org/

(Fish are calculated as having an average weight of 1 kg; 0.15 kg for shrimp/shellfish; plus 8% by-catch fish [those caught accidentally while fishing for other species]. Cf. U.S. landings estimate (PETA) = 20 billion "fish")

8 http://www.who.int/substance_abuse/facts/global_burden/en/index.html

9 http://www.euro.who.int/document/e76235.pdf, "Alcohol and its social consequences"

10 http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9783561&dopt=Abstract

11 Harrison's Principles of Internal Medicine, 16th edition McGRAW-Hill, Inc. http://www.accessmedicine.com/resourceTOC.aspx?resourceID=4

12 http://www.childhelpusa.org/abuseinfo_stats.htm

13 http://www.who.int/substance_abuse/facts/global_burden/en/index.html

14 http://www.givingupsmoking.co.uk

For references of footnotes 1~14, please visit:

http://www.godsdirectcontact.org.tw/eng/veg/alternativeliving/cost_of_meat/english.htm

You are welcome to forward, reproduce, reprint or set up an Internet link to share the "Alternative Living" flyer. It can be downloaded for free from:
http://al.godsdirectcontact.org.tw/

This site supplies many important health facts:
Ten Reasons to Eat More Like a Vegetarian
Vegetarian and Vegan Elite of the World
The Real Heroes
(DVD,MP4(760), Supreme Master Ching Hai spoke in English in California, U.S.A., May 19, 1991)

Health Info. on the Web

Supreme Kitchen Worldwide Web – Recipes
http://al.godsdirectcontact.org.tw/recipe/index.htm
Features free recipes from many countries, including Organic Homemade Tofu - Simple Way, a homemade high protein veggie food. You're welcome to make good use of the rich data.

SUPREME MASTER TELEVISION

http://www.suprememastertv.com/tw/bbs/board.php?bo_table=download_tw&sca=vege
Cooking Shows
http://al.godsdirectcontact.org.tw/recipe/tv.htm

Where to Buy Veggie Food
http://al.godsdirectcontact.org.tw/shops/index.htm

Vegetarian and Vegan Elite of the World

Philosophers & Spiritual Leaders

Dalai Lama of Tibet - His Holiness the XIV *(Tibetan spiritual leader),*
Paramahansa Yogananda *(Indian spiritual teacher),*
Socrates *(Greek philosopher),*
Jesus Christ & early Christians,
Confucius *(Chinese philosopher),*
Shakyamuni Buddha,
Lao Tzu *(Chinese philosopher),*
St. Francis of Assisi *(Italian Christian Saint),*
Thich Nhat Hanh *(Vietnamese Buddhist monk/writer),*
Yogi Maharishi Mahesh *(Indian writer, philosopher, leader of Transcendental Meditation),*
Leo Nikolayevich Tolstoy *(Russian philosopher),*
Pythagoras *(Greek mathematician/philosopher),*
Zoroaster *(Iranian religious reformer and– founder of Zoroastrianism),* **etc.**

Writers, Artists & Painters

Leonardo Da Vinci *(Italian painter),*
Ralph Waldo Emerson *(US essayist, poet),*
George Bernard Shaw *(Irish writer),*
John Robbins *(US writer),*
Mark Twain *(US writer),*
Albert Schweitzer *(German philosopher, physician, musician),*
Plutarch *(Greek writer),*
Voltaire *(French writer),* **etc.**

Scientists, Inventors & Engineers

Charles Darwin *(British naturalist),*
Albert Einstein *(German scientist),*
Thomas Edison *(US scientist/inventor),*
Sir Isaac Newton *(British scientist),*
Nikola Tesla *(Croatian scientist/inventor),*
Henry Ford *(US founder of Ford Motor Company),* **etc.**

Politicians, Statespersons & Activists

Susan B. Anthony *(US leader of Woman's Suffrage Movement),*
Mahatma Gandhi *(Indian Civil Rights leader),*
Coretta Scott King *(American Civil Rights activist and leader, wife of Dr. Martin Luther King Jr.),*
President Janez Drnovsek of Slovenia,
Dr. A. P. J. Abdul Kalem *(President of India),*
Dr. Manmohan Singh *(Prime Minister of India),*
Dennis J. Kucinich *(US Congressman),* **etc.**

Actors, Movie Stars & TV Stars

Pamela Anderson *(US actress),*
Ashley Judd *(US actress),*
Brigitte Bardot *(French actress),*
John Cleese *(British actor),*
David Duchovny *(US actor),*
Danny Devito *(US actor),*
Cameron Diaz *(US actress),*
Richard Gere *(US actor),*
Daryl Hannah *(US actress),*
Dustin Hoffman *(US actor),*
Katie Holmes *(US actress),*
Steve Martin *(US actor),*
Demi Moore *(US actress),*
Ian McKellen *(British actor),*
Tobey Maguire *(US actor),*
Paul Newman *(US actor),*
Brad Pitt *(US actor),*
Gwyneth Paltrow *(US actress),*
Joaquin Phoenix *(US actor),*
Steven Seagal *(US actor),*
Brooke Shields *(US model/actress),*
Jerry Seinfeld *(US actor),*
Naomi Watts *(US actress),*
Kate Winslet *(British actress),* **etc.**

Pop Stars & Musicians

Joan Baez *(US folk singer),*
George Harrison *(British musician, member of the Beatles),*
Paul McCartney *(British musician, member of the Beatles),*
Ringo Starr *(British musician, member of the Beatles),*
Bob Dylan *(US musician),*
Michael Jackson *(US pop star),*
Morrissey *(British singer),*
Olivia Newton John *(British-Australian singer),*
Sinead O'Connor *(Irish singer),*
Pink *(US singer),*
Prince *(US pop star),*
Justin Timberlake *(US pop singer),*
Tina Turner *(US pop star),*
Shania Twain *(Canadian singer),*
Vanessa Williams *(US pop singer),* **etc.**

Sports Personalities

Billie Jean King *(US tennis champion),*
Bill Walton *(US basketball player),*
Carl Lewis *(US 9-time Olympic Gold Medalist in Track & Field),*
Edwin C. Moses *(US 2-time Gold Medalist in Track & Field),*
Elena Walendzik *(German boxing champion),*
Alexander Dargatz *(German athlete, body-building champion, physician),* **etc.**

Models

Christie Brinkley *(US supermodel),*
Christy Turlington *(US supermodel),* **etc.**

And the list goes on… http://AL.Godsdirectcontact.org.tw/vg-vip

Alternative Living

Change Your Life
Change Your Heart
Change Your Diet
♥~~~~~~♥
No more killing
Be healthy and loving

Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
Tofu (from soya)	16 %
Gluten (from flour)	70 %
Corn	13 %
Rice	8.6 %
Soy beans, kidney beans, chick peas, lentils, etc.	10 - 35 %
Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.	14 - 30 %
Pumpkin seeds, sesame seeds, sunflower seeds, etc.	18 - 24 %

- Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.
- Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.
- The recommended daily allowance: 50 grams of protein (Average adult).
- Calcium from vegetables is more absorbable than from cow's milk.

- **To diminish the real threat of a worldwide pandemic from bird flu,**
- **To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.**
- **To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily,**

It's wise to change to a vegetarian diet for good.

It's Health
It's Economy
It's Ecology
It's Compassion
It's Peace
It's Noble

For more information, please refer to the websites listed below:
http://AL.Godsdirectcontact.org.tw/ or e-mail to **AL@Godsdirectcontact.org**
http://www.vegsoc.org/ http://www.vrg.org/ http://www.vegsource.com/

Supreme Master Television, airing only positive programming, will bring a new dimension into your life.
Available worldwide as 24-hour live Internet TV at:
http://suprememastertv.com/webtv/

Master's Letter to Fellow Initiates

Recently, many natural disasters have occurred all over the world. Fellow initiates from The Supreme Master Ching Hai International Association, upholding the spirit of humanitarian concern, promptly entered the affected areas rendering material relief and spiritual comfort to disaster victims. Beginning late January this year [2006], our Centers worldwide launched a general mobilization in active response to Master's compassionate instruction to disseminate Her message of "Alternative Living" and edify the world to choose the vegetarian diet, thus saving our animal friends from suffering. In appreciation of the selfless and sacrificing spirit of fellow initiates, Master personally wrote a letter to give us encouragement. From the letter, we can see the coming of a beautiful future!

Golden Year 3rd , Feb. 2006

Dearest ones,

Knowing your generous and loving services to mankind and animal friends all over the world, I am touched and happy as if you give me big presents. I am also quietly doing the same where ever and when ever possible "with you."

Please continue to alleviate your co-inhabitants in whatever way you can. If you need monetary assistance to do so, as the amount is sometimes too big: you know the headquarters has my authorization to supply.

You are as amazing as many of your initiatives, of how to help others physically as well as spiritually. Together, we are making the world a better place!

Happy Golden New Year again.

I am proud of you and thanks for being "Good kids."

Love always

Dearest ones,

I thank you again for your countless incredible and touching efforts to save the helpless animal friends through the distribution of "Alternative Living" flyers.

May your health also improve.

Love + blessings always,

REFERENCES

Please refer to Supreme Master Ching Hai's original lectures and receive greater blessings from Her

1. Supreme Master Ching Hai, recorded at the International Five-Day Retreat, Youngdong Center, Korea, May 17, 1998. "Master Says: Create a Loving and Peaceful Planet," *The Supreme Master Ching Hai News No. 95*. Originally in English.

2. Supreme Master Ching Hai, *The Secret Way of Longevity*, recorded at a public lecture, Chungli, Formosa, February 25, 1989. Videotape 49, and "Master Tells Jokes," *The Supreme Master Ching Hai News No. 110*. Originally in Chinese.

3. Supreme Master Ching Hai, *Enlightenment – The Way to Get Out of the Life and Death Cycle*, recorded at a public lecture, Kuala Lumpur, Malaysia, June 4, 1993. Videotape 377, and *1993 World Lecture Tour Vol. 6*. Originally in English.

4. Supreme Master Ching Hai, recorded at a group meditation, Raising Center, Cambodia, July 10, 1996. "Master Says," *The Supreme Master Ching Hai News No. 71*. Originally in English.

5. Supreme Master Ching Hai, *To Love God Is to Keep Hiers Commandments* (Parts 1 & 2), recorded at House of Journalism, Panama, November 29, 1989. Videotape 106, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 162*. Originally in English.

6. Supreme Master Ching Hai, recorded at group meditation, Shatin Center, Hong Kong, September 11, 1993. "Master Says," *The Supreme Master Ching Hai News No. 123*. Originally in Chinese.

7. Supreme Master Ching Hai, *Jesus and Buddha Are Awakened Beings from Within*, recorded at a public lecture, Santa Clara, California, USA, October 14, 1989. Videotape 101A, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 162*. Originally in English.

8. Supreme Master Ching Hai, *We Cannot Have Peace Until All Are at Peace*, recorded at a public lecture, Portland, Oregon, USA, December 4, 1993. Videotape 399, and "Media Reports," *The Supreme Master Ching Hai News No. 60*. Originally in English.

9. Supreme Master Ching Hai, *The Original Source of All Things*, recorded at a public lecture, Kaohsiung, Formosa, January 10, 1990. Videotape 109, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 151*. Originally in Chinese.

10. Supreme Master Ching Hai, T*he Definition of Buddha's Land*, recorded at a public lecture, Columbia University, New York, USA, November 4, 1989. Videotape 102B, and "Media Reports," *The Supreme Master Ching Hai News No. 51*. Originally in English.

11. Supreme Master Ching Hai, *Wrong Conceptions Will Lead Mankind to Disaster*, recorded at a group meditation, Singapore, September 28, 1994. Videotape 446, and "Helpful Healthcare Tips," *The Supreme Master Ching Hai News No. 162*. Originally in English.

12. Supreme Master Ching Hai, *The Spirituality of America*, recorded at a group meditation, San Jose, California, USA, June 30, 1994. Videotape 437, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 134*. Originally in English.

13. Supreme Master Ching Hai, *Let Peace Begin with Us*, recorded at a public lecture, Malaysia, October 1, 1989. Videotape 99, and "Vegetarian Era," *The Supreme Master Ching Hai News No. 91*. Originally in English.

14. Supreme Master Ching Hai, *Questions and Answers*, recorded at a public lecture, Brazil, June 18, 1989. Videotape 84, and "Vegetarian Era," *The Supreme Master Ching Hai News No. 91*. Originally in English.

15. Supreme Master Ching Hai, *Find Your Inner Master*, recorded at a public lecture, Colorado, USA, March 9, 1991. Videotape 159, and "Vegetarian Era," *The Supreme Master Ching Hai News No. 144*. Originally in English.

16. Supreme Master Ching Hai, *By All Means Be a Vegetarian*, recorded at a public lecture, Stanton, California, USA, May 19, 1991. Videotape 170B, and "Vegetarian Era," *The Supreme Master Ching Hai News No. 90*. Originally in English.

17. Supreme Master Ching Hai, *Is God A Being or Non-Being?* (Parts 1 & 2), recorded at a public lecture, University of California, Berkeley, USA, October 13, 1989. Videotape 101, and "Media Reports," *The Supreme Master Ching Hai News No. 51*. Originally in English.

18. Supreme Master Ching Hai, *Perceive the Truth by Inner Wisdom*, recorded at a public lecture, Geneva, Switzerland, April 21, 1993. Videotape 357, "Spot Light," *The Supreme Master Ching Hai News 32*, and *1993 World Lecture Tour Vol. 5*. Originally in English.

19. Supreme Master Ching Hai, *The Key to Purify Ourselves from Outside Contaminations*, recorded at a group meditation, Los Angeles, California, USA, July 5, 1997. Videotape 587, and "Master's Words," *The Supreme Master Ching Hai News No. 123*. Originally in English.

20. Supreme Master Ching Hai, *The Fish Strawberry*, recorded at the International Six-Day Retreat, Youngdong Center, Korea, May 10, 2000. Videotape 697, and "Hot Topic," *The Supreme Master Ching Hai News No. 120*. Originally in English.

21. Supreme Master Ching Hai, *Silence and Acceptance*, recorded at a group meditation, Hsihu, Formosa, December 23, 1995. Videotape 517, and "Master Tells Stories," *The Supreme Master Ching Hai News No. 86*. Originally in English.

22. Supreme Master Ching Hai, *Knowing God Is the Highest Virtue*, recorded at a public lecture, Athens, Greece, May 20, 1999. Videotape 653, and "Master Says," *The Supreme Master Ching Hai News No. 104*. Originally in English.

23. Supreme Master Ching Hai, *To Bless the World Is the Work of Practitioners/ The Origin of Various Religious Sects*, recorded at a group meditation, Hsihu, Formosa, February 18, 1990. Videotape 113, and "Master Says," *The Supreme Master Ching Hai News No. 121*. Originally in Chinese.

24. Supreme Master Ching Hai, *Forgive Yourself*, recorded at a public lecture, Fremont, California, USA, November 25, 1993. DVD 396, "Master Says," *The Supreme Master Ching Hai News No. 34*, and *The Key of Immediate Enlightenment Vol. 4* (English version). Originally in English.

25. Supreme Master Ching Hai, *Silence and Acceptance*, recorded at a group meditation, Hsihu, Formosa, December 23, 1995. Videotape 517, and "Helpful Tips," *The Supreme Master Ching Hai News No. 158*. Originally in English.

26. Supreme Master Ching Hai, *To Impart the Great Teaching*, recorded at the International Six-Day Retreat, Youngdong Center, Korea, May 12, 2000. DVD 701, and "Helpful Tips," *The Supreme Master Ching Hai News No. 126*. Originally in English.

27. Supreme Master Ching Hai, *Bringing Perfection into This World (Part 6)*, recorded at the International Five-Day Retreat, Youngdong Center, Korea, May 10, 1998. DVD 622, and "Age-Old Secret Remedies," *The Supreme Master Ching Hai News No. 102*. Originally in English.

28. Supreme Master Ching Hai, *The Touch of a Master*, recorded at the International Christmas Celebration, Florida Center, USA, December 27, 2001. Videotape 734, and "Helpful Tips," *The Supreme Master Ching Hai News No. 131*. Originally in English.

29. Supreme Master Ching Hai, recorded at a group meditation, Hsihu, Formosa, February 11, 1996. "You May Not Know," *The Supreme Master Ching Hai News No. 57*. Originally in Chinese.

30. Supreme Master Ching Hai, *The Hotel Called Life*, recorded at a public lecture, Fresno, California, USA, June 23, 2001. DVD 711, and "Helpful Tips," *The Supreme Master Ching Hai News No. 126*. Originally in English.

31. Supreme Master Ching Hai, recorded at a group meditation, Surrey, United Kingdom, January 1, 2006. "Helpful Tips: An Effective and Safe Disinfectant for All Sentient Beings," *The Supreme Master Ching Hai News No. 167*. Originally in English.

32. Supreme Master Ching Hai, recorded at a group meditation, Tainan, Formosa, October 13, 1988. "Master's Words: Disasters Are Created by the Mind," *The Supreme Master Ching Hai News No. 96*, and *The Key of Immediate Enlightenment Vol. 5* (Chinese version). Originally in Chinese.

33. Supreme Master Ching Hai, *The Law of Karma*, recorded at a group meditation, Marriott Hotel, New York, USA, August 4, 1999. Videotape 664, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 167*. Originally in English.

34. Supreme Master Ching Hai, *To Communicate by Love*, recorded at the International Christmas Celebration, Florida Center, USA, December 25, 2001. Videotape 730, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 167*. Originally in English.

35. Supreme Master Ching Hai, recorded at a public lecture, Taipei, Formosa, August 26, 1986. "Spot Light: Practicing the Quan Yin Method Gives Us a Protective Shield," *The Supreme Master Ching Hai News No. 97*. Originally in Chinese.

36. Supreme Master Ching Hai, *Enlightenment Is the Key for Everything*, recorded at a public lecture, Washington, DC, USA, April 4, 1993. Videotape 352, "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 144*, and *1993 World Lecture Tour Vol. 4*. Originally in English.

37. Supreme Master Ching Hai, *The Difference between Buddhism and Christianity* (Parts 1 & 2), recorded at a public lecture, Harvard University, Boston, Massachusetts, USA, October 28, 1989. Videotape 102, and "Media Reports," *The Supreme Master Ching Hai News No. 52*. Originally in English.

38. Supreme Master Ching Hai, *Enlightenment Is the Key Answer to Everything*, recorded at a public lecture, Colorado, USA, April 10, 1993. Videotape 350, "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 144*, and *1993 World Lecture Tour Vol. 4*. Originally in English.

39. Supreme Master Ching Hai, *How to Get in Touch with God Everyday*, recorded at a public lecture, Costa Rica, November 22, 1989. Videotape 105, and "Master Says," *The Supreme Master Ching Hai News No. 85*. Originally in English.

40. Supreme Master Ching Hai, *The True Meaning of Renunciation*, recorded at a public lecture, Taipei, Formosa, February 23, 1989. Videotape 47, and "Information Desk," *The Supreme Master Ching Hai News No. 27*. Originally in Chinese.

41. Supreme Master Ching Hai, *Be Your Great Self*, recorded at a group meditation, Berlin, Germany, May 5, 1993. Videotape 369, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 34*. Originally in English and German.

42. Supreme Master Ching Hai, *Wrong Conceptions Will Lead Mankind to Disaster*, recorded at a group meditation, Singapore, September 28, 1994. Videotape 446, "Master Says," *The Supreme Master Ching Hai News No. 46*, and *The Key of Immediate Enlightenment Vol. 4* (English version). Originally in English.

43. Supreme Master Ching Hai, recorded at the Moon Festival Three-Day Retreat, Hsihu, Formosa, September 8, 1995. "You May Not Know," *The Supreme Master Ching Hai News No. 50*. Originally in Chinese.

44. Supreme Master Ching Hai, *Aliens Are Our Neighbors*, recorded at a group meditation, Hsihu, Formosa, June 10, 1995. Videotape 479, and "You May Not Know," *The Supreme Master Ching Hai News No. 53*. Originally in English.

45. Supreme Master Ching Hai, *Realize Your Divine Self*, recorded at a group meditation, Phnom Penh, Cambodia, July 19, 1996. Videotape 555, and "You May Not Know," *The Supreme Master Ching Hai News No. 68*. Originally in English.

46. Supreme Master Ching Hai, recorded in Paris, France, January 26, 1997. "Master's Words: Change Our Mood and Treat Ourselves Nicely," *The Supreme Master Ching Hai News No. 80*. Originally in English.

47. Supreme Master Ching Hai, recorded at a group meditation, Hsihu, Formosa, June 11, 1995. "Master's Words: Methods of Healing Illnesses," *The Supreme Master Ching Hai News No. 48*. Originally in Chinese .

48. Supreme Master Ching Hai, *Fulfill the Role of Life* (Parts 1 & 2), recorded at a group meditation, Los Angeles, California, USA, March 15, 1996. Videotape 538, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 82*. Originally in English.

49. Supreme Master Ching Hai, *The Way to Gain the Kingdom of God Is through Enlightenment*, recorded at a public lecture, Harvard University, Boston, Massachusetts, USA, February 24, 1991. Videotape 155, "Media Reports," *The Supreme Master Ching Hai News No. 53*, and *The Key of Immediate Enlightenment Vol. 5* (English version). Originally in English.

50. Supreme Master Ching Hai, *Rebirth in a Better World Is Different from Liberation/The Power of an Enlightened Master Is Infinite*, recorded at a group meditation, Pingtung, Formosa, November 2, 1988. Videotape 15, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 144*. Originally in Chinese.

51. Supreme Master Ching Hai, *Is God a Being or Non-Being?* (Parts1 & 2), recorded at a public lecture, University of California, Berkeley, USA, October 13, 1989. Videotape 101, and "Vegetarian Era," *The Supreme Master Ching Hai News No. 144*. Originally in English.

52. Supreme Master Ching Hai, *The Teaching in Silence*, recorded at a group meditation, Seattle, Washington, USA, April 8, 1993. Videotape 349, and "Master Says," *The Supreme Master Ching Hai News No. 99*. Originally in English.

53. Supreme Master Ching Hai, *The Hotel Called Life*, recorded at a public lecture, Fresno, California, USA, June 23, 2001. DVD 711, and "Master Says," *The Supreme Master Ching Hai News No. 124*. Originally in English.

54. Supreme Master Ching Hai, *Sharing the Highest Love with the World* (Part 3), recorded at the Three-Day Retreat, Los Angeles, California, USA, December 17, 1998. Videotape 641, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 162*. Originally in English.

55. Supreme Master Ching Hai, *Sharing the Highest Love with the World* (Part 3), recorded at the Three-Day Retreat, Los Angeles, California, USA, December 17, 1998. Videotape 641, and "Master Says," *The Supreme Master Ching Hai News No. 124*. Originally in English.

56. Supreme Master Ching Hai, *To Impart the Great Teaching*, recorded at the International Six-Day Retreat, Youngdong Center, Korea, May 12, 2000. DVD 701, and "Helpful Tips," *The Supreme Master Ching Hai News No. 158*. Originally in English.

57. Supreme Master Ching Hai, *Breaking Habits Helps to Free Us of Karma*, recorded at a group meditation, Hsihu, Formosa, June 28, 1991. "Aphorisms," *The Supreme Master Ching Hai News No. 143*. Originally in Chinese.

58. Supreme Master Ching Hai, *Overcoming Bad Habits*, recorded at a group meditation, Florida Center, USA, June 9, 2001. DVD 719, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 125*. Originally in English.

59. Supreme Master Ching Hai, *How to Reprogram Our Lives*, recorded at the European Four-Day Retreat, London, United Kingdom, August 26, 1997. Videotape 593, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 105*. Originally in English.

60. Supreme Master Ching Hai, *Forever Young*, recorded at a group meditation, Hsihu, Formosa, June 27, 1995. Videotape 482, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 85*. Originally in English.

61. Supreme Master Ching Hai, *Retrieve the Language of God*, recorded at a public lecture, Vienna, Austria, April 27, 1993. Videotape 362, "Master Says," *The Supreme Master Ching Hai News No. 29*, and *1993 World Lecture Tour Vol. 5*. Originally in German.

62. Supreme Master Ching Hai, *The Suffering of This World Comes from Our Ignorance*, recorded at a public lecture, Singapore, January 10, 1995. DVD 467, "Master Says," *The Supreme Master Ching Hai News No. 45*, and *The Key of Immediate Enlightenment Vol. 5* (English version). Originally in English.

63. Supreme Master Ching Hai, *To Be Enlightened*, recorded at a public lecture, Tel Aviv, Israel, November 21, 1999. DVD 671, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 159*. Originally in English.

64. Supreme Master Ching Hai, *Reconnect with the Almighty Power to Become Whole*, recorded at a public lecture, Brussels, Belgium, April 29, 1993. Videotape 364, "Master Says," *The Supreme Master Ching Hai News No. 30*, and *1993 World Lecture Tour Vol. 5*. Originally in French.

65. Supreme Master Ching Hai, *Eternal Life*, Universal Law, recorded at a public lecture, Harvard University, Boston, Massachusetts, USA, October 27, 1989. Videotape 101D, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 51*. Originally in English.

66. Supreme Master Ching Hai, *The True Essence of Our Being*, recorded at a public lecture, Budapest, Hungary, May 24, 1999. Videotape 652, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 157*. Originally in English.

67. Supreme Master Ching Hai, *Contentment Makes One Joyful*, recorded at a group meditation, Costa Rica, February 6, 1991. Videotape 151, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 34*. Originally in English.

68. Supreme Master Ching Hai, *Beyond the Emptiness of Existence*, recorded at the International Six-Day Retreat, Bangkok, Thailand, December 30, 1999. DVD 680, and "Helpful Healthcare Tips," *The Supreme Master Ching Hai News No. 159*. Originally in English.

69. Supreme Master Ching Hai, *The Secret of Being a Good Wife* (Part 3), recorded at the Seven-Day Retreat, Hsihu, Formosa, October 27, 1995. Videotape 506, and "Helpful Healthcare Tips," *The Supreme Master Ching Hai News No. 159*. Originally in English.

70. Supreme Master Ching Hai, recorded in Taipei, Formosa, August 30, 1987. "Master Says: Dreams and Spiritual Cultivation," *The Supreme Master Ching Hai News No. 152*. Originally in Chinese.

71. Supreme Master Ching Hai, *Every Soul Marks Its Own Journey* (Part 1), recorded at the Three-Day Retreat, Los Angeles, California, USA, December 16, 1998. Videotape 639, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 132*. Originally in English.

72. Supreme Master Ching Hai, *Dealing with Karma*, recorded from a videoconference with initiates, San Jose Center, Costa Rica, September 28, 2002. DVD 762, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 161*. Originally in English.

73. Supreme Master Ching Hai, *The Heavenly Melodious Teaching*, recorded at a public lecture, Bangkok, Thailand, June 12, 1993. Videotape 378, "Media Reports," *The Supreme Master Ching Hai News No. 64*, and *1993 World Lecture Tour Vol. 6*. Originally in English.

74. Supreme Master Ching Hai, *The Mystery of Cause and Effect*, recorded at a group meditation, Bangkok, Thailand, January 2, 1994. DVD 401, and "Spot Lights," *The Supreme Master Ching Hai News No. 31*. Originally in English.

75. Supreme Master Ching Hai, *A Passionate Evening*, recorded from Special Program, Bangkok, Thailand, January 1, 1994. Videotape 400, and "Master Says," *The Supreme Master Ching Hai News No. 88*. Originally in English.

76. Supreme Master Ching Hai, *The Supra-worldly Therapy*, recorded in Taipei, Formosa, August 3, 1985. CD-CE01, and "You May Not Know," *The Supreme Master Ching Hai News No. 139*. Originally in English & Chinese.

77. Supreme Master Ching Hai, *The True Master Power (Part 4)*, recorded at the International Five-Day Retreat, Youngdong Center, Korea, May 9, 1998. DVD 620, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 109*. Originally in English.

78. Supreme Master Ching Hai, *How to Reprogram Our Lives*, recorded at the European Four-Day Retreat (Part 4), London, United Kingdom, August 26, 1997. Videotape 593, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 87*. Originally in English.

79. Supreme Master Ching Hai, *Be Determined on the Spiritual Path*, recorded at the International Four-Day Retreat (Part 2), Sydney, Australia, May 9, 1997. Videotape 582, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 92*. Originally in English.

80. Supreme Master Ching Hai, *A Buddha without "Buddha's Flavor,"* recorded at the Seven-Day Retreat, Hsihu, Formosa, May 5 – 12, 1991. Videotape 163, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 123*. Originally in Chinese.

81. Supreme Master Ching Hai, *Be Practical and Spiritual*, recorded at a public lecture, Hawaii, USA, March 27, 1993. Videotape 341, and "Pearls of Wisdom," *The Supreme Master Ching Hai News No. 91*. Originally in English.

82. Supreme Master Ching Hai, *How Suffering Can Lead Us to Happiness*, recorded at a public lecture, Sydney, Australia, March 16, 1993. Videotape 333, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 154*. Originally in English.

83. Supreme Master Ching Hai, *Press Conference with Reporters*, recorded from interviews, Hsihu, Formosa, June 30, 1991. Videotape 179, and "Aphorisms," *The Supreme Master Ching Hai News No. 133*. Originally in Chinese.

84. Supreme Master Ching Hai, , recorded at the Five-Day Retreat, Florida, USA, December 25, 2002. "Spot Light: Bless Yourself with an Enjoyable Treasure – Meditation," *The Supreme Master Ching Hai News No. 143*. Originally in Aulacese.

85. Supreme Master Ching Hai, *Faith and Experiences – Part A*, recorded at the International Four-Day Retreat, Washington, DC, USA, December 25, 1997. Videotape 606, and "Age-Old Secret Remedies," *The Supreme Master Ching Hai News No. 102*. Originally in English.

86. Supreme Master Ching Hai, *The Way to Save the World from Doomsday*, recorded at Japan Airport, September 8, 1994. Videotape 444A, "Spot Light," *The Supreme Master Ching Hai News No. 38*, and *The Key of Immediate Enlightenment Vol. 5* (English version). Originally in Chinese.

87. Supreme Master Ching Hai, *Film Collection of The Supreme Master Ching Hai (Part VI) – Asian Countries*, recorded in Hsihu, Formosa, September, 1991. Videotape 189, and "Master Says," *The Supreme Master Ching Hai News No. 123*. Originally in Chinese.

88. Supreme Master Ching Hai, *The Importance of Willingness to Repent/Celebration of Christmas*, recorded at a group meditation, Hsihu, Formosa, December 24, 1991. Videotape 198, and "Master Says," *The Supreme Master Ching Hai News No. 123*. Originally in Chinese.

89. Supreme Master Ching Hai, *Learning How to Love*, recorded at a group meditation, New Jersey, USA, June 25, 1992. Videotape 259, and "Master Says," *The Supreme Master Ching Hai News No. 123*. Originally in English.

90. Supreme Master Ching Hai, *How Suffering Can Lead Us to Happiness*, recorded at a public lecture, Sydney, Australia, March 16, 1993. Videotape 333, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 123*. Originally in English.

91. Supreme Master Ching Hai, *To Impart the Great Teaching*, recorded at the International Six-Day Retreat, Youngdong Center, Korea, May 12, 2000. DVD 701, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 147*. Originally in English.

92. Supreme Master Ching Hai, *The Mystery of the World Beyond*, recorded at a public lecture, United Nations, New York, USA, June 26, 1992. DVD 260, "Master Says," *The Supreme Master Ching Hai News No. 23*, and *The Key of Immediate Enlightenment Vol. 4* (English version). Originally in English.

93. Supreme Master Ching Hai, *Create a Spiritual Village Wherever We Live*, recorded at the International Christmas Five-Day Retreat, Long Beach, California, USA, December 28, 1996. Videotape 570, and "Master Says," *The Supreme Master Ching Hai News No. 77*. Originally in English.

94. Supreme Master Ching Hai, *Love for All Beings*, recorded from a videoconference with initiates, Indiana Center, USA, September 1, 2002. Videotape 753, and "Selected Questions and Answers," *The Supreme Master Ching Hai News No. 161*. Originally in English.

Our Publications

- **The Key of Immediate Enlightenment:** A collection of The Supreme Master Ching Hai's lectures. Available in 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:** A collection of questions and answers from Master's lectures. Available in 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).
- **The Key of Immediate Enlightenment - Special Edition/1993 World Lecture Tour:** A six- volume collection of The Supreme Master Ching Hai's lectures during the 1993 World Lecture Tour. Available in English and Chinese.
- **The Key of Immediate Enlightenment — Special Edition/7-Day Retreat:** A collection of Master's lectures in 1992 during a 7-day retreat in San Di Mun, Formosa. Available in English and Aulacese.
- **Letters Between Master and Spiritual Practitioners:** Available in English (1), Chinese (1-3), Aulacese (1-2), Spanish (1)
- **The Key of Immediate Enlightenment — My Wondrous Experiences with Master** Available in Aulacese (1-2), Chinese (1-2)
- **Master Tells Stories:** Available in English, Chinese, Spanish, Aulacese, Korean, Japanese and Thai.
- **Coloring Our Lives:** A collection of quotes and spiritual teachings by Master. Available in Aulacese, Chinese and English.
- **God Takes Care of Everything — Illustrated Tales of Wisdom from The Supreme Master Ching Hai:** Available in Aulacese, Chinese, English, French, Japanese and Korean.
- **The Supreme Master Ching Hai's Enlightening Humor – Your Halo Is Too Tight!** Available in Chinese and English.
- **Secrets to Effortless Spiritual Practice** Available in Aulacese, Chinese and English.
- **God's Direct Contact —The Way to Reach Peace:** A collection of The Supreme Master Ching Hai's lectures during Her 1999 European Lecture Tour. Available in Aulacese, Chinese and English.
- **Of God and Humans — Insights from Bible Stories** This special anthology includes thirteen Bible narratives, uniquely retold by Master on various occasions. Available in Aulacese, Chinese and English.
- **The Realization of Health — Returning to the Natural and Righteous Way of Living.** Available in Aulacese,Chinese and English.
- **I Have Come to Take You Home:** A collection of quotes and spiritual teachings by Master. Available in Arabic, Aulacese, Bulgarian, Czech, Chinese, English, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Mongolian, Polish, Spanish, Turkish, 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:** A collection of culinary delicacies from all parts of the world recommended by fellow practitioners. Available in English/Chinese, Aulacese and Japanese.
- **The Supreme Kitchen (2) - Home Taste Selections:**
  Combined volume of English /Chinese
- **One World... of Peace through Music:** A collection of interviews and musical compositions from a Benefit Concert in Los Angeles, California.
  Combined volume of English/Aulacese/Chinese.
- **A Collection of Art Creation by The Supreme Master Ching Hai:**
  Available in English, Chinese.
- **S.M. Celestial Clothes (6):**
  Available in a combined language edition of English/Chinese.
- **The Dogs in My Life (1-2):** This two-volume book set of 500 pages is a fabulous real-life set of doggy tales published by Master about Her canine companions. Available in Aulacese, Chinese, English, German, Japanese, Korean, Spanish, Polish.
- **The Birds in My Life:** In this beautifully illustrated picture-story book, Master Ching Hai shows us the secret to unlocking the animals' inner world. Available in Arabic, Aulacese, Chinese, English, French, German, Korean, Mongolian, Russian, Indonesian.
- **The Noble Wilds:** Lovingly composed and photographed by Master Herself, this book is filled with beautiful poetry and breathtaking pictures. In this intimate journal-like story, Master speaks of Her lakeside explorations and reveals to us the inborn noble qualities of our animals friends. Available Aulacese, Chinese, English, French, German, Korean, Mongolian.
- **Celestial Art:** Celestial Art is a distinguished volume in which the author interprets artistic creation from a spiritual perspective to reflect Truth, virtue, and the beauty of Heaven. As readers are invited into the boundless world of Supreme Master Ching Hai's art and uplifted through its resonance with the divine, they will be profoundly touched by the deep emotions of a poet, the subtle touches of a painter, the unique ideas of a designer, and the romantic heart of a musician. Above all, one is blessedly introduced to the wisdom and compassion of a great spiritual teacher. Available in Aulacese, Chinese, English.

  From Crisis to Peace: Available in Aulacese, Chinese, English, Dutch, Korean, French, Hungarian, Indonesian, Japanese, Norwegian, Spanish, Swedish, Thai, Portuguese, Polish, Russian and Romanian.
- **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 English, Chinese, Aulacese, German, French, Spanish, Portuguese, Korean, Mongolian and Filipino.
- **Wu Tzu Poems:** A book of poems written by Master.
  Available in Aulacese, Chinese, English
- **The Dream of a Butterfly:** A book of poems written by Master.
  Available in Aulacese, Chinese and English.
- **Traces of Previous Lives:** A book of poems written by Master.
  Available in Aulacese, Chinese and English.
- **The Old Time:** A book of poems written by Master.
  Available in Aulacese, Chinese and English.
- **Pebbles and Gold:** A book of poems written by Master.
  Available in Aulacese, Chinese and English.
- **The Lost Memories:** A book of poems written by Master.
  Available in Aulacese, Chinese and English.

The Love of Centuries. A book of poems written by Master. Available in Aulacese, Chinese, English, French, German, Mongolian, Korean and Spanish.

- **The Real Love:** Available in English, Chinese
- **Loving The Silent Tears The Musical** : Available in English, Chinese ,MP3, MP4 & DVD
- Shade of Time **(Beyond the Realm of Time)**song performance in Aulacese: MP3 & DVD
- **A Touch of Fragrance** (song performance in Aulacese by celebrated singers): MP3
- **That and This Day** (poetry recital in Aulacese): MP3
- **Dream in the Night** (song performance in Aulacese): MP3, MP4 & DVD
- **T-L-C, Please** (song performance in Aulacese): MP3
- **Please Keep Forever** (poetry recital in Aulacese): MP3
- **Songs & Compositions of The Supreme Master Ching Hai:** (MP3) English, Aulacese, Chinese
- **The Song of Love:** (DVD, MP4) Aulacese and English
- **Good Night Baby: (**MP3) in English
- **The Jeweled Verses** (poems by distinguished Aulacese poets, recital in Aulacese): MP3s 1, 2 , MP4 & DVDs 1, 2
- **The Golden Lotus** (poetry recital in Aulacese): MP3, MP4 & DVD
  We invite you to listen to the recital of Venerable Thich Man Giac's beautiful poetry, through the melodious voice of Supreme Master Ching Hai, who also recited two of Her own poems, "Golden Lotus" and "Sayonara".
- **An Ancient Love** (poetry recital in Aulacese): MP3, MP4 & DVD
- **Traces of Previous Lives** (poetry recital in Aulacese): MP3s 1, 2 & 3, MP4 DVDs 1, 2 (with 17 choices of subtitles)
- **A Path to Love Legends:** MP3, CD 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.

DVDs, MP3s ,MP4s and CDs 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.

Please visit our bookshop's website to download our catalogue and summaries of the contents of Master's latest publications:
http://www.smchbooks.com/ (in English and Chinese)
To order Master's publications, please visit
http://www.theCelestialShop.com or http://edenrules.com
to purchase online or contact:
The Supreme Master Ching Hai International Association Publishing Co., Ltd.,
Taipei, Formosa
Tel: (886) 2-23759688 / Fax: (886) 2-23757689
E-mail: smchbooks@Godsdirectcontact.org
ROC Postal Remittance Account No. 19259438 (for Formosa orders only)
Postal Account: The Supreme Master Ching Hai Publishing Co., Ltd.

Free Sample Booklet Download

The Key of Immediate Enlightenment (in more than 80 languages)
http://sb.godsdirectcontact.net/ (Formosa)/ (U.S.A.)
http://www.direkter-kontakt-mit-gott.org/download (Austria)

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.

HOW TO CONTACT US

SUPREME MASTER TELEVISION
E-mail:peace@SupremeMasterTV.com
Tel: 1-626-444-4385 / Fax: 1-626-444-4386
http://www.suprememastertv.com/

THE SUPREME MASTER CHING HAI
INTERNATIONAL ASSOCIATION PUBLISHING CO., Ltd.
Taipei, Formosa.
E-mail: smchbooks@Godsdirectcontact.org
Tel: (886) 2-23759688 / Fax: (886) 2-23757689
http://www.smchbooks.com

BOOK DEPARTMENT
E-mail: divine@Godsdirectcontact.org
(You are welcome to join us in translating Master's books into other languages)

NEWS GROUP
E-mail: lovenews@Godsdirectcontact.org

SPIRITUAL INFORMATION DESK
E-mail: lovewish@Godsdirectcontact.org

ONLINE SHOPS
Celestial Shop: http://www.theCelestialShop.com (English)
Eden Rules: http://www.EdenRules.com (Chinese)

S.M. CELESTIAL CO., LTD.
E-mail: smclothes123@gmail.com; vegan999@hotmail.com
Tel: 886-3-4601391 / Fax: 886-3-4602857
http://www.smcelestial.com/http://www.sm-celestial.com

LOVING HUT INTERNATIONAL COMPANY, LTD
Tel: (886) 2-2239-4556 / Fax: (886) 2-2239-5210
E-mail: info@lovinghut.com
http://www.lovinghut.com/tw/

The Realization *of* Health

Returning to the Natural and Righteous Way of Living

Author: The Supreme Master Ching Hai

Design and Layout: Annie Yu / Nadia Yen / Carolina
Copy Proofreading: Lynn / Richard / Suzo. Liao /

Publisher: The Supreme Master Ching Hai
International Association Publishing Co., Ltd.
Address:Rm. 16, 8F., No.72, Sec. 1, Zhongxiao W. Rd.,
Zhongzheng Dist., Taipei City100, Taipei, Formosa(Taiwan), R.O.C.
Tel: 886-2-23759688 / Fax: 886-2-23757689
E-mail:smchbooks@Godsdirectcontact.org
http://www.smchbooks.com

The Supreme Master Ching Hai ©2008-2015
Second Edition(paperback): March 2008
ISBN:978-986-82635-3-6

All rights reserved.
You are welcome to reproduce
the contents of this publication with prior permission
from the publisher.

To be healthy and full of energy is our birthright. We should never be burdened with fear of illnesses or worries about medical care. "All illnesses stem from our minds. Originally the so-called 'I' didn't exist so the concept of 'I'm ill' didn't exist either," says The Supreme Master Ching Hai. She adds that going back to the natural and righteous way of life is the genuine medicine.

"Getting sick is like digging a hole in our outside layer first. Originally, there's a layer of protective energy covering our bodies that guards us against the invasive negative power outside. When we get sick, it's just like having a hole poked in the layer of protective energy so that the illness can directly enter our bodies through the hole..."

So how can our layer of protective energy remain intact? *The Realization of Health* provides answers to this question, and is a bible for the 21st century on the topic of health. Read it and you will find your own remedies.